

COMPARISON OF ATTITUDE OF YOUTH OF DIFFERENT COLLEGES OF B.V.D.U. TOWARDS YOGA AND YOGA PRACTICES

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ABSTRACT

The aim of the study was to investigate and compare the selected variables i.e. attitude of youth of different colleges of B.V.D.U. towards yoga and yoga practices. For the purpose of the present study, the researcher was randomly selected 120 males and females (30 each, 15-male and 15-female) of College of Physical Education, College of Engineering, College of Nursing and College of Medical, Pune respectively. For the collection of data, the researcher was an approach to the different B.V.D.U., Colleges of Pune city with a request letter from the college authority to collect the data from the subjects through questionnaire test. The researcher gave the required instructions to perform the task to the subjects. After the collection of data, they were statistically analyzed to draw logical conclusions of the study. The study reveals that the male students of College of Physical Education, College of Engineering, College of Nursing and College of Medical have a significance difference in yoga attitude, as the obtain f-value 13.38 is greater than the tabulated f-value (3,56)2.76. Further, multiple LSD Post Hoc Test was applied between College of Physical Education and College of Engineering, there is a significant difference among them more over College of Engineering and College of Nursing similarly, College of Engineering and College of Medical had a significant difference among them. However, the College of Physical Education and the College of Nursing similarly with the College of Nursing and College of Medical has no significance difference in yoga attitude of male students. Further, according to the norms of the percentile value, College of Physical Education; College of Nursing and College of Medical have a result of 60% and fall under the category of average group in yoga attitude. Whereas, the College of Engineering has a result of 40% and fall under the category of the low group in yoga attitude. In addition, for the female students also the obtain f-value is 5.36 which is significant at 0.05 level as the value is much greater than tabulated f-value (3,56)2.76. Further multiple LSD Post Hoc Test was applied between College of Physical Education and College of Nursing, there is no significant difference among them more over College of Engineering and College of Nursing, similarly with College of Nursing and College of Medical had no significant difference among them. However, the College of Physical Education and the College of engineering has a significance difference in yoga attitude in female students. Further, according to the norms of the percentile value, College of Physical Education has a result of 80% and fall under the category of the high group in yoga attitude. Whereas, college of engineering; College of Medical and College of Nursing has the result of 60% and fall under the category of average group in yoga attitude. The appearance of this type of results may be due to the lifestyle of the students. Most of the

students in the College of Physical Education have their own self-esteem. They use to practice the yogic exercises by getting the ideas through practical and theoretical aspects. As physical education students are far more have an attitude on yoga. Other remaining colleges students have low attitude as compare to physical education students. They are busier in their schedule in college. They have less intention effort to the body's physique and physiological changes. Therefore, according to their habits and lifestyle of living College of Physical Education students have more yoga attitude values than other three colleges of B.V.D.U., Pune.

KEYWORDS: Attitude, Yoga & Youth

INTRODUCTION

According to psychology, an attitude means that a set of emotions, beliefs, and behaviors which is toward a particular object, person, thing, or event. Attitudes are the result of experience or upbringing, and they can have a powerful influence over behavior. While attitudes are enduring, they can also change.¹

Yoga may be defined as the mind and body of practice with historical origins in ancient Indian philosophy. There are various styles of yoga, which are combined with physical postures, breathing techniques, and meditation or relaxation. During 5,000 years of yogic history, the term "yoga" has gone through a renaissance in current culture, exchanging the loincloth for a leotard and leggings. Yoga has become popular now a day as a form of physical exercise, which we called asanas (physical poses) to promote improved control of mind and body and to enhance well-being.²

A good teacher can easily encourage students to adapt a positive attitude. From a Yoga perspective, proper attitude is established by observing the yamas (the do-nots) and the niyamas (the dos) from Patanjali's Yoga Sutras' "Eight-Fold Path". These observances lead students towards a non-harming, non-grasping, focused Yoga practice and harmonious lifestyle. One of the main things that yoga students need to be reminded of is that a posture (asana) is not about perfect results but about total effort. Remaining in touch with your body while putting in the right amount of effort so that each asana challenges you, while at the same time, respects your needs and avoids the risk of injury is the key attitude to developing a balanced practice. Equally importantly in a Yoga class is the teacher's attitude, because this sets the tone and the pace for the entire session. When teachers realize that the way they carry themselves is the first thing students will notice as they come into the studio, then their body language can be a simple yet powerful tool that will create an atmosphere of trust and confidence for their students.³

¹Behavior shape (28th August 2018). Retrieved from the online website: <https://www.verywellmind.com/attitudes-how-they-form-change-shape-behavior-2795897>

²Yoga: What is yoga? How does it work? (28th August 2018). Retrieved from the online website: <https://www.medicalnewstoday.com/articles/286745.php>

³Yoga attitude (28th August 2018). Retrieved from the online website: <https://www.raeindigo.com/importance-attitude-yoga-practice/>

OBJECTIVES OF THE STUDY

- To assess the status of attitude on B.V.D.U., College of Physical Education towards yoga and yoga practices.
- To find out the status of attitude on B.V.D.U., College of Engineering towards yoga and yoga practices.
- To observe the status of attitude on B.V.D.U., College of Nursing towards yoga and yoga practices.
- To examine the status of attitude on B.V.D.U., College of Medical towards yoga and yoga practices.
- To compare the youth of different colleges of B.V.D.U. towards yoga and yoga practices in relation to attitude.

Hypothesis

HO- There might not be a significant difference in College of Physical Education, College of Engineering, College of Nursing and College of Medical of B.V.D.U., Pune in relation with an attitude towards yoga and yoga practices.

METHODOLOGY

Research Design

The study was the survey study under the descriptive type of research.

Inclusion Criteria

- The subjects who were the students of B.V.D.U., Pune were included.
- Only the male and female students who study in the college of B.V.D.U., Pune (B.V.D.U., College of Physical Education; B.V.D.U., College of Engineering; B.V.D.U., College of Nursing and B.V.D.U., College of Medical) were included.
- The age of the subjects of the present study, which are above 23 years and below 25 years of age was included.

Sampling Design

Purposive random sampling method was used for the better representation of the whole population in the present study. A total number of 120 subjects (30 on College of Physical Education, 30 on College of Engineering, 30 on College of Nursing and 30 College of Medical, Pune) were randomly selected from different B.V.D.U., Colleges of Pune city.

Variables

The variable for the present study, based on psychological test the researcher was taken this variable, as:

Attitude

Tools Used

A standard questionnaire for the following variable is **Yoga Attitude Scale(YAS)** by **Dr. M. K. Muchhal (Baghpat)**⁴. The standard norms of the questionnaire are only to find out by percentile rank.

⁴M. K. Muchhal (Baghpat), "Yoga Attitude Scale (YAS)", *National Psychological Corporation*, Agra, Delhi, 2005. <https://www.npcindia.com>

Statistical Technique

The data was analyzed by using Analysis of the Variance (ANOVA) followed by multiple LSD post hoc test and the level of significance was set at 0.05.

ANALYSIS OF THE DATA AND RESULT

The detailed analysis of the data is presented in this chapter. The data collected from the subject were arranged in a tabular form and to find out the significant difference. One way analysis of variance (ANOVA) was used and followed by multiple LSD Post Hoc Test if found significant. The entire analysis of the data was done on the basis of the objective of the study. The data was obtained by administrating **Yoga Attitude Scale(YAS)** the subjects. The scores were obtained by using the norms key as suggested by **Dr. M. K. Muchhal (Baghpat)**.

Table 1: Comparison on Yoga Attitude among the Male Students of Colleges of B.V.D.U., Pune (College of Physical Education, College of Engineering, College of Nursing and College of Medical)

Source of Variance	d. f.	SS	MSS	f- Value
Between	3	1274.33	424.77	13.38*
Within	56	1777.60	31.74	

*Significant at 0.05 Level

Tab F.05 (3, 56) = 2.76

From Table 1, it is evident that the obtained f-value **13.38*** is greater than the tabulated f -value (3,56) 2.76. Therefore, there is a significance difference among college of physical education, college of engineering, college of nursing and college of medical in relation to yoga attitude of male students.

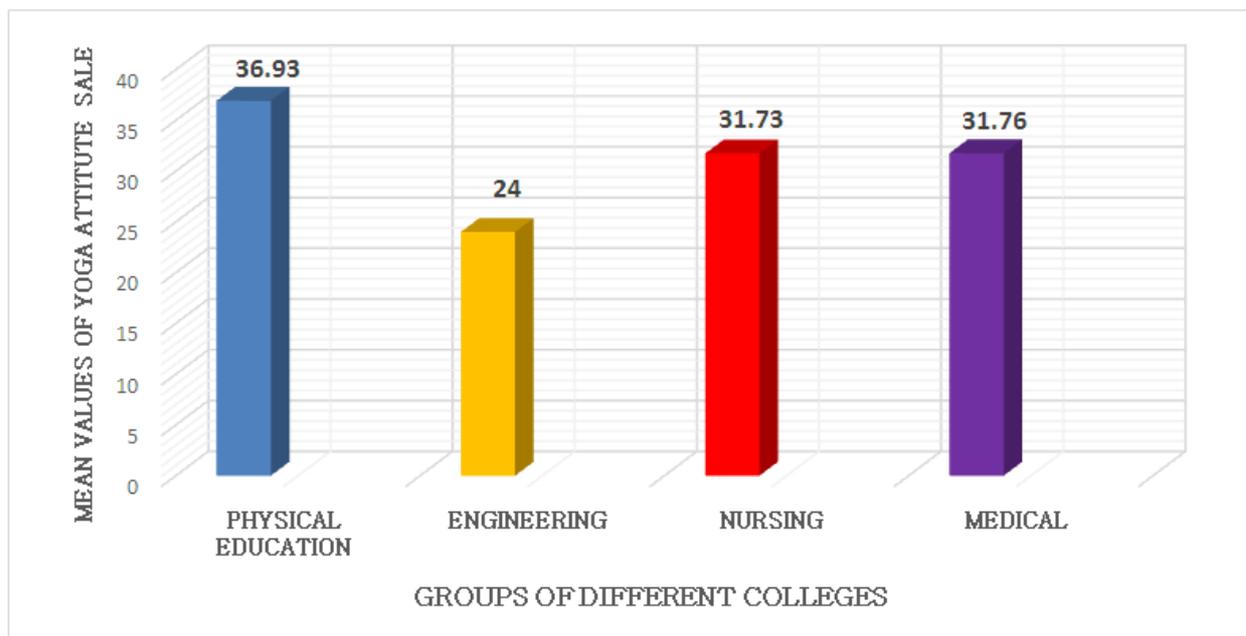


Figure 1: Graphical Representation on Yoga Attitude among the Male Students of College of Physical Education, College of Engineering, College of Nursing and College of Medical

Table 2: Multiple Comparison of LSD Post Hoc Test for Yoga Attitude among the Male Students of College of Physical Education, College of Engineering, College of Nursing and College of Medical

Groups / Mean (I)	Compared Groups (J)	Mean Differences (I-J)	Std. Error	Cd at 5% Level
G1 (36.93)	G2 (24.0)	12.93*	2.05	7.09*
	G3 (31.73)	5.20		
	G4 (31.46)	5.46		
G2 (24.0)	G1 (36.93)	12.93*		
	G3 (31.73)	7.73*		
	G4 (31.46)	7.46*		
G3 (31.73)	G1 (36.93)	5.20		
	G2 (24.0)	7.73*		
	G4 (31.46)	0.26		
G4 (31.46)	G1 (36.93)	5.46		
	G2 (24.0)	7.46*		
	G3 (31.73)	0.26		

*Significant at 0.05 level.

The multiple post hoc test showed that there is no significant difference between group 01 and 03; group 01 and 04; group 03 and 04. Nevertheless, there is a significant difference was displayed between group 01 and group 02; group 02 and 03 & between group 02 and 04.

Table 3: The Percentile Rank Norms of the Score among the Male Students of College of Physical Education, College of Engineering, College of Nursing and College of Medical

Subjects	Score	Percentage	Yoga Attitude Group
Physical Education	36.93	UP TO 60%	Average attitude
Engineering	24.0	UP TO 40%	Low attitude
Nursing	31.73	UP TO 60%	Average attitude
Medical	31.76	UP TO 60%	Average attitude

Table 4: Comparison on Yoga Attitude among the Female Students of Colleges of B.V.D.U., Pune (College of Physical Education, College of Engineering, College of Nursing and College of Medical)

Source of Variance	d. f.	SS	MSS	f- Value
Between	3	420.93	140.31	5.36*
Within	56	1464.00	26.14	

*Significant at 0.05 Level

Tab F.05 (3, 56) = 2.76

From the Table 4, it is evident that the obtained f-value **5.36*** is greater than the tabulated f -value (3,56) 2.76. Therefore, there is a significance difference among college of physical education, college of engineering, college of nursing and college of medical in relation to yoga attitude of female students.

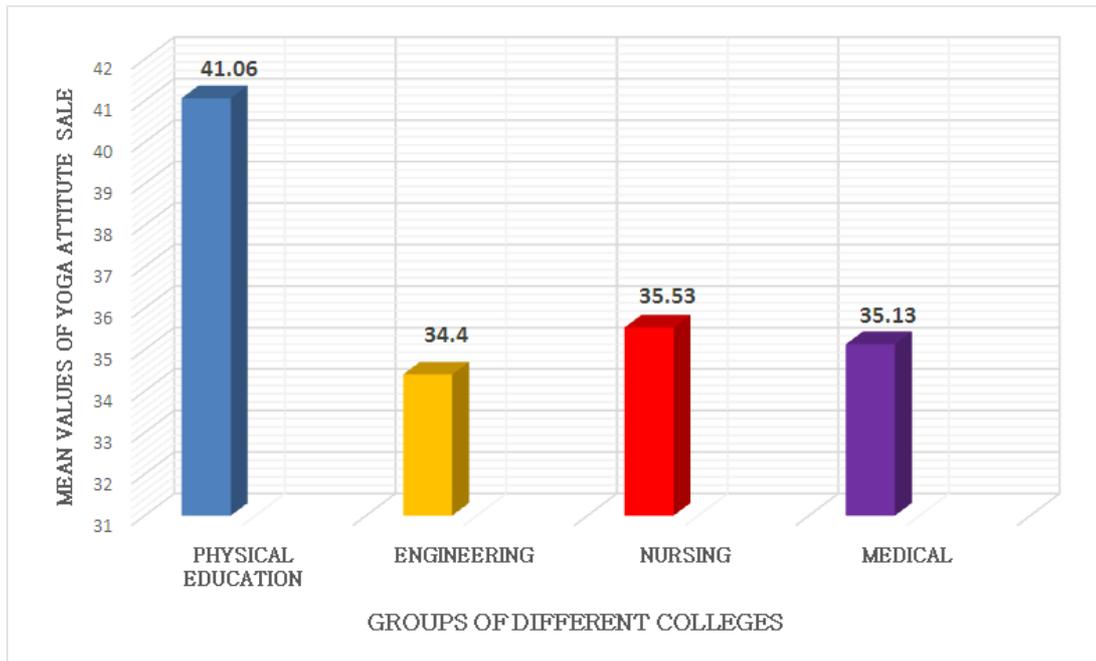


Figure 2: Graphical Representation on Yoga Attitude among the Female Students of College of Physical Education, College of Engineering, College of Nursing and College of Medical

Table 5: Multiple Comparison of LSD Post Hoc Test for Yoga Attitude among the Female Students of College of Physical Education, College of Engineering, College of Nursing and College of Medical

Groups / Mean (I)	Compared Groups (J)	Mean Differences (I-J)	Std. Error	Cd At 5% Level
G1 (41.06)	G2 (34.40)	6.66*	1.86	6.45*
	G3 (35.53)	5.53		
	G4 (35.13)	5.93		
G2 (34.40)	G1 (41.06)	6.66*		
	G3 (35.53)	1.13		
	G4 (35.13)	0.73		
G3 (35.53)	G1 (41.06)	5.53		
	G2 (34.40)	1.13		
	G4 (35.13)	0.40		
G4 (35.13)	G1 (41.06)	5.93		
	G2 (34.40)	0.73		
	G3 (35.53)	0.40		

*Significant at 0.05 level.

The multiple post hoc test showed that there is no significant difference between group 01 and 03; group 01 and 04; group 02 and 03 and group 02 and 04. However, there is a significant difference was displayed between group 01 and group 02.

Table 6: The Percentile Rank Norms of the Score among the Female Students of College of Physical Education, College of Engineering, College of Nursing and College of Medical

Subjects	Score	Percentage	Yoga Attitude Group
Physical Education	41.06	UP TO 80%	High attitude
Engineering	34.40	UP TO 60%	Average attitude
Nursing	35.53	UP TO 60%	Average attitude
Medical	35.13	UP TO 60%	Average attitude

DISCUSSIONS OF FINDINGS

The study reveals that the male students of College of Physical Education, College of Engineering, College of Nursing and College of Medical have a significance difference in yoga attitude, as the obtain f-value 13.38 is greater than the tabulated f -value (3,56)2.76. Further multiple LSD Post Hoc Test was applied between College of Physical Education and College of Engineering, there is a significant difference among them more over College of Engineering and College of Nursing similarly, College of Engineering and College of Medical had a significant difference among them. However, the College of Physical Education and College of Nursing similarly with the College of Nursing and College of Medical has no significance difference in yoga attitude of male students. Further, according to the norms of the percentile value, College of Physical Education; College of Nursing and College of Medical has a result of 60% and fall under the category of average group in yoga attitude. Whereas, the College of Engineering has the result of 40% and fall under the category of the low group in yoga attitude.

In addition, for the female students also the obtain f-value is 5.36 which is significant at 0.05 level as the value is much greater than tabulated f-value (3,56)2.76. Further multiple LSD Post Hoc Test was applied between College of Physical Education and College of Nursing, there is no significant difference among them more over College of Engineering and College of Nursing, similarly with College of Nursing and College of Medical had no significant difference among them. However, the College of Physical Education and the College of engineering has a significance difference in yoga attitude in female students. Further, according to the norms of the percentile value, College of Physical Education has a result of 80% and fall under the category of the high group in yoga attitude. Whereas, college of engineering; College of Medical and College of Nursing has the result of 60% and fall under the category of average group in yoga attitude.

The appearance of this type of results may be due to the lifestyle of the students. Most of the students in the College of Physical Education have their own self-esteem. They use to practice the yogic exercises by getting the ideas through practical and theoretical aspects. As physical education students are far more have an attitude on yoga. Other remaining colleges students have low attitude as compare to physical education students. They are busier in their schedule in college. They have less intention effort to the body's physique and physiological changes. Therefore, according to their habits and lifestyle of living College of Physical Education students have more yoga attitude values than other three colleges of B.V.D.U., Pune.

Discussion of Hypothesis

HO- There might not be a significant difference in College of Physical Education, College of Engineering, College of Nursing and College of Medical of B.V.D.U., Pune in relation with attitude towards yoga and yoga practices *is rejected*.

CONCLUSIONS

It is concluded that there is a significance difference among the College of Physical Education, College of Engineering, College of Nursing and College of Medical of B.V.D.U., Pune in relation with an attitude towards yoga and yoga practices.

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