

YOGA EDUCATION IS SUITABLE FOR PRESENT SOCIAL SCENARIO

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ABSTRACT

This paper intends to study the role of yoga education as perceived by the students, principals and yoga teachers. 2800 students, 56 principals and 56 yoga teachers have been taken from 56 schools. Tools were used for data collection questionnaire (for students) and interview schedules (for principals & yoga teachers). The obtained data were analyzed qualitatively. The study revealed that in the modern time of stress and competition, the Yoga education is very useful. By practicing Yoga, social values are inculcated among students. It focuses on social factors that can influence behaviour. It involves psychological mechanisms in human behaviour that can provide potentials for certain behaviours or tendencies to occur and can help the students to survive in a complex and often challenging world.

INTRODUCTION

Scientific and Technological progress all over the globe has made man highly sensitive, critical and creative. Inner peace and contentment are lost in the turmoil of technological development. There is a threat to individual well beings both in matters of physique and mental health. The apparent results of this can be seen in the form of increased problems of maladjustment (Inter & Intra personal) psychosomatic disorders, other diseases and in an increased rate of crime in the society as a manifestation of dissatisfaction and feeling of lack of fulfillment which man is experiencing under the burden of demand and aspiration around him. Our society has become too stressful, violent and fast-paced. How can we hope to meet National Curriculum demands and achieve its learning objectives when the pupils are equally stressed, agitated, aggressive, overly emotional, and mentally exhausted? These are rooted through yogic philosophy and its practices. Through personal experiences, Yoga acharyas were able to guide sincere aspirants along the correct path, removing any confusion, misunderstanding and excessive intellectual contemplation and yoga emphasizes qualitative development which is probably the most neglected domain of contemporary urban society.

Various studies have shown the positive effects of yoga on of physical, psychological, social, intellectual aspects of the student's life.

Yoga techniques help teachers to redress the balance between their pupils' bodies and minds, simultaneously imparting the joy of learning and living. Yoga aims at making all aspects of the self harmoniously united: mind, body and emotions. For inculcating quality in education during the Xth Five Year Plan, "Quality Improvement in Schools" was introduced as a composite centrally sponsored scheme having the component of 'Introduction of Yoga in Schools.. Yoga education helps in purifying human nature, and contributes to peace and happiness in the society. It inculcates in individual the universally accepted social norms of society.

NEED AND SIGNIFICANCE OF STUDY

There is no doubt about the fact that the relevance and importance of Yoga is accepted by the educationists and policy makers for all round development of student and for equipping them with a kind of life style which leads to healthy development of personality. It is also agreed upon that Yoga should occupy a significant place in education. In the current mechanized world, the matter based approach of science and technology and the associated life style have to undergo basic changes towards a more holistic world view, healthier and harmonious living and that is what Yoga offers because it is a science of future and relevant to a progressive society. So the present study focused on exploring the

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effects of yogic practices in the context of Yoga education in the existing school scenario. According to the modern concept of education. It will be the most worthwhile of the present time and this integrated approach will help the students in developing a right direction and in making a good society.

OBJECTIVE OF THE STUDY

To examine the role of yoga education as perceived by the students, principals and yoga teachers.

SUB OBJECTIVES

1. To examine the role of Yoga education as perceived by the students.
2. To examine the role of Yoga education as perceived by the principals.
3. To examine the role of Yoga education as perceived by the Yoga teachers.

METHODOLOGY

The investigator has adopted the survey method, being the best suited one. It is fully in consonance with the objectives of the study

POPULATION

The population of the study is the students of the secondary level in Government school of Delhi Principals & Yoga teachers also have been taken. The broad aim of study is to collect data from schools where the yoga education is reasonably operational.

SAMPLE

Fourteen zones have been selected randomly (lottery method) from 28 zones. The investigator wrote the zone numbers in papers, fold them up, mix them thoroughly then pick 14. Therefore, purposive sampling method was used to select four schools from each randomly selected zone (where are employing full time & part time school yoga teachers or professionally engaged in yoga education /sessions) $14 \times 4 = 56$ schools. After this 50 student have been selected from secondary level of each school (25 students from 9th class & 25 Student from 10th Class) $56 \times 50 = 2800$ students. One principal and one yoga teacher have been taken from each school (56 Principals & 56 Yoga Teachers).

TOOLS ADOPTED FOR THE STUDY

For a qualitative research the following tools were used for data collection.

1. Questionnaire (Questionnaire for students)
2. Interview schedules (Interview schedules for principals & yoga teachers)

This questionnaire is of closed form in nature. The students were directed to put a tick mark in the appropriate answer from multiple answers supplied with the questions. The Interview schedule for principals was both in, structured and un-structured. The investigator developed an Interview schedule for Yoga teacher. The interview schedule for Yoga teachers was both in, structured and unstructured.

The items pertaining to the objective (to examine the role of Yoga education as perceived by the students) have been described in the table given below:

| S.N. | Items | Responses (in %) |
|------|--|------------------|
| 1. | Yoga education develops the sound mind for controlling anger and irritability. | 74 % |
| 2. | Yoga education helps in reducing stress anxiety, fatigue and depression. | 74 % |
| 3. | Yoga education develops the awareness of one's strength & weakness. | 72 % |
| 4. | Yoga education develops the devotion to the almighty. | 72 % |
| 5. | Yoga education helps in developing values . | 75 % |
| 6. | Yoga education develops positive thinking. | 74 % |
| 7. | Yoga education develops the attitudes of non violence. | 67 % |
| 8. | Yoga education develops the attitudes of truthfulness. | 74 % |
| 9. | Yoga education develops the attitudes of non stealing. | 72 % |
| 10. | Yoga education improves inter-personal relations. | 72 % |

The items pertaining to the objective (to examine the role of Yoga education as perceived by the principals) have been described in the table given below:

| S.N. | Items | Responses (in %) |
|------|---|------------------|
| 1. | Yoga education changes the beliefs, attitudes, habits& behaviors in right direction . | 64 % |
| 2. | Yoga education helps in inculcating values like cooperation. | 86 % |
| 3. | Yoga education creates the feelings of 'Vasudhav Kutumbkam. | 73 % |
| 4. | Yoga education develops physical, mental, social and spiritual attributes. | 85 % |
| 5. | Yoga education helps in preventing much emotional distress among adolescents. | 71 % |
| 6. | Yoga education yoga education is suitable in the present social context. | 87 % |

The items pertaining to the objective (to examine the role of Yoga education as perceived by the Yoga Teachers) have been described in the table given below:

| S.N. | Items | Responses (in %) |
|------|--|------------------|
| 1. | Yoga education helps in attaining concentration of mind. | 86 % |
| 2. | Yoga education helps in reducing the mental stress. | 84 % |
| 3. | Yoga education brings a profound change in personality. | 89 % |
| 4. | Yoga rectifies the shortcomings of society. | 68 % |

FINDINGS OF THE STUDY

The results of the study revealed that the role of Yoga education in present social context is very important because the majority of sample agreed that Yoga develops the sound mind for controlling anger and irritability, helps in reducing stress anxiety, fatigue and depression, develops the awareness of one's strength & weakness, develops the devotion to the almighty, develops values, develops positive thinking, develops the attitudes of non violence, truthfulness, non stealing and improves inter-personal relations. Yoga changes the beliefs, attitudes, habits & behaviors in right direction and helps in inculcating values like cooperation. It creates the feelings of 'Vasudhav Kutumbkam' and develops physical, mental, social and spiritual attributes. It also helps in preventing emotional distress among adolescents and in attaining control of senses with regular practices. It helps in reducing the mental stress, provides direct positive impact on thinking process, brings a profound change in personality and rectifies the shortcomings of society as well.

Thus in the modern time of stress and competition, the Yoga education is very useful. By practicing Yoga, social values are also inculcated among students. Yoga education is not presented as a religious practice, nor does it conflict with any religion. It generates positive emotions and compassion. Yoga education helps mental equilibrium and self-control. It reduces stress and helps students to relax and release tension. Yoga education offers students a safe and balanced way for them to relate to themselves and to their surroundings, inner & outer awareness. In adopting and maintaining a

posture there is a co-ordination between the nervous system and the muscular system, that influences the physical and mental behaviours. It focuses on social factors that can influence behaviour. It involves psychological mechanisms in human behaviour that can provide potentials for certain behaviours or tendencies to occur and can help the students to survive in a complex and often challenging world. In fact, a combination of Yoga education and the formal education system can lead to the twin objectives of Swami Vivekanand-'s philosophy, Man making and Nation-building which is very helpful for students in present social scenerio.

IMPLICATION OF THE STUDY

1. At a time when the world seems to be at a loss, rejecting past values without being able to establish new ones, Yoga education provides a means for students especially the adolescents, to find their own way of connecting with their real selves. Yoga education helps to discipline the mind for an integrated and harmonious development of an individual. Yoga education provides internal peace and happiness, develops positive thinking, self confidence, a positive approach to life, state of mind with mental stability and strong will power.
2. Yogic education helps to reduce stress, whether social or academic among adolescents. This study is of great significance for psychologists, educationists, principals, teachers, parents for handling adolescents effectively.
3. Breathing and relaxation exercise work as stress buster by avoiding negative thoughts, which is very useful to the students and they can do well for examinations.
4. In fact, Yoga education should be a compulsory subject in the school curriculum because the younger one starts the better it is. Yoga should be included in the school curriculum as a compulsory subject for the harmonious development of students as an ultimate aim of education.
5. Yoga education makes the person skillful. It means the person who has the skill of creative and critical thinking and self-awareness can cope better with emotions,

problem solving etc. These skills enable the students to deal effectively with the demand and challenges in everyday life.

We cannot totally control or change the social scenario and situational conditions according to our desire, so a better way is to find out how best we can adjust to stressful conditions. Yoga education can help to prepare knowledgeable & skilled students. They are the agents of change in their societies, a resource to be nurtured and developed, productive citizens and leaders of tomorrow who could support a society with democratic values for a harmonious life.

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