

Effectiveness of Sri Sathya Sai Method of Teaching on Adjustment of Adolescents

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Abstract

A well-adjusted person is a blessing to himself and to the society. But 21st century sees several cases of mal-adjustment and psychological and mental problems. The Corona pandemic has worsened the case for many. The youth are being victims of adjustment problem, the cause of which usually starts from the adolescent age. Educationists suggest value based spiritual education as the panacea to the present state. The objective of the research was to study the effectiveness of Sri Sathya Sai Method of Teaching on Adjustment of adolescents. Simple Random Sampling was used for sampling. The sample consisted of 520 students, both boys and girls, of class IX, from both government and private schools of Jabalpur, Madhya Pradesh, India. The duration of treatment was 3 months. The researcher used experimental research method. Standardized, Adolescent Adjustment Scale, by Dr. Ragini Dubey, was used as a tool. The Data was analyzed statistically using mean, standard deviation and ANOVA. The findings showed significant rise in the level of adjustment where the mean scores increased from 38.37 to 57.86. The findings suggested that Sri Sathya Sai Method of Teaching can be a boon for the students, especially adolescents, when inculcated in the system of education and help them by endowing them with a well-adjusted personality.

Keywords: Sri Sathya Sai Method of Teaching, Adjustment, Adolescents.

Introduction

Man adjusts with himself and with the surroundings so as to lead a comfortable and peaceful life. A person possessing a well-adjusted personality is able to handle even adverse situation with patience and equanimity. Since ancient times India has been a spiritual leader for the world. Education always focused upon Man-Making rather than Money-making. But the present education, with main focus on monetary and material gains has led to cut-throat competition, information overload, self-centeredness and confusion. Gradually a person, as s/he grows from childhood to an adolescent state, mostly loses the original cheerful personality and suffers from the problem of stress, anxiety and mal-adjustment. However, the uncontrolled materialistic approach has uncovered its futility and its fleeting reality. In search of lasting peace and bliss, man is going back to the ancient wisdom which is based on Spirituality. Shri Aurobindo emphasized that the main aim of education is to promote spiritual development. According to him every human

being has some fragment of divine existence within himself and education can scan it from each individual with its full extent.

learned scholars emphasize the importance of value based spiritual education. Studies conducted by **Singh, P.; Edbor, A. and Singh, J.D. (2017)** and **Lovat, T.J. and Clement, N.D. (2008)** indicated a pedagogical imperative for values education which extends beyond boundaries of personal or systemic interests and ideologies and help students in maintaining balance and poise in home, health, social, and emotional adjustment. **Way, N. and Robinson, M. G. (2003)** highlighted the importance of positive school experiences for students' psychological well-being. There are institutions which are working on these lines and helping students and adolescents benefit through the process of education. The Sri Sathya Sai Education programs are based upon the concept of spiritual education such that the latent divine attributes of the students find expression. **Makoto, Ishii (2010)** suggested that the ethos of school could be improved and academic success become more achievable by Sri Sathya Sai Education in Human Values Approach.

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“Energy is all and energy is derived from God. That is the very basis of man. Now, we are building superstructures somewhere else, not on the basis. The foundational Divine Principle is being ignored. We are fascinated by subjects and studies that promise to feed our stomachs and make us materially happy and powerful. But the hard truth is the Divine beneath all. Man must either know the supreme Truth of the One Being behind all Becoming or at least know the practical Truth of Love and Brotherhood. These two points are the limits which education must ever keep in mind—the starting point and the goal.”

Sri Sathya Sai Baba

Thus, Sri Sathya Sai Philosophy of education focusses upon blossoming of excellence through the five cardinal values of Truth, Right-conduct, Peace, Love and Non-Violence. This helps in the manifestation of divinity which is present in all. Not many researches were conducted on Sri Sathya Sai Method of Teaching and it's impact on the personality of adolescents. Thus, with a view to find the solution to the existing problem of adjustment, the researcher conducted her study on the effectiveness of Sri Sathya Sai Method of Teaching on Adjustment of adolescents.

Objective-To study the effectiveness of Sri Sathya Sai Method of Teaching on Adjustment.

Hypothesis-There is no significant effect of Sri Sathya Sai Method of Teaching on Adjustment.

Delimitation of Study-The study was confined to Jabalpur, Madhya Pradesh, only. The study was conducted on Class IX students of Jabalpur, Madhya Pradesh. The students in the experimental group had been exposed to the independent variable, i.e., Sri Sathya Sai Method of Teaching, for a limited period of time.

Research Method—The data was collected by first obtaining the List of schools from the District Education Officer, Jabalpur. Selection of schools was done randomly from the list of government and private schools for the selection of girls and boys which would be required in the sample. The sample size was 520 students, both boys and girls. The selected schools were further divided into Experimental and Control groups. Standardized tool used was Adolescent Adjustment Scale, Dr. Ragini Dubey. Adjustment Scale was given to the students of both experimental and control group at the start of research as a pre-test. No intervention was given to the control group. Sri Sathya Sai Method of Teaching was adopted for the experimental group. The Sri Sathya Sai Method of Teaching here, consisted of five modes of teaching, namely: -Prayer; Silent Sitting /Meditation, Story Telling; Group Singing and Group Activities. Adolescent Adjustment Scale was given to both experimental and control group after the conclusion of teaching by adopting the pattern of Sri Sathya Sai Method of Teaching. Using statistical methods namely, Mean, Standard Deviation, t-test, Analysis of Variance (ANOVA) the result was analyzed. Verification of hypotheses and drawing of conclusions was done.

Table No. 1

Sample Distributions

School	Experimental Group		Control Group		Total
	Boys	Girls	Boys	Girls	
Government School	65	65	65	65	260
Private School	65	65	65	65	260
Total	130	130	130	130	520

Tool used –

Results and discussion-The results are presented below-

Table No.-2

Effect of Sri Sathya Sai Method of Teaching on Total Adjustment of Girls and Boys- Comparative

Results

Experimental Group	Experimental Condition	N	Mean	S.D.
Control	Pre	260	45.49	11.37
	Post	260	41.77	11.01
Experiment	Pre	260	38.37	9.62
	Post	260	57.86	7.29

Summary of ANOVA

Source of Variation	d.f.	Sum of Squares	Mean Square	F - Ratio
Between Groups	3	56418.51	18806.17	189.93**
Among Groups	1036	102581.48	99.02	

Degrees of freedom - 3, 1036

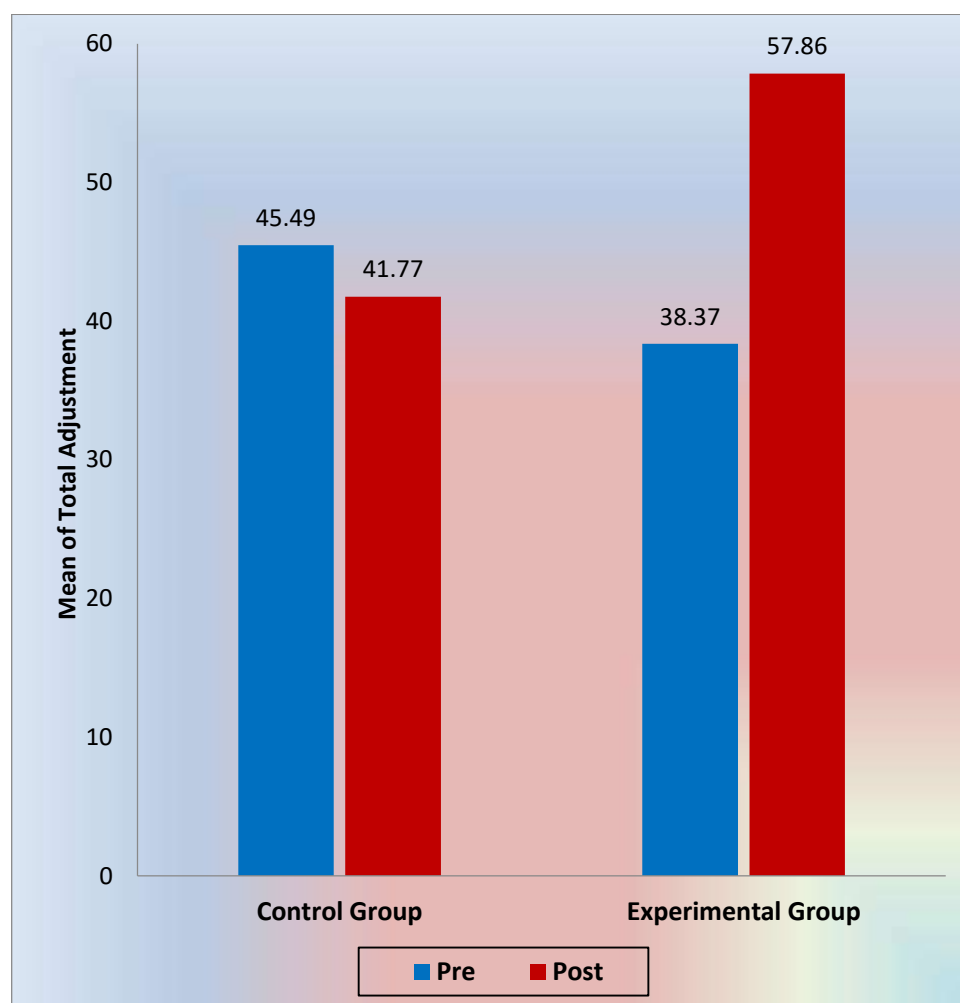
The results presented in the above table show that there is a statistically significant difference among the four groups namely, - control and experimental with pre- and post-experimental conditions. The obtained F-value of 189.93 is significant at 0.01 level of significance. Experimental Post- Group of girls and boys has benefitted the most from Sri Sathya Sai Method of Teaching.

Thus, from the above results, it may be concluded that Sri Sathya Sai Method of Teaching has positive effect on Total Adjustment of boys and girls.

The above results have been presented in graph no.-1.

Graph No. 1

Graphical Presentation of Effect of Sri Sathya Sai Method of Teaching on Total Adjustment of Girls and Boys- Comparative Results



It has been observed that as far as Total Adjustment of boys and girls of government and private schools along with the total sample is concerned, there is a positive effect of Sri Sathya Sai Method of Teaching, which includes its five components and which have been used as intervention. It is obvious that Sri Sathya Sai Spiritual incorporates the spirituality within the individual in terms of the regular practice of the five components of teachings namely— prayer, meditation/silent sitting, story-telling, group-singing and group activities.

All these five are value based and are directly and indirectly related to the spiritual values. These have helped in the spiritual awakening of the students. These have created positive environment and have toned the personality in a positive direction. When continuous intervention is given it becomes a habit and one follows it involuntarily. Thus, since the personality shows positive change, naturally, the adjustment, which is one of the main dimension/components of personality, shows improvement. There is significant difference in the post-test scores which show that a marked difference has been occurring in the students.

Mal-adjustment affects the adolescents and many a times compels them to take steps which are harmful for them and their loved ones. **Srivastava Malini.; Talukdar, Uddip. and Vivek, Lahan.(2011)** found that meditation theory significantly reduces the symptoms of adjustment disorder with mixed anxiety and depression. **Sarakamo, et al. (2008)** revealed that music listening therapy can enhance cognitive recovery and prevented negative moods. **Studies conducted by Good, M. and Willoughby, T. (2013), M.A. Melinda, A. et al. (2011), Young, J.S., et al. (2011), Stanley, M.A. et.al. (2011)** revealed that spirituality provided significant moderation effect for Psychological Adjustment, depression and anxiety and suggested incorporating spirituality into counseling for anxiety and depression. Similar were the findings of the researcher where the adjustment of students showed significant improvement in the experimental group post-test.

Dedicated and honest teachers, who are the role models for the students and who can implement the Sri Sathya Sai Method of Teaching in schools on regular basis from early school education, can be instrumental in shaping the destiny of the nation through the ideal students they produce.

The research, i.e., Sri Sathya Sai Method of Teaching, if incorporated into the system of education, can prove to be of a great blessing for parents, teachers and educationists who want to shape the future of the adolescents so that they may lead a well-adjusted, happy and stress-free life with no mental or emotional problems, thus helping in the all-round development of their personality.

Conclusion

There is a significant effect of Sri Sathya Sai Method of Teaching on adjustment of adolescent Boys and Girls.

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