

# DESCRIPTIVE STUDY OF ANALYSES BETWEEN MALE AND FEMALE SENIOR SECONDARY STUDENTS OF PHYSICAL EDUCATION ATTITUDE FROM GOVERNMENT SCHOOL AND PRIVATE SCHOOL TOWARDS YOGA

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**Abstract:** The objective of the study was to analyze the Male and Female Senior Secondary Students of Physical Education attitude from Government School and Private School towards Yoga. For this study, total One thousand Eleven (1011) students of Physical Education retract as a subject. From Male Four hundred Thirty (430) students of Physical Education and Female Five hundred Eighty one (581) students of Physical Education elected as a subject. The students who were studying Physical Education in Senior Secondary classes in different schools were delimited for this study. Yoga Attitude Scale (YAS), a 30-attitude question scale prominent by Dr. Mahesh Kumar Muchhal, was used to know the attitude of students towards Yoga. The reply acquired from students of Physical Education of different male and female students were changed into simple percentage for the purpose of analysis and interpretation of the data. To analyses, the collected data 't' test was used to compare attitude of male and female students of Physical Education from Government school and Private school towards yoga. Statistical analysis was implemented using SPSS (Statistical Package for the Social Sciences) version 19, a product of IBM.nic in order to compare all the above. The level of significance was set at

.05. The study exposes that, there is scientifically significant difference between male and female senior secondary students of Physical Education from Government and Private schools attitude towards Yoga from India.

Keywords: Male; Female; Government school; Private school; Physical Education; Students; Attitude; Yoga.

## 1. INTRODUCTION

Yoga is an art. It is one of the most antiquated structures that began in India 5000 years back. It is the Union of spiritual, mental and physical balances and methods that help to reestablish the spirit stimulate the mind and facilitate to help balance physical developments and procedures. Yoga consistently creates uplifting attitude and our mentality consistently changes as we experience the distinctive courses. Attitude, be that as it may, can be changed by the impact of a specific instructor, the friend group, various events and various courses etc. Yoga attitude is a fundamental job in a person's life. The improvement of healthy favorable attitude is itself a period of instruction, which encourages learning and fill in as a reason for further motivation. [Mishra, Dr. Satyendra Nath., 2016]

Modern age is the time of science and innovation. Enormous blast of information in science and innovation has changed the way of life of people. Yoga training assumes a significant job for arousing and keeping of good awareness, physical wellness, social modification and mental

adequacy among the individual. Today Frustration, Anxiety, Mental Stress, Mental related maladies and so on are expanding in our public. Because of these sicknesses numerous people including the understudies feels Isolation, Anger, Confusion, Depression, Mood issue, Attention shortage hyperactive turmoil, Obsessive issue, Adjustment issue and so forth.

Yoga education can improve all the activities of the students, be it scholastic, game, or social. Yoga methods give improved consideration in examines better stamina and co-appointment for sports and an increased mindfulness and adjusted demeanor for social action. Yoga instruction is an all-encompassing science. It is a cognizant and deliberate procedure for the total physical, mental, enthusiastic, and otherworldly advancement of men. Yoga training helps in self-restraint and discretion, prompting monstrous measure of mindfulness, fixation and more elevated level of awareness. [Bauri, Uday., 2018]

## 2. STATEMENT OF PROBLEM AND RESEARCH METHOD

The purpose of the study was to subordinate of the Male and Female students of Physical Education attitude towards yoga from government and private schools in India. A survey type study was designed to find out the attitude of Male and Female students of Physical Education towards yoga from government and private schools. The study was delimited to male and female students of Physical Education studying in different government and private schools in India. It was hypothesized that there may not be significant difference between attitudes of male and female senior secondary students of Physical Education toward yoga from government and private schools.

### a. METHORDLOGY

For the purpose of this study were carefully selected 430 male students and 581 female students of physical education from government and private schools in India. Yoga Attitude Scale (YAS) of Dr. Mahesh Kumar Muchhal was used. Basically the scale consists of 30 question, the respondent has to rate their response on the three-point scale. The scores against the response are like 3 for agree, 2 for undecided and 1 for disagree respectively. The reliability of the used tools is verified and established. Through the split half method, the reliability coefficient of Yoga attitude scale was 0.71 and by Spearman brown method, it was 0.83.

For the administration of yoga attitude scale to the subjects. The researcher created the web page having the questionnaire and sent the link (<http://www.eos.somee.com/surveyReg/2>) to the Physical Education teachers and students of different Government and Private Schools of India.

The website link of the yoga attitude scale was sent to concern student through Social Media, whereas website link of yoga attitude scale was directly sent to the physical education teachers and students who were in personal touch with the researcher for the collection of data.

The responses obtained from male and female students of Physical Education was statistically analyzed in terms of means and standard deviation. Later, 't' test was used to compare attitude of male and female students of Physical Education towards Yoga from Government and Private schools.

Statistical analysis was performed using SPSS (Statistical Package for the Social Sciences), a product of IBM.nic in order to compare all the above. The level of significance was set at .05.

## 3. RESULTS AND DISCUSSION

### 3.1 TABLES AND FIGURES

All the 1011students from Government schools and Private schools male and female Physical Education students were investigated for their attitude towards Yoga. For this, they were categorized gender-wise. Their percentage of responses were computed and presented in table 1.

**Table 1.** Percentage of Attitude of Male and Female Students of Physical Education from Government Schools and Private Schools towards Yoga

Category of Subjects	Number of Respondents	Max. Possible Scores of Respondents	Obtained Average Score of Respondents	Percentage
Male	430	1290	1164.40	90.26%
Female	581	1743	1518.83	87.14%

Table 1 shows percentage of obtained responses between male and female students of physical education from Government schools and Private schools towards yoga. 90.26 % of male students expressed positive attitude towards Yoga, whereas 87.14 % of female students showed a positive response towards Yoga.

**Table 2.** Descriptive Analyses of Attitude towards Yoga of Male and Female Students of Physical Education from Government Schools and Private Schools

GENDER	No. of Subjects	Mean	Standard Deviation
Male	430	81.23	8.31
Female	581	78.42	9.35

Table 2 shows that the mean value and standard deviation of the male student is  $81.23 \pm 8.31$ , where in case of the female student it is  $78.42 \pm 9.35$  Students of Physical Education. As per the above statistical point of view, we found that the male students of Physical education possess higher attitude towards yoga in compare with the female student of Government and Private schools, though as per the questionnaire manual suggested that both groups possess high attitude towards yoga.

**Table 3.** Comparison of Attitude towards Yoga between Male and Female of Physical Education Students from Government Schools and Private Schools

Groups	N	Df	Tabulated Value	SEMD	'p' Value	't' Value
Male	430	1009	1.962	2.81208	.000	5.039
Female	581					

\*Significant at 0.05 level.

As per the data scores shown in table 3 comparing male and female students of Physical Education from Government schools and Private schools in attitude towards Yoga, (p value of 2-tailed is .000 which is less than .05) a statistically on the other side difference was found between them, as the obtained 't'-value 5.039 is greater than the tabulated value of 1.972, at .05 level of significance with 1009 degree of freedom. These mean scores and associated t-values show that significant difference between male and female physical education students for these attitude states was not observed. However, the male students have reported significantly greater experience ( $M = 81.23$ ,  $SD = 8.31$ ) than female students ( $M = 78.42$ ,  $SD = 9.35$ ). This difference is significant ( $t = 5.039$ ,  $p < .05$ ).

#### 4. DISCUSSION OF FINDINGS

There is a significant difference of attitude towards Yoga between male and female of Government Schools and Private Schools Students of Physical Education may be due to the fact that the male students are more aware of the contribution made by yoga practice in teaching compare to the female; but there is no matter one may be either a male or female because difference are not to much. At present, the involvement scale of students is genuinely great and bearing towards yoga with their learning facilities is within the means of each and every individual.

This may be attributed to the fact that in the modern times male and female both are well aware and educated. Similarity in their academic level of education may also be one of the reasons. The print and electronic media has contributed a lot in enriching the experiences and exposure to the upcoming generations. Yoga is deeply rooted in our culture and tradition that facilitates a positive outlook, natural inclination and interest in practicing various asana, meditation and pranayama.

The findings of the study are in deal with the findings of Dr. Mahendra Kumar Singh (2015).

#### **CONCLUSION AND RECOMMENDATIONS CONCLUSION**

Based on statistical research, the following results are taken from the study findings and the analytical interpretation of the scholars of literature sources:

Male and Female Students of physical education in Government Schools and Private Schools have a more favorable attitude towards Yoga.

There was a scientifically significant difference between male and female students of physical education attitude towards yoga from Government school and Private school.

#### **RECOMMENDATIONS**

The analytical analysis, the scholar would like to propose the following opportunities based on quantitative results and conclusions drawn from the study:

Similar study can be carried out by choosing participants from other institute.

The present study have been based on the questionnaire method, it is recommended that the similar study may be undertaken on the basis of interviews.

A research may be conducted which includes more subject quantity and differs in the field.

To order to find the difference in attitude towards yoga, a longitudinal analysis between other subject, school teachers and students may be undertaken.

In order to find the difference in attitude towards yoga, a study may be undertaken involving non-teaching staff from schools, colleges and universities as well.

A study may be conducted to determine the student's attitude of different professional institute towards yoga and also to determine the attitude of parents, other subject teachers and administrators towards yoga.

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