



# Attitude of Post Graduate Students of Dibrugarh University towards Yoga

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## Abstract

The purpose of the study is to find out the attitude of post graduate students belongs to different streams like science, arts and commerce of Dibrugarh University towards yoga. Total seventy five (n=75) sample of post graduate students; 25 each sample students belonging to science, arts and commerce stream of Dibrugarh University were selected randomly. The range of age was 20 to 25 years. To collect the data standardized "Yoga Attitude Scale" (YAS) by Dr. M.K. Muchhal was used. The study indicated no significant difference in attitude towards yoga among the students of science, arts and commerce streams of Dibrugarh University. The study also indicated that majority of the students had positive attitude towards Yoga. They had also recommended that yoga much be the compulsory subjects in higher education institute.

**Keywords:** Attitude, Yoga, Post Graduate Student.

## Introduction

Dibrugarh University, the easternmost University in India, was established in 1965 consequent upon the provisions of the Dibrugarh University Act, 1965, enacted by the Assam Legislative Assembly hosts 177 affiliated colleges and institutes that spread over nine districts of Assam. It has 34 Teaching Departments and Centre, 1 engineering institute and 1 Directorate of Open and Distance Learning in its campus (dibru.ac.in).

Yoga comes from Sanskrit word "Yuj" Which means to unite or to join. Yoga aims at bringing the different bodily functions into perfect coordination so that they work for the good of the whole body. Regular practice of asana maintains the physical body in an optimum condition and promotes health even in an unhealthy body. Yoga is the science of right living and as such is intended to be incorporated in daily life. There are many example of union in yoga, like the union of body and mind, the union of yin and

yang, the union of the individual's energy with the cosmic energy- and the union or relationship of the teacher and students. Integrating yoga into elementary physical education classes offers more possibilities for a wider group of students than traditional sports and fitness classes. More commonly yoga is regarded as a physical discipline, one than that teacher's strength, flexibility and balance of body. A physical yoga practice consists of exercises called posture or asana that strengthen, stretch and align the body. (Finger, 2000)

Student need to experience joy while practising physical activity in order to build a foundation for lifelong skills. Yoga has triangular relationship of body, mind and spirit. Yoga is a sophisticated system for achieving radiant physical health, mental clarity and therefore peace of mind (Schiffmann, 1996).

### **Objectives**

To find out the attitude towards yoga of students belonging to different streams like science, arts and commerce of Dibrugarh University.

### **Method**

For the present research Descriptive survey method was employed.

### **Selection of Subjects**

Total seventy five (n=75) sample of post graduate students; 25 each sample students belonging to science, arts and commerce stream of Dibrugarh University. The range of age was 20 to 25 years. To select the subjects' incidental sampling techniques was used.

### **Collection of data**

To collect the data for the study a standard attitude Scale "Yoga Attitude Scale" (YAS) which was developed by Dr. M.K. Muchhal (Muchhal, 2009) comprising thirty questions were administered. It has fifteen positive and fifteen negative statements. The coefficient of reliability of the scale was found .71 by Split half method and .83 by Spearman Brown method. During administering the Scale, the procedure and purpose of filling the scale was explained to the subjects in order to obtain the desired information.

### **Statistical technique for analysis data**

To find out the attitude towards the yoga among the students of science, arts and commerce streams of Dibrugarh University, descriptive statistics of mean, SD and ANOVA was employed. The level of significance was set at 0.05.

## Result

Findings pertaining to Yoga Attitude Scale Questionnaire are subjected to descriptive analysis of mean; Standard deviation and ANOVA technique for analysis is presented below.

**Table No- 1. Mean and SD of personal data of the subjects**

Variables	Stream	Subject	Mean	Marginal Mean	SD	Minimum	Maximum
Yoga Attitude Scale	Science	25	54.04	53.26	4.25	47	60
	Arts	25	52.68		3.63	49	60
	Commerce	25	53.12		3.29	50	60

Table-1 reveals that in Yoga Attitude Scale, the mean and SD of science, arts and Commerce post graduate students are  $54.04 \pm 4.25$ ,  $52.68 \pm 3.63$  and  $53.12 \pm 3.29$ .

**Table-2: One way ANOVA of Yoga Attitude**

Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	24.08	2	12.04	0.857414	0.428544	3.123907449
Within Groups	1011.04	72	14.04222			
Total	1035.12	74				

Table-2 reveals that F-ratio of Yoga Attitude was 0.85 which is smaller than the critical value.

## Findings:

Result of the study indicated that there is no significant difference on attitude towards yoga among the post graduate students of science, arts and commerce streams of Dibrugarh University. As the researchers conducted the study upon the students of homogeneous groups of science, arts and commerce streams of Dibrugarh University i.e. studying in the post graduate programmes, no significant difference might found in this study (calculated  $f=0.85$  is less than tabulated critical value). On the basis of statistical analysis it is further showed that the students of the Dibrugarh University possess the positive attitude towards yoga as the marginal mean was found 53.28 which lies in between the range of 49-60 which is considered as very high attitude as per the norms of the scale given in the manual for YAS.

## Conclusion

On the basis of above discussion, the following conclusions may be drawn;

- i. The study indicated that majority of the respondents had favourable attitude towards Yoga.
- ii. Most of the students agreed that yoga develops physical, mental, social and cultural contributions.
- iii. The study indicates through modern life provides us enough experience. The students opined that yoga is necessary as a compulsory subject in higher education institute.

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