



## PERCEPTION OF TEACHERS AND STUDENTS TOWARDS YOGA EDUCATION AT SECONDARY LEVEL

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### Abstract

*The objective of this paper is to study the perception of teachers and students towards Yoga education. Survey method was applied with sample of 25 teachers and 120 students selected purposefully from five CBSE affiliated secondary schools of Bhubaneswar. Self developed perception scale having three point scales was used as tool for data collection. The study reveals that most of the teachers and students have positive perception towards Yoga education as it helps in better life management and developing concentration for study. The study suggested that Yoga education must be made compulsory subject at school level and Yoga teachers must be appointed in all secondary schools.*



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### Introduction

Yoga has been an integral part of Health and Physical Education that has been a compulsory subject up to the secondary school stage since 1988. The NCF 2005 adopted a holistic definition of health in which yoga is an integral part of it.

Both yoga and physical education contribute to not merely the physical development of the child but have a positive impact on psychosocial and mental development as well. Yoga practice contributes to the overall development of the child and various studies have shown that it contributes to flexibility and muscular fitness and also corrects postural defects among school children. However, up till now both yoga and physical education have not been given the due importance and neither has their contribution to the health and overall development of the child been adequately acknowledged. The constraints faced by yoga and physical education are related to a number of factors that affect the quality of school education in general and health and physical education in particular. This is the right time for making health and physical education to be considered as one of the important components of introduction of yoga in schools. Yoga is well known throughout the world for its efficacy in promoting health and well-being. Yoga is often mistaken to be only a physical and breathing

exercises but it is a profound knowledge system which encompasses much larger questions about life and the universe. Patanjali's Yoga sutra is an acclaimed and highly valued text on the subject written by Maharshi Patanjali.

The Government of India has laid down the National Policy on Indian Systems of Medicine and Homeopathy-2002 which inter-alia envisages overall growth and development of Yoga. The Government of India has formulated the programmes and operational measures for promotion of yoga through Centrally Sponsored Scheme of National AYUSH Mission (NAM) and various Central Sector Schemes. Further, a Task Force has been constituted by the Ministry to deliberate and make recommendations on various important issues concerning the Ministry of AYUSH, including the preferred option for promotion, development and regulation of Yoga and Naturopathy for education and practice. Yoga Education is the need of the time.

The word "Yoga" is derived from Sanskrit word "Yuj" which means "join" or "unite". This may be taken as the union of body, mind and soul, and is used in the literature both as an end as well as means. As an end, yoga signifies "integration of personality" at the highest level. As means, yoga includes various practices and techniques which are employed to achieve the development of such integration. It explores the great depths of the mind and its tendencies which keep causing unrest, despair, pain and sorrow in life. It explains the importance of disciplining body, breathing, and mind, gives techniques of developing a harmonious and coordinated functioning of body and mind. It also goes into the great depths of our being that transcend body and mind consciousness, and unravels its mysteries to those who care to practice, follow and experiment with its ideas and suggested life style.

### **Rationale of the Study**

Yoga education has tremendous positive impact on education of child. It is a kind of technique to control the mind as well as body. It is a disciplined and well-organized method to attain the goal. Yoga helps in dealing with various problems, conflicts, issues, distractions and depression faced by the children. Yoga helps in increase in rationality, emotional stability and disciplined life style. The spiritual aspect of yoga helps the students to perform their daily duties in the day to day lives. So Yoga education must be made compulsory in all schools. Recently, researchers have taken interest on Yoga education and its effect on students and teachers. Some of these studies are discussed in following paragraphs.

**Sarkar (2017)** found that the boys students were not significantly different from girl students in respect to their attitude towards Yoga. Urban students were significantly different from rural students in respect to Yoga. Male students were significantly different from female students in respect to their Peace of mind. Rural students were not significantly different from urban students in respect to their Peace of mind. The attitude towards yoga and peace of mind in secondary level student is correlated. **Khatun (2016)** reported that more than 64% male teacher-students possess positive attitude towards yoga education than female teacher students. More than 75% urban people possessed positive attitude towards yoga education than teacher students from the rural areas. **Brems and Colgan (2016)** reveals that across all groups, findings confirmed a narrow definition of yoga as portrayed in popular media and gym based yoga classes. Breathing and posture practices were the most commonly endorsed practices, even among the samples most seasoned yoga practitioners. **Parmar (2015)** revealed that there existed significant difference in attitude of boys and girls towards Yoga Education. There existed no significant difference in attitude of male and female teachers towards Yoga Education. There existed no significant difference in attitude of Teachers and Students towards Yoga Education. **Singh and Solanki (2015)** revealed that there was insignificant difference in attitude towards Yoga between male and female secondary school students.

The above discussion indicates that studies are conducted on attitude towards Yoga education of teachers, teacher trainees and students. The result reveals disagreement among researcher about the attitude of male and female teachers and students. On the other hand, Yoga is an important subject at school level. Hence studying on perception of teachers and students towards Yoga education is relevant.

**Statement of the Problem:** The problem is stated as perception of teachers and students toward yoga education.

**Objective:**

- To study the perception of teachers towards Yoga education
- To study the perception of students towards Yoga education

**Methodology:**

Survey method was followed for this study. The study involved five CBSE affiliated secondary schools of Bhubaneswar selected purposefully. Total 25 teachers and 120 students

were selected as sample for this study. Self developed perception scale having three point scales was used as tool. The collected data was analysed in terms of frequency and percentage and qualitative descriptions.

### Data Analysis and Interpretation

This section deals with analysis and interpretation of the data. The collected data are analysed as per the objective of the study. The investigator used frequency, percentage and qualitative descriptions and accordingly interpretations are made. The data are presented in the tabular form in the following pages.

**Table-1: Benefits of yoga education as perceived by teacher**

Sl No	Items	Agree (F & %)	Disagree (F & %)	Undecided (F & %)
1	Yoga is essential for health	25(100)	0	0
2	Yoga develops concentration among students	24(96.0)	1(4.0)	2(1.7)
3	Yoga class is wastage of time	0	24(96.0)	1(4.0)
4	Yoga hampers upon study	2(8.0)	23(92.0)	0

Numbers in bracket indicate the percentage

Table-1 indicates that all teachers agreed that yoga is essential for health. Further, 96% of teachers agreed that yoga develops concentration among students. The table also reveals that 96% of teachers disagreed that yoga class is wastage of time and 92% of teachers disagreed that Yoga hampers upon study. Hence, it can be said that most of the teachers have positive perception towards the benefits and essentials of Yoga on health and wellbeing. Majority of teachers agreed that Yoga develops concentration among students.

**Table-2: Benefits of yoga education as perceived by students**

Sl. No	Items	Agree (F & %)	Disagree (F & %)	Undecided (F& %)
1	Yoga is essential for health	117(97.5)	3(2.5)	0
2	Yoga develops concentration among students	116(96.7)	2(1.7)	2(1.7)
3	Yoga class is wastage of time	6(5.0)	100(83.3)	14(11.7)
4	Yoga hampers upon study	20(16.7)	78(65.0)	22(18.3)

Numbers in bracket indicate the percentage

Table-2 indicates that 97.5% of students agreed for the essentiality of Yoga for good health, 96.7% of students agreed that Yoga develops their concentration and 83.3% students disagreed that Yoga class is wastage of time. Further, 16.7% of students agreed that Yoga

hampers upon study whereas 65% of students are disagreed for this. Hence, it can be concluded that majority of students are concerned about the benefits of Yoga for good health and for the development of concentration. It can also be said 65% of the students disagreed about Yoga class is wastage of time and hampers upon study.

**Table-3: Yoga education for overall development as perceived by teacher**

Sl. No	Items	Agree (F& %)	Disagree (F& %)	Undecided (F& %)
1	Yoga is a Science/Arts	22(88.0)	1(4.0)	2(8.0)
2	Yoga develops positive attitude towards life	24(96.0)	1(4.0)	0
3	Yoga education has no career options	1(4.0)	24(96.0)	0
4	Yoga cannot bring the overall development among the students	3(12)	22(88.0)	0

The table-3 reveals that 88% of teachers agreed that Yoga is a Science/ Arts, 96% of teachers agreed that Yoga develops positive attitude towards life, 96% of teachers disagreed that Yoga education has no career options and 88% of teachers disagreed that yoga cannot bring overall development among students. So it can be said that, above 88% of teachers realize the importance of Yoga education for developing positive attitude towards life. 96% of teachers disagreed that Yoga has no career options.

**Table-4: Yoga education for overall development as perceived by students**

Sl No	Items	Agree (F & %)	Disagree (F& %)	Undecided (F& %)
1	Yoga is a Science/Arts	49(40.8)	25(20.8)	46(38.3)
2	Yoga develops positive attitude towards life	114(95.0)	2(1.7)	4(3.3)
3	Yoga education has no career options	29(24.2)	59(49.2)	31(25.8)
4	Yoga cannot bring the overall development among the students	20(16.7)	89(74.2)	11(9.2)

Table-4 indicates that around 41% of students agreed that Yoga is a Science or Arts. 95.0% of students agreed that Yoga develops positive attitude towards life among students. 24.2% of students agreed that Yoga has no career options and 16.7% of students agreed that Yoga cannot bring overall development among students. Hence it can be concluded that 95% of the students agreed that Yoga education develops positive attitude towards life and only 24% of students agreed that Yoga has no career options.

**Table-5: Nature of yoga education as perceived by teachers**

SI No	Items	Agree (F& %)	Disagree (F& %)	Undecided (F& %)
1	Yoga is purely religious	5(20)	20(80)	0
2	Physical education and Yoga are same	2(8)	22(88)	1(4)
3	Physical education teacher can be a yoga teacher	8(32.0)	16(64)	1(4)
4	Yoga does not help to maintain the balanced life	1(4)	24(96)	0

Table-5 indicates that 80% of teachers disagreed that yoga is religious, 88% of teachers disagreed that physical education and yoga education is same, 32% of teachers agreed that physical education teacher can be a yoga teacher and 96% of teachers disagreed that yoga is not helpful for balanced life. Hence, it can be concluded that above 80% of the teachers disagreed that yoga is purely religious and physical education and yoga education is same. Only 32% of teachers agreed that physical education teacher can be a yoga teacher.

**Table-6: Nature of yoga education as perceived by students**

SI No	Items	Agree (F&%)	Disagree (F&%)	Undecided (F&%)
1	Yoga is purely religious	42(35.0)	54(45.0)	24(20.0)
2	Physical education and Yoga are same	42(35.0)	54(45.0)	24(20.0)
3	Physical education teacher can be a yoga teacher	47(35.0)	45(37.5)	28(23.3)
4	Yoga does not help to maintain the balanced life	16(13.3)	97(80.8)	7(5.8)

Table-6 indicates that 35% of students agreed that yoga is purely religious whereas 45% of students disagreed upon it. 35% of students agreed that physical education and yoga are same whereas 45% of students disagreed upon it. 35% of students agreed that physical education teacher can be a yoga teacher whereas 37.5% of students disagreed upon it. 13.3% of students agreed that yoga does not help to maintain the balanced life whereas 80.8% of students disagreed upon it. Hence it can be concluded that 35% of the students agreed that yoga is purely religious, helps to maintain a balanced life and physical education teacher can be yoga teacher.

**Table-7: Yoga education in school as perceived by teachers**

SI No	Items	Agree (F&%)	Disagree (F&%)	Undecided (F&%)
1	Yoga activities gives immense pleasure	25(100)	0	0
2	Yoga teacher does not get respect like other teacher	2(8.0)	22(88)	12(4)
3	Yoga class must be held every day in school	18(72)	1(4)	6(24)
4	Specific time must be allotted for yoga for all students and teachers in school	24(96)	1(4)	0

Table-7 indicates that 100% of teachers agreed that yoga activities gives immense pleasure, and majority of teachers respect, 72% of teachers agreed that yoga class must be held every day in school and 96% of teachers agreed that specific time must be allotted for yoga for all students. Hence, it can be concluded that all teachers agreed that yoga gives immense pleasure, majority of teachers said yoga class must be held every day in school and specific time must be allotted for yoga for all students and teachers.

**Table-8: Yoga education in school as perceived by students**

SI No	Items	Agree (F&%)	Disagree (F&%)	Undecided (F&%)
1	Yoga activities gives immense pleasure	91(75.8)	11(9.2)	18(15.0)
2	Yoga teacher does not get respect like other teacher	15(12.5)	92(76.7)	13(10.8)
3	Yoga class must be held every day in school	82(68.3)	16(13.3)	22(18.3)
4	Specific time must be allotted for yoga for all students and teachers in school	99(82.5)	11(9.2)	10(8.3)

Table-8 indicates that 75.8% of the students agreed that yoga activities gives immense pleasure, 12.5% of the students agreed that yoga teacher does not get respect like other teachers, 68.3% of students agreed that yoga class must be held every day in school and 82.5% of students agreed about giving specific time to yoga for all students and teachers. Hence it can be concluded that more that 68% of students agreed that yoga activities gives immense pleasure, yoga class must be held every day in school and specific time must be allotted for yoga for all students and teachers in school.

**Table-9: Credit for yoga education in examination as perceived by teachers**

Sl No	Items	Agree (F & %)	Disagree (F&%)	Undecided (F&%)
1	Yoga education does not get credit for final school grade	7(28)	15(60)	3(12)
2	School Principal must encourage students for participation in yoga	24(96)	0	1(4)
3	Incentives must be given to students for participating in yoga competitions	17(68)	6(24)	2(8)
4	Yoga education is taken lightly in school	8(32)	14(56)	3(12)

Table-9 indicates that 28% of teachers agreed that yoga education does not get credit for final school grade, 96% of teachers agreed that school Principal must encourage students for participation in yoga, 68% of teacher agreed that incentives must be given to students for participation in yoga competitions and 32% of teachers agreed that yoga education is taken lightly in school. So, it can be concluded that 96% of teachers agreed that school Principal must encourage students for final school grade and 68% of teacher agreed that incentives must be given to students for participating in yoga competitions.

**Table - 10. Credit for yoga education in examination as perceived by students**

Sl No	Items	Agree (F & %)	Disagree (F&%)	Undecided (F&%)
1	Yoga education does not get credit for final school grade	43(35.8)	56(46.7)	21(17.5)
2	School Principal must encourage students for participation in yoga	102(85.0)	13(10.8)	5(4.2)
3	Incentives must be given to students for participating in yoga competitions	92(76.7)	10(8.3)	18(15.0)
4	Yoga education is taken lightly in school	39(32.5)	63(52.5)	18(15.0)

Table 10 indicates that 35.8% of the students agreed that yoga education does not get credit for final school grade, 85% of students agreed that school Principal must encourage students for participation in yoga, 77% of students agreed that incentives must be given to students for participating in yoga competitions and 32.5% of students agreed that yoga education is taken lightly in school. Hence, it can be concluded that majority of the students agreed that school Principal must encourage students for participation in yoga and incentives must be given to students for participating in yoga competitions.

### Major Findings

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- All teachers realized that Yoga is essential for health and Yoga develops positive attitude towards life and can bring overall development in life. Majority of teachers disagreed that physical education and Yoga education are same and a physical education teacher can be a Yoga Teacher.
- All teachers expressed that Yoga activities gives immense pleasure and therefore must be held every day in School. Majority of teachers responded positively that specific time must be allotted and students in school.
- Majority of students are concerned about the benefits of Yoga for good health and for the development of concentration. 65% of the students disagreed about Yoga class is wastage of time and hampers upon study.
- 95% of the students agreed that Yoga education develops positive attitude towards life and only 24% of students agreed that Yoga has no career options.
- 35% of the students agreed that yoga is purely religious, helps to maintain a balanced life and physical education teacher can be yoga teacher.
- 68% of students agreed that yoga activities gives immense pleasure, yoga class must be held every day in school and specific time must be allotted for yoga for all students and teachers in school.
- Majority of the students agreed that school Principal must encourage students for participation in yoga and incentives must be given to students for participating in yoga competitions.

### **Educational Implications**

The study found that most of the teachers and students are aware about the benefits of Yoga education for better life management. Further it develops concentration among students for study. Hence yoga education can contribute for the better performance of students and school in both academic and non-academic field. All teachers and students must be encouraged to practise Yoga in school and home. For this the school principal must provide all facilities, equipments and time in the school hours. Yoga teacher must be appointed in all schools and must be involved in different Yoga activities of school.

Yoga education as a subject must be given due respect in and outside the school. Yoga teachers must also be respected and given equal status similar to other teachers of school. Yoga education must be given credit in the final board examination result so that

more and more students can join the Yoga class. Further, yoga related activities must be organised in school and students must be allowed to participate in different Yoga camps at state and national level. Finally, Yoga education must be made compulsory subject in school at secondary level like English and Mathematics.

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