

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