

YOG ATTITUDE AMONG UNDERGRADUATE STUDENTS OF ARTS AND SCIENCE STREAM

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Abstract

The variety of psychological responses people may experience when doing yoga is called "yog attitude." It has to do with the benefits of yoga for people's well-rounded mental, physical, and spiritual health. Yog is well known for its method of developing a dynamic body, stimulating the brain, and elevating the spirit. The objective of this research is to find out the Yog Attitude among Undergraduate students so the investigator selected two groups one is Gender (Male and Female) and the other is Academic Stream (Arts and Science) both groups have 180 students. Each group has 45 students. Data were collected from Gandhinagar Gujarat. The scale used for data collection is a personal data sheet. The Yog Attitude scale was developed by Muchhal, M. (2008), 2x2 factorial design was used and data were analyzed by ANOVA test. Results show that there is no significant difference in Yog Attitude between boys and girls. There is no significant difference in Yog Attitude between arts and science students and There is no significant interaction effect of gender and educational stream on Yog Attitude.

Keyword: Yog Attitude, Stream, Gender

INTRODUCTION

Yoga is a very old science. It is acknowledged as one of our culture's most significant and priceless contributions. It is a manner of thinking, promoting mental and physical balance through the art and science of holistic living. The scientific foundations of yoga go back thousands of years. Yoga does not appear to be a belief. Neither a philosophical philosophy nor mysticism, either. This is the wisdom of life. Experience is what it is. Yoga is the scientific and conscientious endeavor of man towards universal existence. Man can transcend his limitations and become a cosmic man through yoga. Yoga elevates a person's thoughts and ideas. Yoga is a method for cultivating the perceptual capacities of the mind to reveal spiritual truths.

Even while an attitude is not always evident directly, it can be deduced from overt actions and reactions, both vocal and nonverbal. Objectively speaking, attitude can be defined as a propensity to respond to particular types of stimuli. Emotionally charged reactions have been most commonly linked to "attitude" in practice. A deeply ingrained emotion is the thinking that is most difficult to alter.

Operational Definitions:

Stream:

The academic stream has a significant impact on student's growth and learning. In Gujarat and India's academic stream generally starts after the 10th standard. In this research, two types of streams were used Arts and Science.

Undergraduate Students:

Students pursuing graduation at the undergraduate level. Here, students of Arts and Science are included in graduation studies.

REVIEW OF LITERATURE

Rashedi, Roxanne N. (2021) This study examined (1) how teachers used grounded theory as an exploratory research technique to identify crucial implementation elements for efficacy, such as classroom spacing, intervention adjustments, and yoga lesson components; (2) how teachers observed students internalizing the yoga skills; and (3) how educators considered how yoga changed their

perspectives on students. The authors offer suggestions for additional research on yoga curricula that are offered in classrooms.

Roxanne N. Rashedi (2019) researched Yoga and Willful Embodiment: The majority of research on contemplative practices has used quantitative methods to establish tangible results on self-regulation. The benefits that children experience from participating in contemplative activities and their opinions of how these activities aid in self-regulation have not received much attention. Additionally, there is a dearth of research on how teachers may help kids learn about their own sensations, emotions, and other people's feelings while doing yoga. This article fills in these evidence gaps by utilizing learning and development theories to describe how letting kids experiment with yoga techniques could improve their ability to react to their emotional experiences. Along with suggestions for future yoga program design and implementation in schools, the consequences are examined.

Parmar R. (2023) researched attitudes towards Yog Among Young Adults in the Context of Type of Family and Type of Educational Stream. Test the conclusions of research conducted on a group of young adults. There were ten nuclear and sixteen joint families. Young adults. In Kadi Taluka, Mahesana district, 20 young adults from the arts and commerce streams were used to define the interpretation of research findings using the Mann-Whitney U test. Families have no major differences, but educational streams do.

RESEARCH OBJECTIVES

1. To investigate the main effect of Gender on Yog Attitude among Male and Female Students of Undergraduate.
2. To investigate the main effect of Stream on Yog Attitude among undergraduate students of Arts and Science.
3. To investigate the interaction effect of Gender and Stream on Yog Attitude among Students of Undergraduate.

RESEARCH HYPOTHESIS

1. There will be no significant main effect of Gender on Yog Attitude among Male and Female Undergraduate Students.
2. There will be no significant main effect of Stream on Yog Attitude among Undergraduate Students of arts and science stream.
3. There will be no significant interaction effect of Gender and Stream on the Yog Attitude of Under Graduate Students.

Research Variables:

The following variables were treated as independent and dependent variables:

No	Type of variable	Name of variable	Level of variable	Name of level of variable
1	Independent Variables	Gender	2	1. Male 2. Female
2	Independent Variables	Stream	2	1. Arts 2. Science
3	Dependent Variables	Yog Attitude	1	Yog Attitude

Research Sample:

180 undergraduate college students from Gujarat state's Gandhinagar district participated in the current study. Students are split into two groups for this study: gender and stream. The sample was selected by Randomly Sampling Technique from various Colleges of Gandhinagar Gujarat as per the requirement of the research design of this study.

Research Design:

In the present study to examine the main and interaction effect of two variables i.e. Gender and Stream 2x2 factorial design was utilized for collecting the data.

Variable		Gender (A) ↓		Total
Stream (B)	Arts (B1)	Male (A1)	Female (A2)	
			45	45
	Science (B2)	45	45	90
Total		90	90	180

Research Tools:

The data was gathered using the following standardized tools.

(1) Personal Data Sheet:

Information regarding gender types and streams was gathered using a personal data sheet that the investigator created.

(2) Yog Attitude Inventory Scale:

For this study, the Yog Attitude Scale was developed to provide researchers with a practical means of gauging people's attitudes toward yog. Additionally, the scale is designed to offer a more meaningful score that can only be assessed by hand. There are fifteen positive and fifteen negative items. For positive 2, agreed, uncertain, and disagreed received scores of 1, 0, and 1, respectively. The scoring system is reversed for negative items. Dr. Mahes Kumar Muchhal created the Yog Attitude Scale (2008). There are thirty sentences overall on this scale, divided into three categories: agreed, undecided, and disagreed. The degree of Yog Attitude is indicated by these choices. The Spearman-Brown and Split half methods were applied to calculate the reliability coefficient. The split-half approach yielded .71, whereas the Spearman brown method yielded .83. The Scale seemed to have a reasonably high face validity.

RESULT AND DISCUSSION

Table No.: 01

Showing Analysis of Variance for Yog Attitudes in relation to Gender and Stream

Variable	Sum of Squares	df	Mean Sum of Square	F	Significance
Gender (A)	27.773	1	27.773	0.43	NS
Stream (B)	210.440	1	210.440	3.25	NS
Gender x Educational Stream (AxB)	2.301	1	2.301	0.04	NS
SSW	11411.670	176	64.839		
SST	12473.750	179			

Signification Level 0.05 = 3.89, 0.01 = 6.76

Table No. 01 indicates that the Yog Attitude was not substantially impacting the one major variable, namely the gender of undergraduate students ($F=0.43$), while the stream variable was not determined to be significant ($F=3.25$), nor were the gender and educational stream variables. (0.04).

Main Effects:

Ho₁ There will be no significant main effect of Gender on Yog Attitude among Male and Female Undergraduate Students.

Table: 2

Showing mean score on Yog Attitudes for students with regards to Gender (A)

Variables	N	M	F	Sig.
Male (A1)	90	47.22	0.43	NS
Female (A2)	90	44.55		

Signification Level 0.05 = 3.89, 0.01 = 6.76

The mean scores in Table No. 02 show that male undergraduate students obtained a higher mean score ($M = 47.22$) on Yog Attitude than female students ($M = 44.55$). An f-test has been computed to test the hypothesis. At 0.43, the f value is not significant. It demonstrates that null hypothesis number one is not disproved.

Ho₂ There will be no significant main effect of Stream on Yog Attitude among Undergraduate Students of arts and science stream.

Table: 03

Showing mean score on Yog Attitudes for students with regards to Stream (B)

Variables	N	M	F	Sig.
Arts (B1)	90	42.22	3.25	NS
Science (B2)	90	49.55		
Signification Level 0.05 = 3.89, 0.01 = 6.76				

Table No. 03 shows that graduate students in the sciences had higher mean scores on Yog Attitude (M=49.55) than graduate students in the arts (M=42.22). The f test has been computed to test the hypothesis. At 3.25, the f value is not important. It demonstrates that null hypothesis number two is not rejected.

Interaction Effect:

Ho₃ There will be no significant interaction effect of Gender and Stream on the Yog Attitude of Under Graduate Students.

Table No. 04

Showing mean score on Yog Attitudes for students with regards to Gender & Educational Stream (A x B)

Stream	Gender		'F'	Sig.
	Male	Female		
Arts	43.93	50.50	0.04	NS
Science	40.50	48.60		
Signification Level 0.05 = 3.89, 0.01 = 6.76				

The F value (F = 0.04) is not significant, as shown in Table No. 04, indicating that the differences between the Gender and Stream interaction subgroups are not significant. In summary, the group with the highest Yog Attitude among the A x B interaction groups is Gender in Undergraduate Students of Arts Female (M = 50.50), while the group with the highest Yog Attitude is Gender in Undergraduate Students of Science Female (M = 48.60). The null hypothesis is not rejected since the results show that the mean scores of the two groups differ in Yog Attitude concerning Gender and Stream.

CONCLUSION

1) It was determined that there was no significant difference in the gender-related Yog Attitude of Undergraduate Students (F = 0.43). The pre-formed idea is therefore not disproved. Due to a tiny effect size, substantial variability among groups, a limited sample size, or the nature of the study and measuring instruments, the results indicate that gender had no discernible effect on undergraduate students' Yog Attitudes.

2) There was no discernible difference in the Yog Attitude of Undergraduate Students in the Arts and Science. Thus, it was determined that Yog Attitude is unaffected by stream in this study. The pre-formed idea is therefore not disproved. The findings imply that undergraduate students' opinions of yoga are not significantly influenced by their academic track. This can be the result of shared cultural views on health and well-being, comparable yoga exposure in the two groups, or just a disconnect between academic focus and leisure pursuits like yoga. The results show that individual factors (such as exposure, lifestyle, or personal health priorities) are more likely to impact attitudes towards yoga than academic discipline.

3) It was determined that there was no significant difference in the Yog Attitude of Undergraduate Students for Gender and Stream interaction effect (F = 0.04). The pre-formed idea is therefore not disproved. The fact that there was no discernible interaction impact between gender and stream on yog attitudes indicates that students' attitudes towards yoga are not significantly influenced by either of these variables alone. Yoga's global appeal, the separate impact of gender and stream on Yog Attitudes, the potential for individual factors (such as exposure and personal interest) to have a greater influence, and the neutral character of yoga itself are some possible explanations for this. In the conclusion, the findings show that undergraduate students' Yog Attitudes are not significantly influenced by their gender, academic stream, or both.

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