

## A Study on Awareness of Yoga among Secondary School Students

**Dr. Kiran Kumar K S\***

Assistant Professor, Kumadvathi College of Education, Shikaripura-577427,  
Shivamogga, Karnataka.

### Abstract

*Yoga does not mean union, but spiritual effort to attain perfection through the control of the body, senses and mind, and through right discrimination between Purusa and Prakriti. -Patanjali.*

*Education is a process of human empowerment for the achievement of better and higher quality of life. Yoga is one of the gifts of our rich heritage. Dr. Radhakrishnan said, "Yoga is a way of life". It is a system that makes us cultured human beings. Now a day's maximum students are engaged in social media, and they are losing interest to plays, physical exercises and other activities. They are suffering from many physical problems and diseases, so yoga education helps them to out come from these health hazards. The student cannot keep much interest in their study, academic activity and their performance in the entire examination consequently. In this situation, yoga is very essential for the students to keep their eyes in their study and academic activity. The value of yoga is no doubt vast, and now- a- days yogic training is being more and more recognized especially as India's unique contribution to physical Education activities, yoga is a scientific and systematic discophile for a successful organization of all the energies and faculties of internal human being with a view to attaining the highest mordant communion with the cosmic reality of god. In the present study the researcher intended to study the awareness of yoga among secondary schools students of Shikaripura taluk, Shivamogga District of Karnataka State.*

**Article Received: 29-03-2019, Published: 15-05-2019**

**Conflict of interest:** None declared

**\*Corresponding Author: Dr. Kiran Kumar K S**

Assistant Professor, Kumadvathi College of Education, Shikaripura-577427, Shivamogga District, Karnataka. Email Id: [kirankumar.ks25@gmail.com](mailto:kirankumar.ks25@gmail.com)

**International Journal of Science and Consciousness (IJSC): A Bio-Psycho-Spiritual approach  
Published by the Research Foundation for Science & Consciousness, Uttarakhand, India**

# A STUDY ON AWARENESS OF YOGA AMONG SECONDARY SCHOOL STUDENTS

## Introduction

Yoga makes a noteworthy difference in the sense of wellbeing of children of all ages and from all backgrounds. Regular practice of yogic postures enhances the ability of students to concentrate, to deal with impulsive behaviour, and to think more clearly. It helps mental equilibrium and self-control. Yoga teaches children to be gentle with themselves and others. It generates positive emotions and compassion. In addition, yoga reduces pressure and helps children to release tension and relax. It helps children develop lifelong health habits (both physical and mental). A distinguishing aspect of Yoga is the awareness and mental spotlight that children learn to exercise while doing the postures. The result is the toning up of both the body and mind. Yoga has been integral part of Health and Physical Education that has been a compulsory subject up to the secondary school stage since 1988. Even the National Curriculum Frame Work 2005 adopted a holistic definition of health in which yoga is an integral part of it.

## Concept of Yoga

Yoga is a group of physical, mental and sacred practice which originated in ancient India. Yoga is one of the six conventional schools of Hindu Philosophical behaviour. The word yoga is derived from the Sanskrit root "yuj" meaning to "unite", "to combine", and "to integrate", which means total integration of the physical, mental, intellectual and spiritual aspects of the human personality. Yoga is a way of life, propounded by Patanjali in a systematic form.

- Patanjali says "Yoga as the self-consciousness or Restraint of Modification of the Mind". Yoga begins when thinking stop. Yoga does not mean union, but spiritual effort to attain perfection through the control of the body, sense and mind and

through right discrimination between purusha and prakriti.

- According to Bhagavad Gita "Yoga is said to be equanimity" (2.48); "Yoga is skill in action" (2.50); "Know that which is called yoga to be separation from contact with suffering" (6.23).
- According to Swami Vivekananda, yoga may be regarded as a means of compressing one's evolution into a single life or a few years or even a few months of bodily existence. Yoga education is very much essential in all levels of education. It is an agreement between the individual and the universe, between thought and act and between spirit and god.

## Statement of the Problem

The problem for the present study as below:

"A Study on Awareness of Yoga among Secondary Students"

## Objectives of the Study

The objectives of the Study as follows:

- To find out the Awareness of Yoga among Secondary School Students of Shikari Pura Taluk.
- To find out the significance difference in awareness of yoga in receptive variables
  - i) Boys and Girls (gender)
  - ii) Locality of the School (Rural & Urban)

## Hypothesis of the Study

- To explore the awareness of Secondary Schools Students towards Yoga of Shikari Pura taluk, Shivamogga District.
- There is no significant difference between the awareness of Yoga among boys and girls of secondary school students of Shikari Pura taluk, Shivamogga District.

- There is no significant difference between the awareness of Yoga among rural and urban students of secondary schools of Shikaripura taluk, Shivamogga District.

#### Methodology of the Study

The present study followed by survey method, mainly, the normative survey research method.

#### Population of the Study

There are so many Secondary School in Shikaripura Taluk among that the researcher has select the 4 Secondary School in random sampling method. The sample of the study consisted of 200 students studying in ninth standard during the academic year 2018-2019 in four different schools in Shikari Pura (Tq) and Shivamogga District. The Stratified Random Sampling Technique is followed to

select the students of these schools. The sample included both boys and girls.

#### Tool of the Study

To know the awareness of yoga among Secondary School Students of Shikari Pura Taluk, Shivamogga District, Four Point Rating Scale (Likert -Type) was developed. In this tool used with the options such as Strongly Agree, Agree, Disagree and Strongly Disagree.

#### Analysis and Interpretation of Data

- **Objective: 1** - To find out the Awareness of Yoga among Secondary School Students of Shikari Pura Taluk.
- **Hypothesis: 1** - To explore the awareness of Secondary Schools Students towards Yoga of Shikari Pura taluk, Shivamogga District.

**Table- I Shows the Mean, SD of Secondary School Students**

Category	N	Mean	SD
Secondary School Students	200	40.39	8.34

- **Hypothesis: 2** There is no significant difference between the awareness of Yoga among boys and girls of secondary school students of Shikari Pura taluk, Shivamogga District.

**Table- II Shows the Mean, SD and ‘t’ value of boys and girls of Secondary School Students**

Sl No	Variable	N	Mean	‘t’ Value
1	Boys	100	56.76	2.78**
2	Girls	100	69.32	

\*\* Significant at 0.05 level.

To find out the significance the scores of boys and girls were calculated. It was found that the obtained ‘t’ value is greater than the table value at 0.05 level. Hence the value was found to be significant. The null hypothesis that there is no significant difference between the awareness of Yoga among boys and girls of secondary school students of Shikari Pura taluk, Shivamogga District was rejected. This

prompted the researcher to formulate the alternate hypothesis that there is a significant difference between boys and girls secondary school students in their awareness of Yoga.

- **Hypothesis: 3** There is no significant difference between the awareness of Yoga among rural and urban students of

secondary schools of Shikaripura taluk,

Shivamogga District.

**Table- II Shows the Mean, SD and ‘t’ value of boys and girls of Secondary School Students**

SI No	Variable	N	Mean	‘t’ Value
1	Rural	100	44.83	3.15**
2	Urban	100	58.45	

\*\* Significant at 0.05 level.

To find out the significance the scores of types of area were calculated. It was found that the obtained ‘t’ value is greater than the table value at 0.05 level. Hence the value was found to be significant. The null hypothesis that there is no significant difference between the awareness of Yoga among rural and urban students of secondary schools of Shikari Pura taluk, Shivamogga District was rejected. This prompted the researcher to formulate the alternate hypothesis that there is a significant difference between rural and urban secondary school students in their awareness of Yoga.

### **Educational Implication**

- It is a humble attempt in this direction to assess the level of awareness of secondary school students towards yoga.
- The study will be helpful for developing awareness about the of yoga and its importance among the students of our country.
- The study will be immensely helpful to organize different yogic programmes for their (students) overall development.
- Physical fitness, mental peace, social adjustment, removal of ignorance, awakening to real self etc. are the need of the day for balanced development of the students through yoga.
- Special programmes should be arranged in order to develop the awareness towards Yoga among the secondary school students especially in rural areas.
- The results of the study are expected to help the policy makers and planners to

know the real status of yoga education in the context of secondary school students.

### **Suggestions:**

It is found that most of the schools are not much aware about yoga which may be one of the reasons for students possessing less awareness on yoga and its importance. Therefore, required number of Yoga instructors must be appointed or gave training to existing physical education teachers or trainers in state and central government schools. For this Physical Education teachers must also focus on importance of yoga in schools, as Yoga reduces the effects of stress among the students and induces a feeling of calm and peacefulness, combats depression and anxiety, counteracts helplessness and weakness, and thus increases self-esteem. The training programmes on yoga must be implemented in schools to improve the behaviour and the quality of the students. Because, Yoga offers the simple, safe and practical techniques for the students to quickly reduce tension and stress at any time and place. Adding to this the first step has already taken by central government by celebrating World Yoga Day every year in the month of June 21<sup>st</sup>. Now we have to make it success implementation at school level and make the students not only cognitive development also healthy and progressive development of the student.

### **Conclusion**

Yoga aims at the total development of the human personality, impacting upon its different dimensions and facets-the individual and social; emotional and cognitive, psychomotor and behavioural, and eventually

moral and spiritual. It's essential to be worked upon from childhood for fuller benefits and therefore it should be a part of school life. Second, it is a truism that for spreading the message of Yoga and making it a mass

movement no other agency, except that of the school and the teachers can be implement in an effective; therefore, inclusion of Yoga education in school and teacher education cannot be over emphasized.

## References

1. Govindarajulu N, Gannadeepam J, Bera TK (2015) Effect of yoga practices on flexibility and cardio-respiratory endurance of high school girls. *Yoga Mimamsa* 84(2): 64-70.
2. Ganguly SK, Bera TK, Gharote ML (2013) Yoga in relation to health related physical fitness and academic achievement of school boys. *Yoga Mimamsa* 94(3-4): 118-123.
3. Kumar, Y.P & Sudhakar, T. (2014) A study on awareness of yoga among secondary school students. *International Journal of Informative & Futuristic Research (IJIFR)*, Volume 2, Issue 3, Page No: 480-485.
4. Patel, A. & Smitaben, C. (2012) A study of attitude of B.Ed. student-teachers towards Yoga objective of the Study: *Research Expo International Multidisciplinary Research Journal* Volume - II, Issue – II.
5. NCERT (2005) National Curriculum Framework, NCERT, New Delhi, India.
6. GOI (2015) Report of the School Health Committee-Part I, Govt. of India, Ministry of Health, New Delhi, India.
7. NCTE (2015) Yoga Education. National Council for Teacher Education, New Delhi, India
8. Umatiya, R. A. (2013) Attitude of M.Ed. student and teachers towards Yoga. *International Journal for Research in Education* Vol. 2, Issue: 4.

**Cite this paper as: Dr. K S Kiran Kumar (2019). A Study on Awareness of Yoga among Secondary School Students. *International Journal of Science and Consciousness*; 5(2): 01-05.**