



Volume: 2, Issue: 10, 731-733
Oct 2015
www.allsubjectjournal.com
e-ISSN: 2349-4182
p-ISSN: 2349-5979
Impact Factor: 5.742

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Effect of yogic practice on the attitude among school students

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Abstract

The main object of the study was to find out the effect of yogic practices on attitude, the subjects selected for study were two groups. One group called experimental group contains 10 subjects and another group called controlled group. The initial and final dates were collected through a standard questionnaire. The collected data were statistically treatment to find out whether there was any significant effect on the level of attitude.

The analysis of covariance (ANCCOVA) was used to find out the significant difference if any between the experimental group on selected variable separately. In all the cases, 0.05 level of confidence was fixed to test the significance, which was considered as an appropriate.

Keywords: yogic practices, covariance

Introduction

Children are not born with positive or negative attitudes, for attitudes are developed as children become involved with people and things in their environment. Interests, tastes, and habits cause attitudes to evolve as children grow, mature, and interact with others during the preschool years. Therefore, attitudes are developed during the preschool period and condition the children to like or dislike reading. These attitudes become evident as the children enter the elementary classroom. Although modification is difficult, teachers can bring about change in children's attitudes. Consequently, "one of the most important aims of the beginning reading period is to help the child develop a positive attitude toward reading' Because the environment has such a big impact, the home life is all-important in helping children develop a positive attitude toward reading.

An attitude can be as a positive or negative evaluation of people, objects, events, activities, and ideas. It could be concrete, abstract or just about anything in your environment, but there is a debate about precise definitions

This chapter explains the method and procedures adopted to find out the effect of yogic practices on attitude change. The details regarding the selection of the subjects, design of the study, the instruments used, test administration used the analysis data are presented in this chapter.

Level of significance

The probability level below which we reject the hypothesis is termed as level of significance for testing the null hypothesis; the level of significance was set at 0.05 levels.

Methodology

Selection of the subjects

The primary purpose of the study was find out the effect of yogic practices on Attitude change particularly 20 subjects who have some level of attitude were selected by deliberate sampling, from school. The age of the subjects ranged 14 to 16. In order to obtain the co-operation of the subjects, they were oriented as to the purpose of the study. During the date collection, the questionnaire was explained and translated to the regional language to them.

Design of the study

The subjects selected for study were two groups. One group called experimental group contains 10 subjects and another group called controlled group. The initial and final dates were collected through a standard questionnaire. The collected data were statistically treatment to find out whether there was any significant effect on the level of attitude.

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Tools for data collection

A standard questionnaire excerpts from the following web site www.

http://www.unilorin.edu.ng/journals/education/ije/july1997 by OLU RAPHAEL FABAYO was applied.

Scoring

1. If the score is less than 30, the attitude is poor.
2. If the score is between 30 to 50, the attitude is moderate.
3. If the score is between 50 to 70, the attitude is normal level.
4. If the score is above 70, the attitude is good.

Training Schedule

The subjects selected for study were two groups. One group called experimental group, this group was trained in selected yogi practices.

This group practices yoga on weekly six days, Monday to Saturday. Duration of the training was one and half month. Each session had one hour.

The training schedule of the subjects is given below.

The practices were given daily Monday to Saturday morning 5.30 to 6.30 am.

Table 1

S. No	Practice	Rounds	Duration (minutes)
1	Opening with silence Prayer		1
2	Surya Namaskara	12	12
	(Relaxation : Sithila Tandasana)		3
3	ASANAS		
	Standing		
	Arthakadi Charasana	1	1
	Artha Charasana	1	1
	Padahastasana	2	2
	(Relaxation: Sithila Tandasana)		2
	Sitting		
	Janusirasana	1	1
	Ustrasana	1	1
	Vakrasana	1	1
	(Relaxation: Savasana)		2
	Supine		
	Sarvangasana	2	4
	Matsyasana	1	1
	Uttanapadasana	1	1
	(Relaxation : Savasana)		2
	Prone		
	Bhujangasana	1	1
	Salabasana	1	1
	Dhanurasana	1	1
	Makarasana	1	1
	(Relaxation : Makarasana)	1	1
	Quick Relaxation Technique	1	2
4	Pranayama		
	Surya bedana	10	3
	Chandra bedana	10	3
	Nadi sudhi	10	3
V	Meditation		
	Mantra (Om Chanting)		5
VI	Closing Prayer		2

Findings

The statistical analyses of finding an attitude are presented in the Table from below table.

Table 2: Analysis of covariance of the data an attitude of the experimental and control group.

	Experimental	control	S OV	Sum of Squares	df	Mean Square	'F' Ratio
Pre-Test Mean	32.7000	32.8000	b	0.050	1	0.050	0.007
SD	3.12872	2.29976	w	135.700	18	7.539	
Post Test Mean	52.0000	33.7000	b	1674.450	1	1674.450	138.194*
SD	4.49691	2.00278	w	218.100	18	12.117	
Adjusted Post-test Mean	51.99	33.70	b	1672.405	1	1672.405	130.854*
			W	217.272	17	12.781	

*Significant at 0.05 level of confidence

The require table value for significant at 0.05 level of confidence with degree of freedom1 and 28 is 4.20and degree of freedom for 1and 27 at 4.21

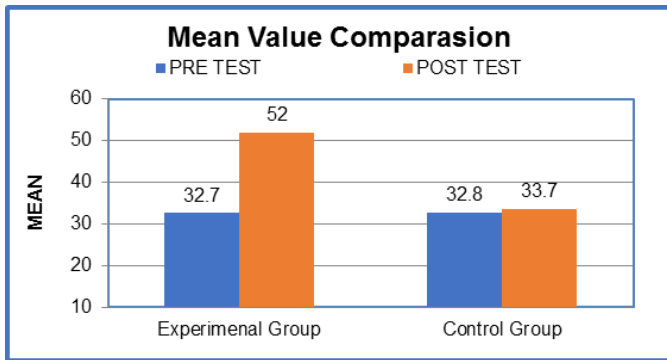


Fig 1: Bar chart for Pre and Post-test mean value for experimental and control groups.

Mean was increased from 32.7 to 52 during pre-test to post-test with yogic practices.

Discussion on findings

Results of this study related that the significant difference was observed among the pre-and post-test scores on the experimental group. It evidenced that the effects of yogic practices in attitude scores increases from 32.7 to 52.

The proper yogic practices help to improve the mental activity of the subjects. Pranayama helps to improve their vital energy; it helps to proper thinking and proper involvement to their work.

It is believed that, the practices of various relaxation techniques and Om meditation plays a vital role to change the positive attitude in Adolescent period and general life.

The significant difference was not observed among the pre-and post-test scores on the controlled group. The control group scores increase from 32.8 to 33.7.

Discussion on hypothesis

It was hypothesized that there will be a significance difference between yoga group and control group on selected physical and mental variable an attitude. The result of the study showed that there was a significant change in the selected attitude. Hence, the investigator has proved a positive hypothesis.

In the second, it was hypothesized that there will be a significant change in positive attitude due to yoga practices. The result of the study that there was significant changes an attitude due to yoga practices. Hence, the hypothesis was also accepted.

Conclusions

Within the limitations of the study the following conclusions may be arrived.

1. The level of the negative attitude changed to positive attitude by the yogic practices.
2. There is a significant improvement has occurred on physically and mentally after practicing yoga.
3. End of every class subjects feel more relax and happy, this helps to concentrate the studies deep and deep.
4. The day today activities also make some changes to the subjects after practicing yoga.

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