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ATTITUDE AND REFLECTIONS OF TEACHERS ON PRACTICE OF YOGA IN SCHOOLS

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ABSTRACT :

The present study was intended to find out the attitude and reflections of teachers on practice of yoga in schools. Survey method was used for this study. A purposive sample of 250 secondary teachers was selected from Hyderabad and Secunderabad twin cities. Data was analyzed by percentage and chi-square. Results showed that there is no significant difference between male and female teachers in their attitude on practice of yoga in schools and there is no significant difference among government, private and kendriya vidhyalaya teachers in their attitude on practice of yoga in schools. Findings also indicated that there is no significant difference between male and female teachers in their reflections on practice of yoga in schools and there is no significant difference among government, private and kendriya vidhyalaya teachers in their reflections on practice of yoga in schools.

KEYWORDS : Survey method, male and female teachers, practice of yoga in schools.

INTRODUCTION

India has been a home of yoga. Indian culture has recognized yoga as the supreme occupation of man. One must be a great yogi to become a good teacher. In other words, a good teacher should know the theory and practice of yoga. So that he may be able to establish the link between yoga and education.

Yoga is as old as human race and life on earth. Yoga education and philosophy are the basic need of any human being who wants to be a real human being who wants to be a real human being with humanness. Development of complete personality is the sole goal of education, which is possible only through yoga. Values are degrading and deteriorating in the present system of education. It is very essential to provide a clear understanding on yoga to the students of tomorrow and large. There is a need to provide a complete picture of yoga by integrating it with school curriculum. For this a teacher has to be equipped with yoga philosophy, practices and its curative and therapeutic value and in turn to extend to children in the school.

Education is made more and more complex by corporate institutions as they started treating education commercially. This has led to educational and spiritual backwardness and mechanical nature among the students resulting in tiredness.

At this stage the use of yoga helps teachers to a large extent to get over the physical and spiritual tiredness as the yoga exercises regenerate new energy. Yoga practice helps them to be both physically and spiritually. In the ancient times yoga was not exposed. It was thought orally from a guru to his disciple and others didn't have its knowledge.

HYPOTHESES

1. There is no significant difference between male and female teachers in their attitude on practice of yoga in schools.
2. There is no significant difference among government, private and kendriya vidhyalaya teachers in their attitude on practice of yoga in schools.
3. There is no significant difference between male and female teachers in their reflections on practice of yoga in schools.
4. There is no significant difference among government, private and kendriya vidhyalaya teachers in their reflections on practice of yoga in schools.

METHODOLOGY

Survey method was used for this study. A purposive sample of 250 secondary teachers from 8 schools was selected from Hyderabad and Secunderabad twin cities.

DATA ANALYSIS

ATTITUDE OF TEACHERS ON PRACTICE OF YOGA IN SCHOOLS:

Table 1: Level of Attitude of Teachers on Practice of Yoga in Schools

Variable	Level	N	Percentage
Attitude of Teachers on Practice of Yoga in Schools	Low	0	0%
	Moderate	224	89.6%
	High	26	10.4%
	Total	250	100%

Table-1 shows that 89.6% of teachers showed moderate level and 10.4% of teachers showed high level attitude on practice of yoga in schools.

GENDER v/s ATTITUDE ON PRACTICE OF YOGA IN SCHOOLS:

Table 2: Attitude of Teachers on Practice of Yoga in Schools with respect to Gender

Variable	Level	N			
		Male	%	Female	%
Attitude of Teachers on Practice of Yoga in Schools	Low	0	0%	0	0%
	Moderate	114	89.1%	110	90.2%
	High	14	10.9%	12	9.8%
	Total	128	100%	122	100%

From Table-2, 89.1% of male teachers showed moderate level & 10.9% of male teachers showed high level attitude on practice of yoga in schools; and 90.2% of female teachers showed moderate level & 9.8% of female teachers showed high level attitude on practice of yoga in schools.

Table 3: Chi-Square Distribution of the Male and Female Teachers with respect to their Attitude on Practice of Yoga in Schools

S.No.	Item	Value
1	Table Value	5.991
2	Calculated Value	0.315
3	Degrees of Freedom	2
4	Level of Significance	0.05
5	Result	Not Significant

From Table-3, the chi-square value 0.315 is not significant at 0.05 level. Thus, there is no significant difference between male and female teachers with respect to their attitude on practice of yoga in schools. Hence, the hypothesis-1 is accepted.

TYPE OF MANAGEMENT v/s ATTITUDE ON PRACTICE OF YOGA IN SCHOOLS:

Table 4: Attitude of Teachers on Practice of Yoga in Schools with respect to Type of Management

Variable	Level	N					
		Government	%	Private	%	KV	%
Attitude of Teachers on Practice of Yoga in Schools	Low	0	0%	0	0%	0	0%
	Moderate	75	89.3%	71	93.4%	78	86.7%
	High	9	10.7%	5	6.6%	12	13.3%
	Total	84	100%	76	100%	90	100%

From Table-4, 89.3% of government teachers showed moderate level & 10.7% of government teachers showed high level attitude on practice of yoga in schools; 93.4% of private teachers showed moderate level & 6.6% of private teachers showed high level attitude on practice of yoga in schools; and 86.7% of kendriya vidhyalaya teachers showed moderate level & 13.3% of kendriya vidhyalaya teachers showed high level attitude on practice of yoga in schools.

Table 5: Chi-Square Distribution of the Government, Private and Kendriya Vidhyalaya Teachers with respect to their Attitude on Practice of Yoga in Schools

S.No.	Item	Value
1	Table Value	5.991
2	Calculated Value	2.031
3	Degrees of Freedom	2
4	Level of Significance	0.05
5	Result	Not Significant

From Table-5, the chi-square value 2.031 is not significant at 0.05 level. Thus, there is no significant difference among government, private and kendriya vidhyalaya teachers with respect to their attitude on practice of yoga in schools. Hence, the hypothesis-2 is accepted.

REFLECTIONS OF TEACHERS ON PRACTICE OF YOGA IN SCHOOLS:

Table 6: Level of Reflections of Teachers on Practice of Yoga in Schools

Variable	Level	N	Percentage
Reflections of Teachers on Practice of Yoga in Schools	Low	1	1.8%
	Moderate	39	68.4%
	High	17	29.8%
	Total	57	100%

From Table-6, 1.8% of teachers showed low level, 68.4% of teachers showed moderate level, and 29.8% of teachers showed high level reflections on practice of yoga in schools.

GENDER v/s REFLECTIONS ON PRACTICE OF YOGA IN SCHOOLS:

Table 7: Reflections of Teachers on Practice of Yoga in Schools with respect to Gender

Variable	Level	N			
		Male	%	Female	%
Reflections of Teachers on Practice of Yoga in Schools	Low	1	3.4%	0	0%
	Moderate	15	51.7%	24	85.7%
	High	13	44.8%	4	14.3%
	Total	29	100%	28	100%

From Table-7, 3.4% of male teachers showed low level, 51.7% of male teachers showed moderate level & 44.8% of male teachers showed high level of reflections on practice of yoga in schools; and 85.7% of female teachers showed moderate level & 14.3% of female teachers showed high level reflections on practice of yoga in schools.

Table 8: Chi-Square Distribution of the Male and Female Teachers with respect to their Reflections on Practice of Yoga in Schools

S.No.	Item	Value
1	Table Value	9.210
2	Calculated Value	7.826
3	Degrees of Freedom	2
4	Level of Significance	0.01
5	Result	Not Significant

From Table-8, the chi-square value 7.826 is not significant at 0.01 level. Thus, there is no significant difference between male and female teachers with respect to their reflections on practice of yoga in schools. Hence, the hypothesis-3 is accepted.

TYPE OF SCHOOL MANAGEMENT v/s REFLECTIONS ON PRACTICE OF YOGA IN SCHOOLS:

Table 9: Reflections of Teachers on Practice of Yoga in Schools with respect to Type of Management

Variable	Level	No. of Teachers					
		Government	%	Private	%	KV	%
Reflections of Teachers on Yoga in Schools	Low	1	5.9%	0	0%	0	0%
	Moderate	13	76.5%	12	63.2%	14	66.7%
	High	3	17.6%	7	36.8%	7	33.3%
	Total	17	100%	19	100%	21	100%

From Table-9, 5.9% of government teachers showed low level, 76.5% of government teachers showed moderate level & 17.6% of government teachers showed high level reflections on practice of yoga in schools; 63.2% of private teachers showed moderate level & 36.8% of private teachers showed high level reflections on practice of yoga in schools; and 66.7% of kendriya vidhyalaya teachers showed moderate level & 33.3% of kendriya vidhyalaya teachers showed high level reflections on practice of yoga in schools.

Table 10: Chi-Square Distribution of the Government, Private and Kendriya Vidhyalaya Teachers with respect to their Reflections on Practice of Yoga in Schools

S.No.	Item	Value
1	Table Value	9.488
2	Calculated Value	3.846
3	Degrees of Freedom	4
4	Level of Significance	0.05
5	Result	Not Significant

From Table-10, the chi-square value 3.846 is not significant at 0.05 level. Thus, there is no significant difference among government, private and kendriya vidhyalaya teachers with respect to their reflections on practice of yoga in schools. Hence, the hypothesis-4 is accepted.

FINDINGS

- 89.6% of teachers showed moderate level and 10.4% of teachers showed high level attitude on practice of yoga in schools.
- 89.1% of male teachers showed moderate level and 10.9% of male teachers showed high level attitude on practice of yoga in schools.
- 90.2% of female teachers showed moderate level and 9.8% of female teachers showed high level attitude on practice of yoga in schools.
- 89.3% of government teachers showed moderate level and 10.7% of government teachers showed high level attitude on practice of yoga in schools.
- 93.4% of private teachers showed moderate level and 6.6% of private teachers showed high level attitude on practice of yoga in schools.
- 86.7% of kendriya vidhyalaya teachers showed moderate level and 13.3% of kendriya vidhyalaya teachers showed high level attitude on practice of yoga in schools.
- 1.8% of teachers showed low level, 68.4% of teachers showed moderate level, and 29.8% of teachers showed high level reflections on practice of yoga in schools.
- 3.4% of male teachers showed low level, 51.7% of male teachers showed moderate level and 44.8% of male teachers showed high level of reflections on practice of yoga in schools
- 85.7% of female teachers showed moderate level and 14.3% of female teachers showed high level reflections on practice of yoga in schools.
- 5.9% of government teachers showed low level, 76.5% of government teachers showed moderate level and 17.6% of government teachers showed high level reflections on practice of yoga in schools.
- 63.2% of private teachers showed moderate level and 36.8% of private teachers showed high level reflections on practice of yoga in schools.
- 66.7% of kendriya vidhyalaya teachers showed moderate level and 33.3% of kendriya vidhyalaya teachers showed high level reflections on practice of yoga in schools.

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