



# Review Of Research



## A SURVEY OF YOGA ATTITUDE OF COLLEGE TEACHERS

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### ABSTRACT

The aim of this paper was to get response of College teacher's attitude towards the yoga and health. The teachers working in art commerce, science, computer, management, social work, education and physical education subjects & stream Colleges were taken as sample of the survey. A total 210 Male and Teachers were used to identify the responses. Yoga attitude questionnaire was used to record the responses. Dr. M.K Muchchhals yoga's questions series is used from this research to observe the attitude of teacher. The all teachers were send questionnaire online to fill the response and revert it to the researcher. The subject were asked a total three types of response as agree, disagree, and uncertain and a total 30 numbers of the questions were based upon the yoga attitude in general life of a person.

**KEY WORDS:** attitude, yoga, college teachers.

### INTRODUCTION

Physical education is one of the most important tools for human development & social awakening. There is so much



expectation from the teacher as he is the creator of the generation, for that education system must be changed. Yoga gives self satisfaction, which help to live life happily. Student's does not get disappointment & pain. Yoga improves the capacity of decision making quickly. In India yoga science has been studied from thousands of years for the spiritual development, for decreasing emotional & physical stress. Human being has body & mind. Sports & exercise improves the power of mind. Yoga study is important for peaceful mind. In today's fast life & modern industrialization we have not time to look after ourselves, that causes so many diseases & we waste money, time & also face psychological stress. Because of this we have to know the various methods of asanas, and exercise. Healthy body is necessary for human being. Yoga improves the physical ability of the body. It is beneficial for gasping.

### RESEARCH METHODOLOGY

A short survey was made to find out the awareness of teachers toward their attitude in terms of yoga. A yoga attitude questionnaire made by Dr. M.K Mucchal, Measuring attitude of teachers toward yoga was the tool of the study. Before filling this teacher were given the

precise information about the subject & about question series. Yoga attitude measuring' questions are as follows:

Concentration power, time, physical, Mental & spiritual ability, power of working, daily routine, working capacity, Yoga motivates human, benefit, negative attitude, Yoga controls the in modern life. Yogasana, Pranayama, body flexibility, body fitness, Makes mind peaceful, Psychological deceases, relax physical stress, clam atmosphere, usefulness for school and colleges, attitude about society, concentration,

## RESULT AND DISCUSSION

The first statement is "yoga improves concentration power" In total 105 participants 90.48% Male agree 6.67% & 2.86% uncertain about this question shows male's positive attitude to look after the yoga. Female shows 99.05 agreement 5 proves most positive attitude than Male

Second statement 'yoga study is the waste of time" gets 75.24% of Agreement 18.10% Agreement from Female shows Female's great positive attitude about yoga than Male. Yoga study make well maintained healthy body. So it wastes it me is wrong.

Statement third is "yoga develops physical, Mental & spiritual ability" gets 81.90% agreement of Male & 92.54% agreement of Female shows the knowledge of both of them but Female's knowledge is greater. Fourth statement is "yoga doesn't improve our working capacity." 71.48% uncertain voting from Male teacher. Female teacher gives 81.90% disagreement 12.38% agreement & 5.71% Uncertain voting that percentage shows yoga attitude improves the working capacity.

Fifth statement is "Adhardamatyendrasen" activates the "Agnashay" That statement gets 43.81% Uncertain, 14.29% disagreement & 41.90% Uncertain of Male, & 43.81% agreement, 21.90% disagreement & 34.29% uncertain voting of Female teacher. Here also Female shows great awareness about yoga attitude.

Sixth statement is "yoga doesn't wake up us early in the morning." The 105 participation 73.33% disagree, 17.14% agree & 9.52% uncertain shows Male voting & 87.62% Female disagree, 0.95 % agrees & 11.43% not confirm. The shows Female's acquisition power of yoga knowledge is more than male.

Seventh statement is "yoga motivates Unicom fordable body for active & planned work" gets 74.29% agreement 14.29% diagram & 11.43 uncertain male voting 91.43% agreement 6.67% disagreement & 1.90% not confirmation of Female.

Eighth statement is "Regularity in yoga is not necessary for its benefit" gets 69.52% disagreement, 20.95% agreement & 9.52% uncertain male voting & 87.62% disagreement 3.18 agreements & 8.57% uncertain voting o Female. It shows Female's awareness to maintain their figure is more than male.

Ninth statement is "Kapalbhati is useful to decrease the weight & facts & also maintains the shape of stomach." In 105 participants 71.43% Male agree, 11.43% disagree. & Female gives 76.19% agreement 15.24 disagreements & 8.57% uncertain show the more awareness of Female about yoga attitude.

The tenth statement is "yoga is not beneficial for the massaging to the inner & outer port of the body." Gets the 64.76% Male 68.57% Female disagreement, 14.29% Male & 6.67% Female agreement. The result shows Male positive attitude in Female than Male.

The eleventh statement is "yoga controls the negative attitude in modern life." Gets 72.38% Male & 87.62 Female agreement, 10.48 Male & 5.71% Female disagreement & 17.14% Male & 8.57% Female Uncertain shows more positive attitude of Female.

Twelfth statement is "Sarvangasan & Halasan don't affect on thyroid." Gets 32.38% Male & 41.90% Female disagreement , 19.05% Male & 4.76% Female agreement & 48.57% Male & 53.33 Female Uncertain shows Female's positive attitude towards yoga.

Thirteenth statements is " yoga brings enthusiasm in disappointed life" gets 80.95% Male & 79.05% Female agreement, 10.48% Male & 14.29% Female disagreement & 8.57% Male & 6.67% Female Uncertain shows Male more positive attitude towards yoga than Female.

Fourteenth statement is "study of yoga doesn't make body flexible." Gets 81.90% Male & 88.57% Female disagreement & 9.52% Male & 5.71% Female agreement shows Females more acquisition of knowledge about yoga than Male.

The sixteenth statement is “aunlom & Vilom do not useful for eyes.” This question gets 55.24% Male & 54.29% Female disagreement 286% Male & 15.24% Female agreement & 21.90% Male & 30.84% Female Uncertain shows Male’s positive attitude about yoga than Female.

The seventeenth statement is “pranayam relief’s psychological deceases.” Gets 73.33% Male & 93.33% Female agreement, 10.48% Male & 0.95% Female disagreement shows Female’s positive attitude towards education & their reading of newspaper, periodicals, magazines.

The eighteenth statement is “Merudand related yoga does not relax physical stresses.” This question gets among 105 participates voting of 52.38% Male & 61.90% Female disagreement & 15.24 Male & 2.86 % Female agreement 15 shows Female’s more study about yoga than Male.

The nineteenth statement is “yoga gives pleasure & improves in the respect for elders.” This question gets 72.38% Male & 77.14 % Female not conform about it

The twentieth statements is “yoga doesn’t need clean & calm atmosphere” gets 47.29% Male & 83.81% Female disagreement 12.38% Male & 10.48% Female agreement % 13.33% Male & 5.71% Female not confirm. This shows Female’s positive attitude. Today fast life doesn’t get the fresh air but it is useful for us. Yoga needs fresh air atmosphere. So many people are known about it.

The twenty first statement is “yoga study is useful for all schools “Among 105 teachers 81.90% Male & 97.14% Female are disagree and 7.26% Male & Uncertain about it Now a day’s parents only concentrate on the study of pupils they don’t think about their health . So, yoga study is useful for physical & mental level.

“The twenty second statement is “yoga creates tiredness” gets 73.05 Male & 87.62% Female teachers. Agreement & 10.48 % Male & 1.90% Female agreement & 10.48% Male & 10.48% Female Uncertain about these shows. Female’s extra knowledge about yoga.

The twenty third statement is “Regular yoga changes the attitude about society.” Gets 73.33% Male & 75.24% Female agreement, 6.67% Male & 3.81% Female disagreement & also 20.00% Male & 20.95% Female not conform. This shows Female’s positive attitude about yoga.

The twenty tooth statement is “yoga decreases our ability.’ gets 80.00% Male & 91.49% Female disagreement , 6.67% Male & 3.81% Female agreement & also 13.33 Male & 4.76 Female not confirm. This shows Female’s awareness about yoga.

The twenty fifth statement ‘yoga attitude measuring question series is “yoga leering becomes easy in company (togetherness) gets 80.95% Male & 85.71% Female agreement , 8.57% Male & 4.76% Female disagreement & also 10.48% Male & 9.52% Female Uncertain this also shows the Female’s extra knowledge about yoga attitude.

The twenty sixth statement is “pranayam I does not need to do in peaceful mind.” gets 80.0% Male & 94.29% Female disagreement & 11.43% & 3.81% Female agreement from 105 participates. This shows Female’s positive attitude about yoga.

The twenty seventh statements is yoga & pranayam carats positive thoughts & developed the various this question is asked in attitude measuring question series. The question gets 90.00% Male & 93.00% Female agreement & 13.3 % Male & 1.90% Female disagreement this shows Female’s positive attitude about yoga.

The twenty eighth question is asked as gets 69.52% Male & 90.48% Female disagreement & 17.14% Male & 3.81% agreement This also shows Female’s more positive about yoga.

The twenty ninth statement is “Tratak (kriya) is useful for concentration. This question gets 56.19% Male & 59.76% Female agreement & 14.29% Male & 4.76% Female disagreement & 29.52% Male & 36.19% Female Uncertain.

The thirtieth question is “yoga does not need satwik (pure) diet”. Gets 63.81% Male & 70.48% Female disagreement. 23.81% Male & 19.05% Female agreement & also 12.38 Male & 10.48% Female not conform. This shows Female’s more positive attitude about yoga than Male.

## CONCLUSION

It was found that yoga improves concentration power, develops physical, Mental & spiritual ability, improve our working capacity, Regularizes our daily life. In total 210 participants 90.48% agree 6.67% uncertain & 2.86% disagree this shows teacher's positive attitude towards yoga.

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