



# Amitrakshar International Journal

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(A Social Science, Science and Indian Knowledge Systems Perspective)

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## Study on attitude towards yoga among male and female students

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**Abstract:** The end of this study was to explore the stations of pupil preceptors towards yoga. The study included a total sample of 25 male and 25 female college students, ensuring balanced gender representation. Data was gathered from college student. College located in Bankura Districts, utilizing the M. K. Michhal Yoga Attitude Scale. Statistical analysis, including Mean, Standard Deviation (SD), and a 't' test, was conducted on the collected data. The findings of this study reflected that insignificant compliance between the groups. Interestingly, the average score of female students was found to be higher than that of male student.

**Keywords:** Yoga, Gender representation, Attitude Scale

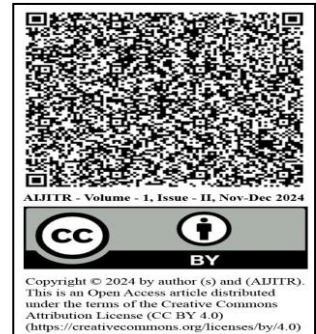
### Introduction

Yoga holds a crucial place in today's education system due to several compelling reasons. Firstly, contemporary education strives for the comprehensive development of children, encompassing their mental, physical, and emotional aspects. Yoga serves as a pathway for students to enhance their mental and physical well-being simultaneously. Rooted in ancient wisdom, yoga is not merely a physical exercise but a profound spiritual discipline aimed at harmonizing the mind and body.

Moreover, yoga encompasses an inner science offering various methods to achieve harmony between body and mind, ultimately leading to self-realization. Through dedicated practice (sādhana), individuals aim to transcend suffering and attain holistic health, happiness, and harmony in all facets of life. In today's rapidly changing world, characterized by escalating physical and mental stressors, the importance of yoga becomes even more pronounced. It equips individuals with effective tools to navigate psychological complexities and manage stressors efficiently, fostering resilience and well-being amidst the challenges of modern life. In essence, integrating yoga into education not only promotes physical fitness but also cultivates mental resilience, emotional intelligence, and spiritual well-being, essential for navigating the complexities of contemporary existence with grace and equanimity.

Cultivating a yogic mindset can significantly alleviate stress and anxiety by offering a holistic approach to wellness. Through yoga, individuals engage in physical stretches and strength building exercises, enhancing both physical vitality and mental focus, leading to relaxation and a sense of calm. The practice not only fosters concentration but also promotes psychological and emotional well-being, ultimately fostering inner peace. In today's globalized world, where emphasis is placed on academic and co-curricular growth, integrating yoga into education becomes imperative. Since 1988, yoga has been recognized as an integral component of Health and Physical Education up to the secondary school level. The National Curriculum Framework (NCF) of 2005 underscored the importance of holistic health, with yoga being highlighted as a significant aspect.

Both yoga and physical education contribute to a child's physical growth as well as their psychological and mental development. Group activities in physical education enhance self-esteem, encourage social interaction, and instill values such as teamwork and resilience. Meanwhile, yoga practice complements overall development by promoting flexibility, muscular fitness, and correcting postural issues in school-aged children.



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The term "yoga attitude" encompasses individuals' mental perspectives on the benefits of yoga, reflecting a harmonious alignment of body, mind, and spirit. Yoga is renowned for its ability to nurture physical vitality, stimulate mental clarity, and elevate spiritual consciousness.

Research over the past three decades has highlighted the physical manifestations of core life beliefs within the body, demonstrating the interconnectedness of mind and body. Extrinsic attitudes, a psychological factor influencing life goals, are explored in this study to understand the attitudes of student in Bankura Districts towards yoga.

### Statement of the problem

With this background idea the major purpose of the study was to compare the Attitude towards Yoga between male and female students. Thus, the problem was stated as “ Study on Attitude towards Yoga among male and female students” .

### Objectives of the study

1. To study station towards yoga education of manly scholars.
2. To study station towards yoga education of womanish scholars.
3. To compare the attitude towards yoga education manly and womanish students.

### Methodology

Keeping the nature of the study under consideration, the survey method will be used by the researcher for the proposed study.

### Selection of subject

A total of 50 student' s age category of 18 to 21 years was selected for the study. Subjects were named from Bankura district.

### Tools used

Dr. M. K. Muchhal Yoga Attitude Scale (YAS) was used. The scale consists of 30 questions, and the respondent must evaluate their answers on a three-point scale.

### Statistical procedure

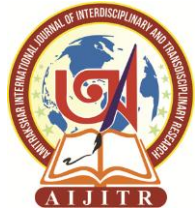
In the present study for analyzing the data following statistical treatment were given. “ T” test calculates. For the purpose of comparing the present study the position of significance was set at 0.05 situations of confidence.

### Results

Table -1

**Tabular Presentation of Mean, Standard Deviation and “ t” -ratio of attitude towards yoga between male and female students**

variable	Gender	Mean	SD	MD	$\sigma$ DM	t-ratio
Attitude towards yoga	Male	46.32	9.430	3.12	2.438	1.285
	Female	49.44	7.741			



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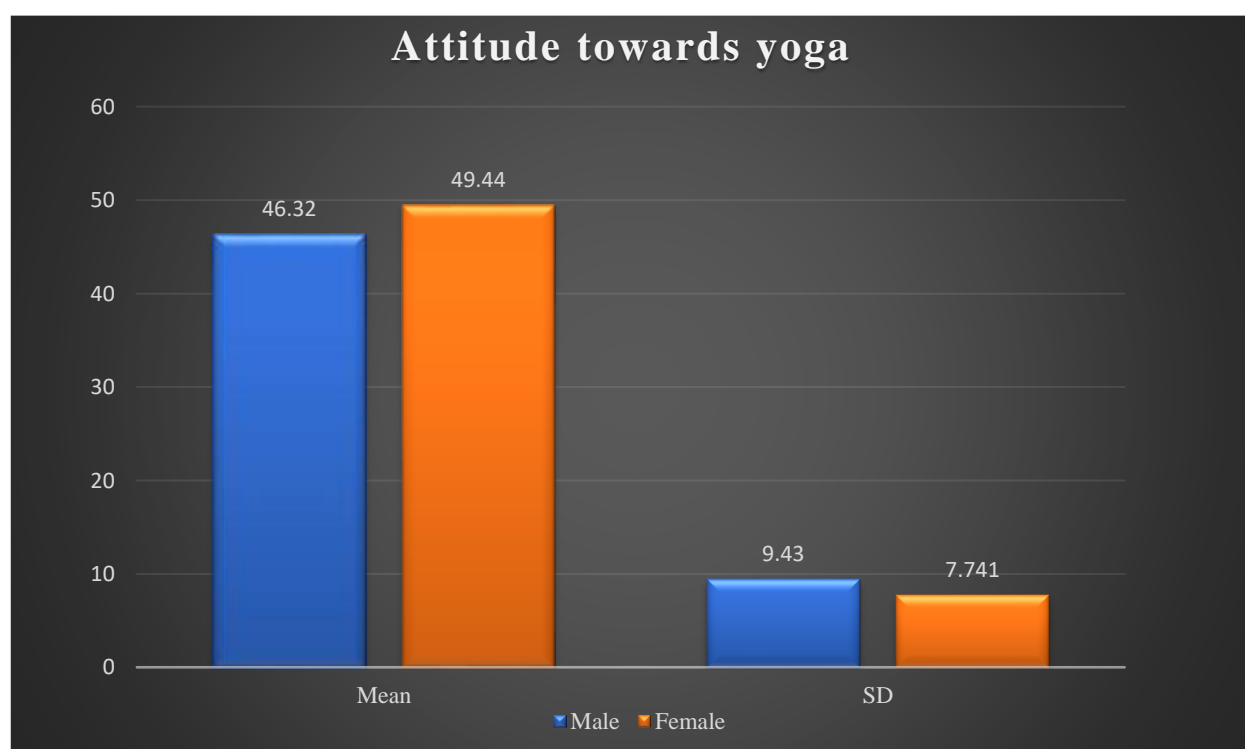
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$t'_{0.05} 48=2.009$ , Significant at 0.05 level,

It was clearly revealed that there was insignificant difference between two groups. Mean and standard deviation of attitude towards yoga in respect of male students  $46.32 \pm 9.430$  and female students mean and standard deviation  $49.44 \pm 7.741$  and 't' ratio was 1.285 which lower than table value.



(Figure: - 1: Graphical representation of the attitude towards yoga dimension (Data are mean bars  $\pm$  SD)

## Results and discussion

The results of the present study show that there was insignificant difference between two groups. There are hardly any differences in student's attitudes towards yoga between male and female students. However, the average score of female students is higher than that of male student, which shows that female student showed a positive attitude towards teaching yoga.

## Conclusion

Yoga is a form of mind-body fitness that involves a combination of muscular activity and a conscious, inward focus on self-awareness, breathing and energy. The overall results of this study showed that there is no significant difference between men and women.

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