

Yoga Education and Awareness among Teachers and Students: A Synoptic Study

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Introduction

Yoga education can supplement school and university education. It can prepare the students physically and mentally for the integration of their physical, mental and spiritual faculties so that the students can become healthier, saner and more integrated members of the society and of the nation. Yoga education helps in self discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness.

Major purposes of Yoga education are:

- 1) To enable the student to have good health.
- 2) To practice mental hygiene.
- 3) To possess emotional stability.
- 4) To integrate moral values.
- 5) To attain higher level of consciousness.

Yoga education could help to equip oneself with basic knowledge about one's personality, to learn to handle oneself well in all life situations, to learn techniques of gaining good health, to develop a discriminative mind capable of knowing the real from the unreal and to face the dualities of life with equanimity. Yoga education can enhance all the activities of the students, be it academic or sport or social. Yoga techniques provide improved attention in studies, better stamina and co-ordination for sports and a heightened awareness and balanced attitude for social activity.

Yoga education can be integrated in school education during the time set aside for P.T. but in a calm and quiet place creating the proper atmosphere for its proper study and practice.

Yoga practices can be built around concepts like conditioning (preparation), synchronization, concentration, relaxation, self-reliance. (These have been elaborated in "Teaching Yoga" – a publication of The Yoga Institute. Yoga teaching/learning should be experience based, i.e. the student should gain direct experience of the subject taught. Here the skill and knowledge of the teacher come into full play. A dedicated and dynamic teacher can create an atmosphere for learning. The teacher should have a deep experience of the concept he is teaching. Moreover, he can teach only what he knows. The teacher should have good rapport with the students. The teacher should be trained and experienced in knowing the physical and psychological needs of the students in various age groups. As Yoga deals with life and learning, these concepts should be integrated into life situations through various methods available to the teacher.

As the Yoga teacher gains experience, he may have to acquire skills of a counselor for the problems the student faces at the physical, psychological and spiritual levels of his personality. Counseling can be done during the time allotted for recreation. Teachers and

parents should acquaint themselves with Yoga; they could attend a short introductory course on Yoga. This will help them to understand the special needs of a student practicing Yoga. The course of Yoga for the student should be well formulated in terms of contents, aptness and graded so that what is learnt earlier works hand in glove with what follows. Practices should be progressive – from easy to difficult; ideology should only be explained students of a later class who are mature to understand it. An ideal number for a Yoga class is 20 students; if there are more in number, one assistant would be useful. It is difficult to handle large numbers in a Yoga class – the teachers could lose contact with the students and the Yoga class in turn mechanical. As Yoga experience is subjective – any mechanical means of evaluation may not provide a good guideline. An experienced teacher can notice the progress of a Yoga student through his behavior and through his life activities. The Yoga Institute has worked on all aspects of Yoga education and through its pioneering efforts, it has provided the finest training for Yoga education teachers.

Statement of problem

Considering all these aspects the problem may be stated as “**Yoga Education and Awareness among Teachers and Students: A Synoptic Study**”

Variables

The present study included the following variables:

1. Economic status (APL and BPL)
2. Gender (Male and Female)
3. Social group (General and Others)
4. Two studied schools (i.e., Patharpara & Bisharbandh)

Objectives

1. To find out the difference in awareness among teachers towards impact of yoga education in healthy life according to gender in the study area;
2. To find out the difference in awareness among students towards impact of yoga education in healthy life according to gender in the study area;
3. To find out the difference in awareness between social groups of respondents towards impact of yoga education in healthy life in the study area;
4. To find out the difference in awareness among respondents towards impact of yoga education in healthy life according to two studied schools.

Hypotheses

We have used null hypotheses for the present study. The following hypotheses are

- H_1 : No significant difference in awareness among teachers towards impact of yoga education in healthy life according to gender in the study area;
- H_2 : No significant difference in awareness among students towards impact of yoga education in healthy life according to gender in the study area;
- H_3 : No significant difference in awareness according to social groups of respondents towards impact of yoga education in healthy life in the study area;

⁰H₄:No significant difference in awareness among respondents towards impact of yoga education in healthy life according to two studied schools.

Data source

The present study is primarily empirical in nature. A self prepared questionnaire has been used to collect data from 140 respondents of PaschimMedinipur district in West Bengal in 2018-2019. Multistage purposive sampling technique was used for collection of data from the selected districts.

Table – 1: Sample Profile of the Study

Sl. No	District	Schools	Teachers	Students	Total no. of Respondents
1	PaschimMedinipur	Patharpara	30	40	70
2	PaschimMedinipur	Bishar bandh	30	40	70
Total	-	-	60	80	140

Methodology of the Study

The suitable statistical methods which were applied in the present study are-

- i. Descriptive statistics: mean, S.D, and SED
- ii. Student’s t-test: it was used to measure the attitudinal differences towards yoga education among teachers and students with respect to some selected variables.

Analysis and interpretations of the Study

Table – 2: No significant difference in awareness among teachers towards impact of yoga education in healthy life according to gender in the study area

Teacher	N	Mean	S.D.	SE _D	t-value	Level of significance
Male	30	55.40	3.56	0.81	30.59	Significant
Female	30	30.62	2.76			

Source: Author’s calculation based on field survey 2018-2019

From the above table-2 it is clear that the mean scores and S.D of male and female teachers are different. The t value of the above table is 30.59 which is greater than the table value. So the null hypothesis is rejected at 0.01 level. That means that there exists significant difference in awareness between male and female teachers towards impact of yoga education in healthy life.

Table -3: No significant difference in awareness among students towards impact of yoga education in healthy life according to gender in the study area

Student	N	Mean	S.D.	SE _D	t-value	Level of
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						significance
Male	40	55.22	3.81	0.93	0.15	Not significant
Female	40	55.08	4.55			

From the above table -3 it is clear that the mean scores and S.D of male and female students are different. The t value of the above table is 0.15 which is less than the table value. So the null hypothesis is accepted at 0.05 level. That means that there exists no significant difference in awareness between male and female students towards impact of yoga education in healthy life.

Table - 4: No significant difference in awareness according to social groups of respondents towards impact of yoga education in healthy life in the study area

Caste/ Social group	N	Mean	S.D.	SE_D	t-value	Level of significance
General	70	55.25	5.20	0.83	0.99	Not significant
Others	70	54.43	4.58			

From the above table - 4 it is clear that the mean scores and S.D of teachers and students belonging to different social groups are different. The t value of the above table is 1.00 which is less than the table value. So the null hypothesis is accepted at 0.05 level. That means that there exists no significant difference in awareness between general and other social groups among the respondents towards impact of yoga education in healthy life.

Table -5: No significant difference in awareness among respondents towards impact of yoga education in healthy life according to two studied schools

School	N	Mean	S.D.	SE_D	t-value	Level of significance
Patharpara	70	55.85	3.85	0.61	0.41	Not Significant
Bisharbandh	70	55.60	3.35			

From the above table-5 it is clear that the mean scores and S.D of teachers and students are different. The t value of the above table is 0.41 which is less than the table value. So the null hypothesis is accepted at 0.05 level. Conversely, the alternative hypothesis is accepted. That means that there exists no significant difference between two studied schools about awareness towards impact of yoga education in healthy life among the respondents.

Summary and Conclusion

Major Findings of the Study

1. Significant difference in awareness among the teachers towards impact of yoga education in healthy life according to gender in the study area;
2. No significant difference in awareness among the students towards impact of yoga education in healthy life according to gender in the study area;

3. No significant difference in awareness among the respondents towards impact of yoga education in healthy life according to social groups in the study area;
4. Significant difference in awareness towards impact of yoga education in healthy life according to surveyed schools.

Limitations of the Study

The present study has the following Limitations:-

- We have considered only one district i.e., PaschimMedinipur in West Bengal.
- Only 140 respondents were considered.
- Only the plain area considered.
- We have taken only one year time period.

Recommendations

The following recommendations can be made to take further study about Yoga education:

- Broad areas of this district and others districts can be considered for descriptive work
- The time periods can be enlarged.
- Samples size can be increased.
- The other area of West Bengal can be taken into consideration.

After analysing the present study, it is concluded that yoga education has a strong potentiality to strengthen healthy life of students. There exists no significant differences in attitude about yoga education of students w. r. to social groups, gender and surveyed schools except gender of teachers. However, congenial infrastructures should be ensured in the schools for yoga education.

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