



A STUDY OF THE ATTITUDE OF COLLEGE STUDENTS OF PUNJAB TOWARDS YOGA

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Introduction

In modern life, people generally try to accomplish too much in too little time, consequently they accumulate a lot of stress in their lives. In that time, yoga plays an important role to alleviate the stress and rejuvenate the body. In the times, yoga was a form of Bhakti. Rishi Patanjali, rightly called the father of yoga, who around 200 b.c. gave us the present literary form of yoga doctrine in his famous treatise Yoga Sutra. In modern times, the value of yoga is being increasingly recognized for general and its preventive and curative effects. Yoga does not conceive man having a physical body but on the contrary, it emphasizes the greater values of the mind which characterizes his personality, Thus, yoga leads to ultimate physical health and happiness together with the achieve of mental and patience.

Meaning of Yoga

The word 'YOGA' is a noun derived from the root 'Yujir' mean 'to mean' or 'to connect' The root 'Yuj' is supposed to mean at least two things – to control (Yuj-Samyamane) and to contemplate (Yug-Samadhav). Therefore, yoga implies joining or union, with all one's potentials mental, physical and spiritual, There are 8 limbs known as 'Ashtanga Yoga'.

Yoga is the control of thought waves in the mind. Then man abides in his real nature."

Types of Yoga

There are Five systems of Yoga which are called the types of Yoga.

Hatha Yoga: Hatha, In Sanskrit means determined efforts. This form of yoga is so called because it involves great efforts, physical as well as mental, requiring a firm determination to continue the efforts till the attainment of the goal

Bhakti Yoga: Bhakti in Sanskrit means devotion. It is argued that through the practice of Bhakti an individual can keep up his peace of mind and satisfaction regardless of pain and pleasure.

Karma Yoga: The central idea of Karma Yoga is that if we perform various acts without being concentrated with any particular effect

Jnana Yoga: Jnana in sankrit means knowledge. Jnana Yoga is based on the fact that the mind which has been purified by dispelling all impurities such as passions, desires, fears, cravings etc. becomes capable of understanding the real nature of things including the self.

Importance of Yoga

The greatest need of the hour is yoga for all boys and girls, young and old, house holders and business men. Yoga alone has the potentiality to give what we expect of life. Yogic practice provide individual with refreshing positive thinking, self confidence, analytic approach, smooth and calm mental stability and strong will power. The great advantage of yoga is that enhances our work efficiently as a result of soundness of our health. But it does not mean that if everyone practice yoga there would be no un-happiness or ill-health, but think that our way of living would be transformed.

Statement of the Problem

The rationale presented above and review of related literature shows the need for study of attitude towards yoga. Hence the following problem was entitled for study-
“A study of the Attitude of college Students of Punjab towards Yoga”

What Is Attitude

According to **Allport (1935)**, “ A mental and neural state of readiness, organized through experience, exerting a directive or dynamic influence upon the individual’s response to a objects with which it is related.”

According to **Charles, E. Skinner (1961)** “ Attitude is usually generalized disposition towards a group of people or an institution”

According to **Good (1961)** “Attitude is a state of mental and emotional readiness to react to situation, person or things in a manner in harmony with a habitual pattern.

Objectives

1. To study the attitude of college students of Punjab towards yoga.
2. To study the difference between the attitude of boys and girls students towards various programmes of yoga.
3. To study the difference between the attitude of students of degree colleges and colleges of education towards yoga.

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Scope of the Study

The present study deals with only to measure the attitude of college students of Punjab towards yoga. The study is confined to B.Ed. students and degree college students of Punjab.

Related Studies

A number of studies in this field have been reported by **Gharote (1974)**, **Haven (1978)**, **Gupta (1979)**, **Arora (1986)**, **Tiwari (1989)**, **Sharma (2000)**, **Batani and Meetu (2002)**.

Hypotheses

1. There is no significant difference between the attitude of boys and girls students toward yoga.
2. There is no significant difference between the attitude of science and arts students towards yoga.
3. There is no significant difference between the attitude of students towards yoga of degree colleges and colleges of education.

Methods

Standardized Scale of attitude towards yoga by Sarv Shakti Arora (1989) was used to test the attitude of college students toward yoga.

Statistical Techniques

The following statistical techniques were used:

1. Mean ;
2. S.D. (Standard Deviation)
3. T-ratio was used to test the significance of difference between menas.

Tesing of Hypotheses

1. It has been found that 6-ratio is not significant at both 05 level and 01 level in case of null hypotheses of 1 and 2 (Boys and girls students, Science and arts students) Hence it is clear that null hypotheses are not rejected. Hence boys and girls student and science and arts do not differ significantly in case of having attitude towards yoga.
2. t-ratio is not significant at .01level but significant at 0.05 level in case of null hypothesis of 3 (students of B.Ed. colleges and degree colleges). Hence it is clear that null

hypothesis is rejected at .05 level but it is not rejected at .01 level. So students of degree college and college of education differ significantly at .05 level but not at .01 level.

Conclusion

It is clear that both boys and girls students and science and arts students are equally inclined to yoga. Hence all of them should be involved to yoga.

B.Ed. students have more favorable attitude towards yoga than degree college students. So, the attitude of degree college students towards yoga should be developed by some different activities e.g. organizing camps on yoga. They can also be inspired to take part in practicing yoga actively.

The study as revealed is that in general, students are in favour of and do not oppose the various programmes relating to yoga in schools and colleges.

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