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## IMPACT OF YOGA ON PROFESSIONAL ADJUSTMENT SECONDARY SCHOOL TEACHERS

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### ABSTRACT :

**T**his study aimed to find out the impact of yoga on professional adjustment secondary school teachers. The study was conducted on a random sample of 30 ZPHS secondary school teachers in Siddipet district.

**KEYWORDS :** Yoga, Professional Adjustment, Secondary School Teachers.

### INTRODUCTION

Teaching once was considered as a noble job but, within the last decade it has become an increasingly stressful profession for school teachers. Increased work load, insufficient salary package, fast changing curriculum, increase in the responsibilities of the students, modern fast mechanical life, conflicts with the colleagues and with higher authorities have made the teaching profession more stressful. These stresses as ultimately give rise to many other psychological problems like depression, anxiety, etc. In due course, the school teachers face difficulties in professional adjusting to the job thereby finally getting adjustment problems. This leads to miserable classroom environment, thereby affecting the learning process of the children. Statement of the Problem Everyone alive has troubles and problems. The most important consideration in determining personal effectiveness is not the amount of trouble or misfortune a person encounters but how he responds or adjusts to the challenges of life. Professional Adjustment is an important psychological variable, which can be defined as "An index of integration between needs and satisfaction, remains related to achievement, social acceptance, age, sex, economic security and moral standards". Adjustment means regulating, adapting or settling. In psychology, adjustment means the behavioral process of balancing conflicting needs, or needs against obstacles in the environment. Sometimes it is not possible for the individual to adjust sufficiently within a given situation to indicate that his needs ever will be satisfied. Sometimes the pressures, which bear down upon him, threaten destruction or serious injury to his personality and then he judges himself helpless. Types of Adjustment Problems Since the major life functioning of any individual lies in their family and society being entangled with their physical health and mental health the adjustment problems faced by the school teachers can be classified in the following categories. Adjustment with the academic and general environment of the institution, Social-psycho physical Adjustment, Personal life Adjustment, Professional relationship Adjustment and Financial adjustment And Job Satisfaction.

Effects of Problem of Professional Adjustment Prolonged adjustment problems will lead to adjustment



disorder. Adjustment disorder occurs when there is an inability to make a normal adjustment to some need or stress in the environment. In Psychiatry, Adjustment Disorder is a classification of mental disorder that is a psychological response from an identifiable stressor or group of stressors that causes significant emotional or behavioral symptoms. Adjustment disorders are extremely common. A psychological adjustment disorder is characterized by the development of emotional and/or behavioral symptoms (such as, depression, anxiety, school behavior problems, fighting, work problems, academic problems, social conflicts or withdrawal, or physical complaints), in response to a specific stressor or stressors within the environment. To put it simply, if one is experiencing significant stress, and because of that stress one develops psychological symptoms that are greater than what might be expected, given the stress, and this causes impairment in some major life functioning, then the person has an adjustment disorder. Problems of Professional Adjustment Faced by School Teachers functioning would include school adjustment, work adjustment, social adjustment, legal difficulties, family adjustment and physical health. Teaching is a very stressful job requiring a teacher to stand for many hours daily alone before a group of some alienated pupils. Moreover, the teacher has to play multiple roles such as supporting parent, disciplinary taskmaster, stimulating actor and informative resource person. Researchers have identified various causes of job related stress of teachers such as work load, insecurity of service, low status in the society, low physical health, lack of recreation and many more. This creates unnecessary stress and strain among teachers. Prolonged unhealthy stress can cause the following cognitive, emotional and behavioral effects (Joseph, 2000). They tend to get lack of concentration, and ability to think rationally, reduced memory, easily distracted, increased errors, increased tension, and change in personality, depression, loneliness, reduced self-esteem, less enthusiasm, lower energy levels, speech problems and sleeplessness. Their organization and planning ability deteriorate. They become aggressive and irritable. This finally will lead to frequent absenteeism and finally they will end in burn out. Apart from these, stress will lead to the other psychological disorders like anxiety, stress and adjustment disorders. Psychological disorders are behavior patterns or mental processes that cause serious personal sufferings or interfere with a person's ability to cope with everyday life. There are many psychological disorders and they were classified recently by the American Psychiatric Association using the DSM, or Diagnostic and Statistical Manual of Mental Disorders. It recognizes 18 different categories of psychological disorders. The major ones are considered to be Anxiety disorder, Depression (Mood disorder), Adjustment disorder (Spencer, 1998) which are caused by stress in the life of the school teachers. The adjustment disorder caused by adjustment problems will definitely affect the professional efficiency of the secondary school teachers. Moreover, the adjustment of a school teacher is an important factor in determining the mental health of the students. So there arises a need to find out a solution for reducing the adjustment problems of school teachers. Many advanced health cures and measures are available in the recent field of medicine with the finest technology which can treat the psychological problems of people. Yet they do cause a lot of side effects thereby adding persistent malady. The long search for a natural healing remedy for all ailments finally led to a scientifically proven technology called Yoga. Yoga is a science that has been practiced for nearly thousands of years. It consists of ancient theories, observations and principles about the mind and body connection which is now empirically being proven by modern medicine. Substantial researches have been done in the healing effects of Yogic techniques proving the health benefits of Yoga. YOGA - The Inner Science makes wonders in the person's body mind and soul. So an attempt has been made in this study to use this Yogic Technology, on secondary school teachers to reduce their adjustment problems. A small experimental research has been done to find the impact of Yoga on Professional Adjustment of secondary school teachers by giving a regular practice of Yoga. Hence the study done by the investigator is entitled as "A Study Impact of Yoga on Professional Adjustment of Secondary School Teachers."

### Changes in Professional Adjustment of Secondary School Teachers due to Yoga

Pre-Yoga Post-Yoga since Yoga reduces the Depression, Anxiety and Stress levels of school teachers their Adjustment problems got reduced after a period of Yoga practice. This result is also supported by the study done by Shamser Singh (2009) and Nidhi et al. (2009). Academic performance is concerned with the quantity and quality of learning attained in a subject or group of subjects after a long period of instruction. Excessive stress hampers

students' performance. Improvement in academic performance and alertness has been reported in several yogic studies. Kauts and Sharma (2009) assessed the effect of yoga on academic performance in relation to stress. The study started with 800 adolescent students; 159 high-stress students and 142 low-stress students were selected on the basis of scores obtained through Stress Battery. Experimental group and control group were given pre test in three subjects, i.e., Mathematics, Science, and Social Studies. A yoga module consisting of yoga asanas, pranayama, meditation, and a value orientation program was administered on experimental group for 7 weeks. The experimental and control groups were post-tested for their performance on the three subjects mentioned above. The results show that the students, who practiced yoga performed better in academics. The study further shows that low-stress students performed better than high-stress students, meaning thereby that stress affects the students' performance. In general, Yoga experts and practitioners say that Yoga always produces the same effects on any group of people of any type, either male or female, or any age group, etc. In this study some slight modulations were seen in the effects of Yoga on the differently aligned groups in the dimensions of adjustment with respect to the Personal and Familial variables of school teachers. This is due to the fact that the study was being conducted for a short period of time and if the study was continued to a longer period, say for six months the results would have been appropriate that the Yoga producing the same effects on any type of group of people. This has been considered as one of the limitations of the present study.

**OBJECTIVES OF THE STUDY**

- To study the impact of yoga practice on professional adjustment of secondary school teachers.
- To find out the impact of yoga practice on professional adjustment of secondary school teachers with respect to sex, age, teaching experience, and previous yoga experience.

**METHODOLOGY**

Quasi experimental design was used for this study. A sample of 30 secondary school teachers of Siddipet district was selected by random sampling technique.

**TOOLS**

- Yoga practice session 48 days program for school teachers conducted by the investigator.
- Professional Adjustment Inventory developed and validated by the investigator.

**Analysis of Data**

**Table 1: Mean value of the Professional Adjustment of Secondary School Teachers**

Dimensions of Professional Adjustment	Phase	N	Mean	SD	t	LOS
Adjustment with the academic and general environment of the Institution	Pre-Yoga	30	20.21	5.16	2.00*	0.05
	Post-Yoga	30	23	5.62		
Social- psycho physical	Pre-Yoga	30	20.15	5.52	2.80**	0.01
	Post-Yoga	30	24	5.10		
Personal life Adjustment	Pre-Yoga	30	19	5.20	2.17*	0.05
	Post-Yoga	30	22	5.50		
Professional relationship Adjustment	Pre-Yoga	30	17.05	3.60	2.07*	0.05
	Post-Yoga	30	19.15	4.20		
Financial adjustment And Job Satisfaction.	Pre-Yoga	30	14	3.80	0.81	NS
	Post-Yoga	30	15	5.50		
Overall Adjustment	Pre-Yoga	30	90.45	9.75	4.87**	0.01
	Post-Yoga	30	103.15	10.43		

**Table 2: Significant Difference in the Professional Adjustment of Secondary School Teachers with respect to their Personal Variables**

S.No.	Dimensions of Adjustment	Sex	Age	Teaching Experience	Previous Yoga Experience
1	Adjustment with Academic	S	NS	NS	NS
2	Socio-Psycho Adjustment	S	S	NS	S
3	Personal Adjustment	S	S	NS	S
4	Professional Relationship	NS	S	NS	NS
5	Financial and job Satisfaction	NS	NS	NS	NS
6	Overall Adjustment	S	S	NS	NS

S-Significant & NS-Non Significant.

**RESULTS:**

- There is significant difference between pre-yoga and post-yoga scores of “adjustment and its dimensions” except financial and job satisfaction of the school teachers as a result of Yoga.
- There is no significant difference between the pre-test and post-test mean scores of adjustment problems and all its dimensions with respect to their personal of the secondary school teachers except for three aspects. There is significant difference between overall professional adjustment with 'sex' and 'age'. And in the dimension wise there is a significant at all dimension except financial and job satisfaction regarding to all personal variable except teaching experience personal variable.

**CONCLUSION**

The mean score values of all the dimensions and overall professional Adjustment in the post-test is lesser than that of the pretest ensuring a reduction in them after Yoga. Hence it is concluded that Yoga helps in increase Adjustment problems among school teachers.

- Yoga does not produce the same effects in reducing family and total adjustment problems among male and female teachers. Female teachers are observed to show more reducing effects in family and total adjustment problems than male teachers due to yoga.
- Yoga does not produce the same effects in reducing family adjustment problems of school teachers with respect to presence of children. Family adjustment problems are reduced more due to Yoga among the teachers those who have kids than the teachers those who do not have kids.

**DISCUSSION**

Methods in Yoga provide the individual a basic discipline for his overall adjustment with his environment. According to Patanjali Yoga Sutras, Kriya Yoga cleanses the psychological environment of individuals. Praying in groups helps in inculcating feelings of brotherhood for the fellow beings; thus it helps in personal adjustment. The physical part of Yoga improves the health, frees the practitioner from tensions and diseases and confers a state of well-being on them. It enables people to acquire progressively increasing control over the mind and the emotions. This in its turn greatly aids the social aspect of Yoga which leads to a healthy socio-psychological adjustment. Finally we concluded that the yoga practice was more impacted on the well professional adjustment of secondary school teachers.

**IMPLICATIONS**

- By the regular Yoga practice more impacted on the professional adjustment for better adjustment. So yoga practice sessions conducted at school hours or to treat yoga is part in life and Education.
- Get relieved from all Socio- psychological problems.
- Become aware of all sorts of situations at work place and everywhere and learn to tackle them smoothly without affecting the self.
- Improve their creativity and productivity with heightened efforts.



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