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A STUDY OF ATTITUDE OF B.ED. STUDENT- TEACHERS TOWARDS YOGA

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Abstract:

What are spiritual Intelligence and its dimensions? How can we develop our spiritual intelligence? Yoga Teachers Training Classes, Retreat and Work Shop. It is clear from recent research that teachers have great potential to affect students' educational outcomes. Objective of the Study: 1.To finds out the attitude of B. Ed students towards Yoga. 2. To find out whether there is a significant deference between male and female, rural and urban, joint family and nuclear family B. Ed students in towards Yoga. Hypothesis: 1.The B. Ed students have a favorable attitude towards yoga. 2. There are no significant difference between male and female, rural and urban, joint family and nuclear family B. Ed students in their attitude towards yoga. Method and Sample: The normative survey method had been used. The investigator selected 100 student of Christian College of Education, Anand of thje year 2011-12 as a sample by using appropriate sampling technique. Tool: Attitude towards Yoga scale, constructed and validated by the investigator, was used to measure the attitude of B. Ed students. Statistical Techniques Used: The data had been subjected to: 1. Descriptive analysis 2. Differential analysis Findings: 1. The B. Ed students had a favorable attitude towards yoga. 2. There was a significant difference between male and female and rural and urban B. Ed students in their attitude towards yoga.

KEYWORDS:

Yoga, Meditation, Students, Teachers, Spiritual, Intelligence.

INTRODUCTION:

When we stop for a moment and see all around, we find suffering, pain, disorder, war, disharmony, distrust, feeling of insecurity and conflict galore. There is enormous selfishness present in human beings which leads to all kinds of miseries and ills in society. We have become narrow minded and self centered to the extent that we do not hesitate to torture others for the sake of our happiness. The reptilian brain, our oldest brain, operates at the level of survival instinct. This brain regulates basic life functions, generates strong primitive emotions needed for survival (lust, fear, aggression), doesn't take orders and is far away from "executive central" (the neo cortex).

What are spiritual Intelligence and its dimensions? How can we develop our spiritual intelligence? Yoga Teachers Training Classes, Retreat and Work Shop. It is clear from recent research that teachers have great potential to affect students' educational outcomes. There is substantial evidence indicating that schools make a difference in terms of student achievement and the significant factor in that difference is attributable to teachers. Specifically, differential teacher effectiveness is a strong determinant of differences in student learning. Effective teachers believe that they can make a difference in student learning outcomes and they teach in a way that demonstrates the belief. The teacher effectiveness is closely associated with Teacher Efficacy that in turn is greatly dependent on emotional intelligence. So it will always be helpful for teachers if their EI can be enhanced.

YOGA AND MEDITATION

The term yoga comes from a Sanskrit word which means yoke or union. Traditionally, yoga is a method joining the individual self with the Divine, Universal Spirit or Cosmic Consciousness. Physical and mental exercises are designed to help achieve this goal, also called self-transcendence or enlightenment. On the physical level, yoga postures, called asanas, are designed to tone, strengthen and align the body. These postures are performed to make the spine supple and healthy and to promote blood flow to all the organs, glands and tissues, keeping all the bodily systems healthy. On the mental level, yoga uses breathing techniques (pranayama) and meditation (dhyana) to quiet, clarify and discipline the mind. One should never forget that yoga is not a religion, but a way of living with health and peace of mind. Beyond doubt Yoga originated in ancient India and is one of the longest surviving philosophical systems in the world. It is the gift of the oldest Vedic philosophy to the modern world. It is now an open secret that Yoga harmonizes mind with body that results in quantum benefits. Yoga through meditation works remarkably to achieve this harmony. In fact these work together in achieving the common goal of unity of mind, body and spirit – a state of eternal bliss. This broadens outlook of a person towards life. Our emotions seem to be associated with our mind and this is what makes human beings different from computer systems.

OBJECTIVE OF THE STUDY:

The study has the following objectives:

To find out the attitude of B. Ed students towards Yoga.

To find out whether there is a significant difference between male and female B. Ed students in towards Yoga.

To find out there is significant difference between rural and urban area B. Ed students in their attitude towards Yoga.

To find out whether there is a significant difference between joint family and nuclear family B. Ed students in their attitude towards yoga.

HYPOTHESIS:

The following hypotheses have been formulated for the present study.

The B. Ed students have a favorable attitude towards yoga.

There is no significant difference between male and female B. Ed students in their attitude towards yoga.

There is no significant difference between rural and urban area B. Ed students in their attitude towards yoga.

There is no significant difference between joint family and nuclear family B. Ed students in their attitude towards in their attitude towards yoga.

METHOD AND SAMPLE:

The normative survey method had been used. The investigator selected 100 student of Christian college of education, anand of thje year 2011-12 as a sample by using appropriate sampling technique.

Tool:

Attitude towards Yoga scale, constructed and validated by the investigator, was used to measure the attitude of B. Ed students. The scale consists of 30 statements. Each item provided five responses. The responses were expressed on a five point scale, strongly agree, agree, undecided, disagree, strongly disagree and weights of 5, 4, 3, 2, 1 are given in that order for the favorable statements. The value of split-half reliability co-efficient for attitude towards yoga scale was calculated as 0.86 and validity 0.927.

Statistical Techniques Used:

The data had been subjected to:

1. Descriptive analysis
2. Differential analysis

ANALYSES OF DATA AND INTERPRETATION:**Hypothesis 1**

The B. Ed students have a favorable attitude towards yoga.
The Mean and Standard deviation of the sample were 125.07 and 16.66 respectively (Table-1). The scores ranged from 33 to 170. Hence it was concluded that the B. Ed students had a favorable attitude towards yoga.

Hypothesis-2

There is no significant difference between the male and female B. Ed students their attitude towards yoga.
Table.1 reveals that 't' value (4.70) is significant at 0.01 level. Hence, it can be inferred that there is a significant difference between male and female B. Ed students in their attitude towards yoga.

Hypothesis 3

There is no significant difference between rural and urban area B. Ed students in their attitude towards yoga.
Table1 indicates that the 't' value (6.89) is significant at 0.001 level. Hence, it can be inferred that there is a significant difference between rural and urban area B. Ed students in their attitude towards yoga.

Hypothesis 4

There is no significant difference between joint family and nuclear family B. Ed students in their attitude towards yoga.
Table: 1 indicates that the 't' value (0.097) is not significant at 0.05 level. Hence, it can be inferred that there is not significant difference between joint family and nuclear family B. Ed students in their attitude towards yoga.

Table-1: Mean Attitude towards Yoga Scores of the Entire Sample and its Sub-sample

Variable	N	Mean	S.D.	't' Value	Significance at 0.01 Level	
Entire Sample	100	125.07	16.66			
Sex	Male	64	123.55	17.65	4.70	Significant
	Female	36	133.60	16.35		
Locality	Rural	76	123.46	16.05	6.89	Significant
	Urban	24	135.36	15.04		
Family type	Joint	40	124.78	18.78	0.097	Not Significant
	Nuclear	260	128.34	16.57		

FINDINGS:

The following were the findings of the study.

The B. Ed students had a favorable attitude towards yoga.
There was a significant difference between male and female B. Ed students in their attitude towards yoga.
There was significant difference between rural and urban area B. Ed students in their attitude towards yoga.
There was no significant difference between joint family and nuclear family B. Ed students in their attitude towards yoga.

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