

The Role of Yoga Education in the Dimension of Health Perspective

Dr Madhu Srivastava

Abstract

The present study is an attempt to know the perception of students of secondary level about the role of Yoga education in the dimension of health in the schools of Delhi. Students of govt. schools have been selected randomly. The data were collected using questionnaire in the dimensions pertaining to the health such as physical fitness & relieve from countless ailments. After analysis of data, the results of the study is that all the practices of Yoga act through the existing mechanisms of health in human body and the beneficial changes that take place in the human system at all levels. Thus Yoga helps in the all round development of an individual, which is the main aim of education.

Introduction

Health is the prime factor for developing any aspect of personality. Schools should focus for developing and maintaining the health aspect of every student in regular term. The NCF2005 adopted a holistic definition of health. It contributes to the physical, social, emotional and mental aspects of a child's development. Yoga contributes to the proper & balanced development of students in all aspects of life. Yoga education lends itself for applied learning and innovative approaches and it can be adopted for transacting the curriculum. It has to be a regular part of the schools' time-table and must be seen as an important contribution for the overall development of the child. It influences significantly the enrolment, retention and completion of school. Yoga education will bring quality improvement in schools. Aasana and Pranayama are the elements of yoga and these are the physical practices. These approaches contribute for improving health and provide the solid foundation for the all round development of students.

Significance of the 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 worldview and healthier life and that is what Yoga offers because it activates the healing strengths within our bodies. So the present study focused on exploring the effects of yogic practices on the dimensions of health of students in the context of Yoga education in the existing school scenario.

Objectives of Study

Objective 1: To know the perception of students about the role of Yoga education in achieving Physical Fitness.

Objective 2: To know the perception of students about the role of Yoga education in giving Relief from Countless Ailments.

Reserch Methodology

Nature of the research is descriptive and qualitative. The investigator has adopted the Survey method, being the best suited one. Through this method, the investigator studied the perception of students about Yoga education in schools. Data were collected from the sample at one point rather than over a long period of time.

Population

Population is a group or aggregate having common characteristics based on which it is considered as one group. The population of the study was the students of the Secondary level in Government Schools of Delhi.

Sampling

Sampling is the act, process, or technique of selecting a suitable sample, or a representative part of a population for the purpose of determining parameters or characteristics of the whole population.

Sample of the Study:

Thus 2800 students, constitute the sample of the study.

14 Zones out of 28 Zones under the Directorate of Education were selected randomly.

Four schools were selected purposively from each selected zone (14x4=56 school).

50 students

Technique of sampling

The sample has been taken for the study from Delhi Government schools of secondary level. According to the Directorate of Education there are 28 zones of Delhi Government schools of secondary level. Fourteen zones have been selected randomly (lottery method) from 28 zones. The investigator wrote the zone numbers in papers, fold them up, mixed them thoroughly then picked 14. In this case, every zone had an equal chance of being picked up. A talk with the Directorate of Education revealed that some schools of each zone are conducting Yoga education. In the selection of schools, selecting a random sample would not have given adequate representation to the Yoga. 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) **14x4=56 schools**. After this, 50 students have been selected from secondary level of each school (25 students from 9th class & 25 Students from 10th Class) **56x50= 2800 students**.

Tools

Tools are devices which help to increase the range and efficiency of work. In psychology and education, 'tool' refers to devices constructed to gather behavioral data, which help in measurements and classifications. To attain the objectives through the tools, it was quite important to select a tool carefully, which could yield the results for which it has been developed and used. **Questionnaire** technique has been selected for collecting the data.

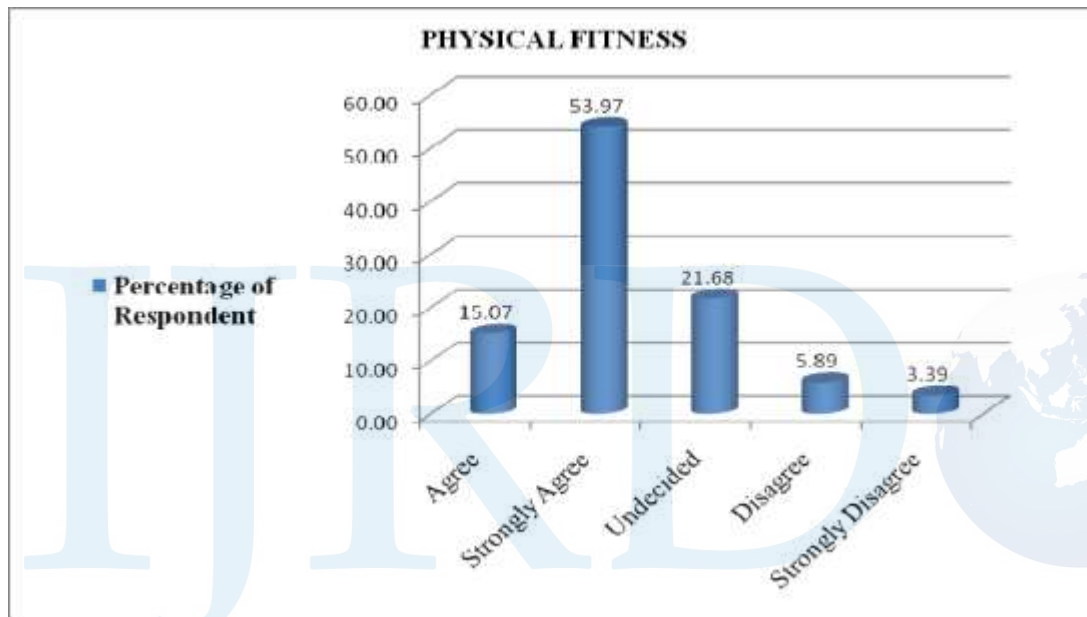
Data Analysis & Interpretation

In accordance with the nature of study the data has been organized and analyzed in qualitative terms. Data has been analyzed according to objectives and concerned objectives have been described through the graphs & interpretations given below:

Objective 1: The perception of students about the role of Yoga education in achieving Physical Fitness.

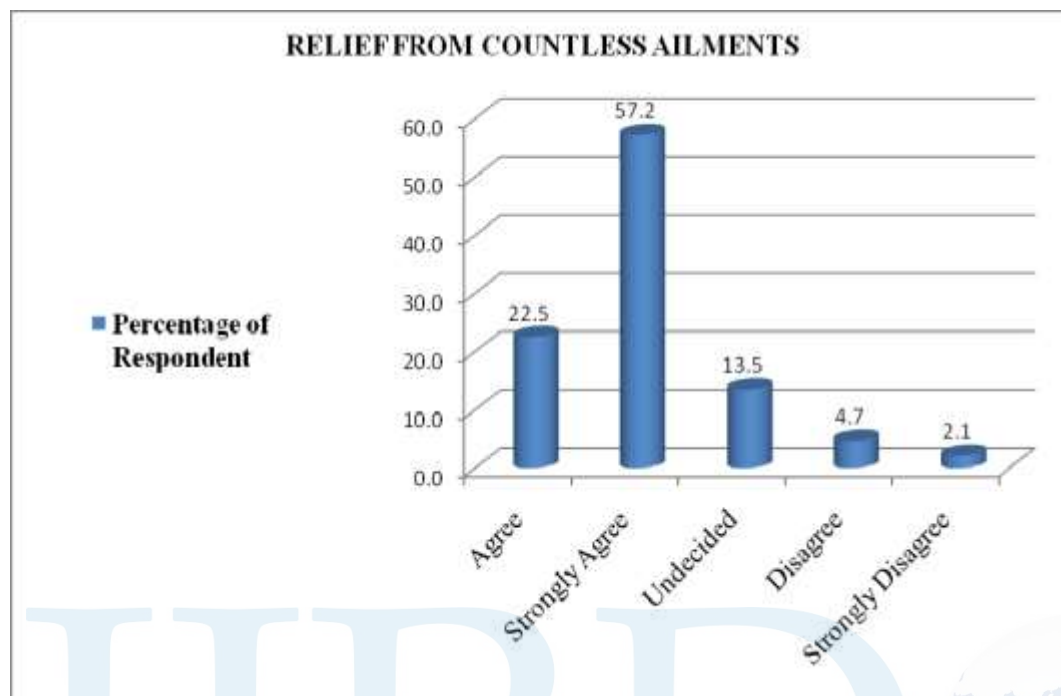
Graph 1.1: Physical Fitness

The graph



The graph 1.1 represents that when the students were asked about the role of Yoga education in achieving physical fitness for studying the perception of students, about 15.07% students strongly agreed, 53.97% students agreed, 21.68% students' responses were undecided, 5.89% students disagreed and 3.39% students strongly disagreed. The data analyzed showed that 15.07% students strongly agreed and 53.96% students agreed. Thus 69% students, i.e. majority of the sample, agreed that Yoga education helps in achieving the physical fitness, whereas 9% students disagreed to it.

Objective 2: Students' Perception about the Role of Yoga Education in Giving Relief from Countless Ailments

Graph 1.2: Reliefs from Countless Ailments

The graph 1.2 represents that when the students were asked about the role of Yoga in giving relief from countless ailments for studying the perception of students, about 22.5% students strongly agreed, 57.2% students agreed, 13.5% students' responses were undecided, 4.7% students disagreed and 2.1% students strongly disagreed. The data analyzed indicated that 22.5% students strongly agreed and 57.2% students agreed. Thus 80% students, i.e. majority of the sample agreed that Yoga education helps in giving relief.

Findings and Discussions (with respect to other researches)

The findings of the present study are that Yoga education helps in achieving the physical fitness because Yoga improves our blood circulation, just like any other exercise or physical activity. It helps in improving the supply of oxygen to the rest of our body. By this procedure of yogic practices create a toned, flexible, and strong body, Improves respiration, energy, and vitality. This fact is also supported by Khalsa S., Beckett, L.R. (1996) and Davis, C.A. (2001) in their study on the "Effects of Yoga Practice on the Health-Related Aspects of Physical Fitness" and concluded that Yoga can elicit improvements in the health-related aspects of physical fitness and Mahakur, K., S. (2004) reported in his study on the "Efficacy of Yoga on Physical Stamina in School Children" that the practicing Yoga has shown improvement in physical stamina.

The findings of the present study are that Yoga helps in giving relief from countless ailments because it helps in maintaining a balanced metabolism. It promotes cardio and circulatory health because the practice of the postures (asanas) strengthens the body and creates a feeling of well-being. These findings are supported by Khanam, A.A., Sachdeva, U., Guleria, R. & Deepak, K. K. (1996) in their study on "Pulmonary and Autonomic Functions of Asthma Patients after Yoga Training". The study reported that autonomic functions and pulmonary functions are improved in asthma patients after short term Yoga training.

Educational Implications

- Yoga education combines many popular stress reducing techniques, including exercise and learning to control breath, to clear the mind and relax the body.
- The science of Yoga applies to all aspects of life. The basic yogic practices which include aasanas (postures), pranayamas (breathing techniques), mudras (positions or gestures) and shatkarmas (cleansing practices) purify the body, mind and spirit to prepare the ground for developing all the capacities which would release the infinite potential powers and generate efficiency of the students.
- The present study is a step in that direction i.e., to enable the adolescents to achieve physical which is very essential for the students. Thus Yoga helps in the all round development of an individual, which is the main aim of education.
- It can make them aware of their own distractions due to poor health and can give them the ability to focus on the theme of the subject that they are studying. The Yoga education can make his formal education easier.

Conclusions

Thus Yoga education is a strategy, by which students develop a sense of well-being. It helps students develop lifelong health habits for the brain and the body. Its success in some schools is proof of its worth and credibility. People all over the world, such as U.S.A and the western countries have adopted Yoga enthusiastically, but sadly, in India, it is not given as much importance as should be. Yoga education is easy to incorporate into the classroom as it requires no additional equipment, is adaptable to all individuals, can be done alone, with partners or in a group.

References

- Acharya, B. (2007). *Yog In Synergy With Medical Science*. Hardwar, Divya Yog Mandir (Trust), Patanjali Yogpeeth.
- University, retrieved from <http://www.libraryofyoga.com/handle/123456789/55> on 9th Dec 2011.
- *A Hand Book Of Educational Research*. (1999). New Delhi, Published by Member Secretary, National Council for Teacher Education.
- *Ashtanga Yoga- Eight Fold path of Yoga*. Retrieved from <http://www.yogapoint.com> > Yoga Types on 20th Dec. 2011.
- Bahera, R., Sandhya (2007). *The Effect of Integrated Approach of Yoga Module on Intelligence Score in Adolescents (13-17 Yrs)*. Ph.D. thesis, Svyasa Yoga University, Bangalore, retrieved from <http://www.libraryofyoga.com/handle/123456789/55> on 8th Dec. 2011
- Bijlani, R. (2010). *Back to health through Yoga*. New Delhi, Rupa & Co.
- Carrico, M. (1997). *Yoga Basics: The essential beginners' guide to yoga for a lifetime of health and fitness*. New York City, Henry Holt and Company.