

# ATTITUDE OF UNDERGRADUATE STUDENTS TOWARDS YOGA

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## ***Abstract***

*The present study was conducted to find out the attitude of Undergraduate students towards yoga. Sample of 100 students were selected randomly from different colleges of Tehsil Abohar only. Standardized scale of attitude towards yoga by sarv shakti arora (1989) was used by the investigator for present study. The data was analyzed by Mean, SD and t-ratio. Results of the study revealed that there is no significant difference between the attitude of male & female, arts and science Undergraduate students towards yoga. Result also shows that there is significant difference between rural & urban Undergraduate students towards yoga.*

## **INTRODUCTION**

Yoga was developed in India an Estimated 5000 years ago as a philosophy and practice for achieving a balanced state of body, mind and spirit leading to optional functioning or thriving. In addition to asana, which is the third limb of the yoga path, the other seven limbs include yamas, niyamas, pranayama, pratyahra, dharana, dhyana, and Samadhi enhance and be incorporated into a halth yoga asana practice with attention to slow and deep breathing, in word focus, and finding the edge of stretch or effort without pain strain, or fatigue. In modern like, every man finds himself and bliss. They try to accomplish too much in too little time, which accumulated a lot of mental, emotional and physical stress from our body. In ancient time, yoga was a form of 'Bhakti' Rishi Patanjali is called the father of yoga. He gave us his sutras in a book from Astang yoga. or yoga sutra, in modern time yoga is very popular in every field of like Today when minor diseases become very dangerous, yoga is a science of right living and it works when integrated in our daily life. People who practice yoga regularly not only feel better physically but also report an increased sense of happiness and with the world around them.

## **MEANING OF YOGA**

Yoga means controlling or inhibiting extrovert activities of body and mind or the suppression of the functions of the thinking principle (mind) which leads to the absolute abidance of an agent in his real nature. Yoga is defined as a which of the purified mind with Brahaman. Yoga is the science of keeping the mind calm and steady and the body is strong for meditation and self realization. Yoga is the physical, mental and spiritual practices or disciplines that aim to transform body and mind. The word yoga is derived from the Sanskrit root yuj mean to unit to connect or 'to bound' there for yoga implies joining or union with all one's potentials, mental, physical and spiritual. There are eight limbs of yoga Yama, Niyama, Asanas, Pranayama, Pratyahara, Dharna, Dhyana and Samadhi. A system of Exercise practiced as part of

this of the body and mind. The word ‘yoga’ is derived from two roots ‘yujir’ – one refers to yoking and the other refers to mental concentration (yuj). Mental concentration is the theme of the entire Indian system which deals with yoga. Yoga is a technique or device that makes for successfully reaching the other shore of the stream of sorrow.

## MEANING OF ATTITUDE

A dictionary meaning of attitude is : A hypothetical construct that represents an individual's degree of like or dislike for an item.

A predisposition or a tendency to respond positively or negatively towards a certain idea, object, person, or situation. Attitude influences an individual's choice of action, and responses to challenges, incentives, and rewards. [ together called stimuli]

### Four major components of attitude are

**Affective:** emotions or feelings.

**Cognitive:** belief or opinions held consciously.

**Connective:** inclination for action.

**Evaluation:** positive or negative response of stimuli.

According to Allport(1935) A mental and neural state of readiness organized through experiences, exerting directive or dynamic influence upon behavior.

## OBJECTIVES

1. To study the attitude of Undergraduate students towards yoga in relation to their gender.
2. To study the attitude of Undergraduate students towards yoga in relation to their locale.
3. To study the attitude of Undergraduate students towards yoga in relation to their stream.

## HYPOTHESES

1. There is no significant difference between the attitude of Undergraduate students towards yoga in relation to their gender.
2. There is no significant difference between the attitude of Undergraduate students towards yoga in relation to their locale.
3. There is no significant difference between the attitude of Undergraduate students towards yoga in relation to their stream.

## SAMPLE OF STUDY

100 students were selected randomly from different colleges of abohar.

## TOOL USED

Standardized scale of attitude towards yoga by sarv shakti arora (1989) was used.

## STATISTICAL TECHNIQUES USED

The investigator was used descriptive and inferential statistical techniques to analyze the data .

## RESULTS AND DISCUSSION

**TABLE-1**

### Showing attitude of Undergraduate students in relation to their gender

Group	N	Mean	SD	SE <sub>D</sub>	t-ratio	Level of Significance
Male	50	71.2	12.1537	2.1134	0.842	Not Significant
Female	50	69.42	8.7016			

Table-1 indicates that t-ratio(0.842) is not significant at 0.01& 0.05 level of significance. Therefore from the table it may be concluded that there is no significant difference between the attitude of male and female degree colleges students towards yoga. Hence, null hypotheses there is no significant difference between the attitude of Undergraduate students in relation to their gender is accepted.

**TABLE -2**

### Showing attitude of Undergraduate students in relation to their locale

Group	N	Mean	SD	SE <sub>D</sub>	t-ratio	Level of Significance
Rural	50	78.06	8.8448			
Urban	50	70.56	12.1086	2.120	3.537	Significant

Table-2 indicates that t-ratio(3.537) is significant at 0.01& 0.05 level of significance. Therefore from the table it may be concluded that there is significant difference between the attitude of rural and urban Undergraduate students towards yoga. Hence, null hypotheses there is no significant difference between the attitude of Undergraduate students in relation to their locale is not accepted.

**TABLE -3****Showing attitude of Undergraduate students in relation to their stream**

Group	N	Mean	SD	SE <sub>D</sub>	t-ratio	Level of Significance
Arts	50	70.6	12.140	2.13	0.122	Not Significant
Science	50	70.34	8.998			

Table-3 indicates that t-ratio(0.122) is not significant at 0.01& 0.05 level of significance. Therefore from the table it may be concluded that there is no significant difference between the attitude of science and arts Undergraduate students towards yoga. Hence, null hypotheses there is no significant difference between the attitude of Undergraduate students in relation to their stream is accepted.

**EDUCATIONAL IMPLICATIONS**

- Boys and girls students have alike attitude towards yoga. They are in favour of yoga and their mean score is high i.e. they favour yoga and hence due arrangements could be made in this direction.
- Yoga helps to develop the power of concentration and due to concentration learning power is increased.
- Yoga education helps to live healthy life.
- Yoga shows that practice make a man perfect.

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