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ATTITUDE OF PROSPECTIVE TEACHERS TOWARDS YOGA IN DURGAPUR CITY, PASCHIM BARDHAMAN

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Abstract

This was quantitative descriptive survey research which was conducted to know the level of attitude towards yoga among trainee teachers and compare the attitude across gender. Data collection was done from 178 B.Ed. trainee teachers randomly from teacher training colleges in Durgapur using Yoga Attitude Scale by Dr. M K Muchhal (2009). The sample consisted of 48.88% male and 51.12% female trainee teachers. Data were normalized by using Histogram with normal probability curve (NPC). Descriptive statistics as well as inferential statistics were used for the analysis of quantitative data to draw the inference. All objectives have been clarified and hypothesis was tested at 0.05 level. It was found that significance differences in attitude exist across gender ($t=2.13$, $p=0.03$). The findings also reported that 73.60 % of trainee teachers have high attitude towards yoga. It was also found that 79.31 % male trainee teachers have high level of yoga attitude and 68.13 % female trainees have high level of yoga attitude. These outcomes will be benefited for the trainee teachers as well as the policy maker and curriculum designer to integrate yoga in daily life for physically healthy and mental well-being.

Keywords: Prospective Teachers, Yoga and Paschim Bardhaman.

1. Introduction

Ancient Indian practice, Yoga focuses on improving physical health, mental wellbeing, and spiritual health. In recent times, yoga has become a vital element of the modern education system because of its overall benefits. To promote a healthy lifestyle and balanced mindset among future teachers, yoga has been included in teachers' training programs as trainee teachers will develop a positive attitude towards yoga so they can pass on its values to students and to the wider society. This study aims to understand how B.Ed. trainees in Durgapur in PaschimBardhaman district of West Bengal feel about yoga education. It is to be noted that, the trainee teachers' attitudes may be influenced by several factors such as gender, academic background, local cultural values etc. If trainee teachers have a positive mind-set about yoga, they can create stress-free and peaceful classrooms. This can help in the holistic development of students. This article gives a right pathway whether B.Ed. trainees see yoga education as a useful part of their training and whether they are likely to use it in their future teaching. Yoga helps to reduce stress, anxiety, and depression (Cvitkovic, 2021). It also strengthens the body and improves mental abilities like focus, creativity, and self-awareness (Kumar, 2012). Regular yoga practice can improve academic performance by lowering stress and increasing mental clarity (Sharma &Kauts, 2009). It can also promote peace-related values like positive thinking, compassion, inner calm, and respect for self and others (Sharma, 2018). Yoga can improve mental well-being and help trainees become better members of society (Avasthi, 2018). Practices like meditation in the classroom can support the deeper goals of education by promoting focus and self-discipline (Devi &Rathore, 2021). Yoga education adds value to school and college learning by helping trainees bring harmony to their physical, mental, and spiritual sides. By practicing yoga, learners can become calm, responsible, and well-adjusted individuals (Khatun, 2022). This research paper also raises awareness about the importance of yoga and helps to develop a significant attitude towards it. By understanding the mindset of trainee teachers regarding yoga education, this study hopes to improve how yoga is included in teacher education programs and how it can benefit future generations in both school and future perspective. At the present time demand of yoga increases in the Global. Because various reason, most prominent being stress which has gripped the life of many of us. Excessive level of stress has hazardous effects on the health of an individual. To resolved the issue of stress and its aversive impact, large number of trainees turning towards yoga.

2. Literature Review

Survey research was conducted by Kumar (2024) to assess the attitude of teachers towards yoga education. In this paper, a survey method has been selected and a purposive sampling method is used. Fifty teachers were selected from Fatua block for rural areas and Patna town for urban areas. Here, a self-made questionnaire was used as a research tool. The mean and t-test were calculated in the methodological segment. The result reported that rural teacher's attitude towards yoga is more than urban counterparts and female teachers are more inclined to yoga education. The study of Jana (2019) aims to measure the level of attitude of secondary teacher trainees towards Yoga education in promoting a healthy lifestyle. It also examines whether there are notable mean difference in attitude between various groups: Pre-service and In-service trainees, Female and Male trainees, Pre-service Female and Pre-service Male trainees, and In-service Female and In-service Male trainees. A descriptive survey method with a quantitative approach was adopted for this research. A total of 150 B.Ed. trainees were selected from Kalyani University and Visva-Bharati using the Stratified Random Sampling technique. A self-constructed attitude scale was employed to assess the trainees' attitudes towards Yoga education for maintaining a healthy lifestyle. The results showed that a satisfactory proportion of secondary teacher trainees showed a favourable attitude towards yoga education. Sulodia (2024) compare yoga attitude among female teachers in locale variations and attitude towards yoga between private and government female teachers. Survey method has been used. The populations were the women teachers serving in schools running in urban and rural areas of Sikar district in Rajasthan. Here, a Random sampling method was used and 400 samples were selected. A self-constructed attitude scale was used in this study. The findings reported that a significant difference in the yoga attitude exists across locale. Moreover, the attitude of rural women teachers has been found to be comparatively lower than that of urban teachers. The research work of Khatun (2022) aimed to assess how undergraduate students feel about yoga education. A total of 295 UG students participated, including 161 males and 134 females. The researchers prepared and standardized a questionnaire to measure students' attitudes towards yoga education, which was employed for data collection. The results revealed that significant difference not observed in attitude across gender and locality. It was also found that students from arts stream did not differ significantly from science stream in their attitude towards yoga education. Saha (2021) examined college students' attitudes towards yoga by using clustering

techniques. Here, female arts students were divided into two separate groups. Male arts students formed one group, another group was made up of science students, and one more group included students from all three streams—arts, commerce, and science. It was found in the results that college students of different streams had sound awareness towards yoga, as most of them showed astonishing attitude towards Yoga.

3. Significance of the Study

According to Patanjali- “Yoga takes you into the present moment, the only place where life exists”. In the modern digital day of living contemporary educationists shows their interest in catalysing the educational process with the help of yoga practice. Yoga in educational framework lead to holistic development of the personality and modification of behaviour at all stages of development. A suitable organizational climate needs to be provided within the organization where the trainee teachers will perform yoga with their self-motivation and own enthusiasm. Yoga education not improved the personality of the trainees it also helps for the development of the society. It is here that Yoga is making a vital contribution to the medical system. It gives a holistic approach in treating disease which handles the problems from the root. It acts as a mind-body medicine which corrects the disease by changing the thought pattern or the way of thinking, life style, dietary habits with proper notional corrections among trainees.

4. Objective

- To measure the level of yoga attitude among trainee teachers.
- To compare the yoga attitude across gender among trainee teachers.

5. Hypothesis

H₀1. There would be no significant mean difference in yoga attitude between male and female trainee teachers.

6. Research Methodology

This is descriptive survey type research involving attitude towards YOGA as major variable. Population was selected in Durgapur, Paschim Bardhaman district. Sample was selected randomly. This study employs various statistical techniques.

Population:

This study was conducted in the Durgapur city area in Paschim Bardhaman district. All the B.Ed. trainee teachers of teacher education colleges in Durgapur considered as the population.

Sampling:

Sample was selected randomly from the Teacher Training colleges in Durgapur. The sample was comprised the male trainees as well as female trainees of different academic disciplines from rural as well as urban area.

Sample frame:

Table 1: *Distribution of Sample in Gender variations*

Categorical Variable	Category	Frequency(sample)	Percentage (%)
Gender	Male Trainee	87	48.88
	Female Trainee	91	51.12
Total		178	100

Tools used:

The standardize research tool was adopted for the collection of data is given: “YOGA Attitude Scale (YAS)”. This is developed by Dr. M. K.Muchhal (2011).

- **Description of the tool:**

The YAS scale consisted of 30 items out of which half are positively worded and half are negatively worded. Respondent has been chosen their own opinion according to their own views. There are 3 options for each item in the questionnaire as Agree, Undecided and Disagree. The method of answering the questions was according to 3 degree Likert which varies from 2 to 0. Coefficient of reliability of this scale was established to 0.71 and 0.83 by spilt half method and Spearman Brown method respectively.

7. Presentation of Data

Responses from the sample prospective teachers i.e. trainee teachers were collected and quantified later on tabulated (table 2) as per selected categorical variables gender. The nature of data was also checked. Scores were also graphically presented in figure-1 & 2.

Table 2: Sample Statistics of Yoga Attitude across Gender

Variables		N	Mean	S.E	Median	SD	Skewness	Kurtosis
Gender	Male	87	41.977	0.477	42	4.451	0.213	-0.808
	Female	91	40.252	0.651	40	6.212	-0.452	-0.158

Table 2 indicated that Mean value of male trainees is 41.977, Standard error value is 0.477, median 42, Standard Deviation is 4.451, Skewness 0.213 and kurtosis -0.808 whereas Mean value of female trainees is 40.252, Standard error value is 0.651, Median 40, Standard Deviation is 6.212, Skewness -0.452 and Kurtosis -0.158.

Furthermore, score of yoga attitude of 87 male trainees and 91 female trainees displayed in figure-1 (for male) and figure-2 (for female) for clear visualization of the nature of data.

Figure 1 & 2: NPC of Yoga Attitude of Male (left) and Female (right) Trainees

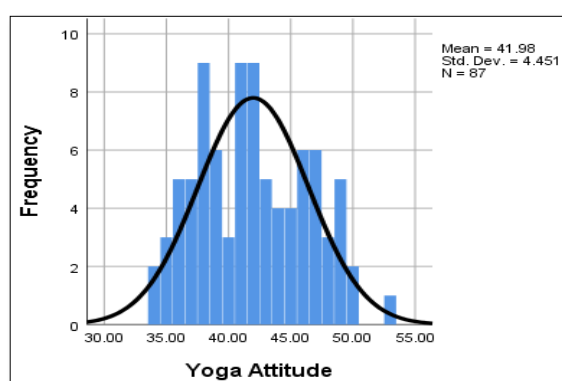


Figure 1 and figure 2 indicated that the score of yoga attitude across gender among trainees have been considered as normally distributed. So, parametric test have done to draw the inference about the population.

8. Analysis and Interpretation

Objective wise analyses of data were done and hypothesis was framed for the objective-2 to reach at the proper conclusion.

Objective-1

- To measure the level of yoga attitude among trainee teachers.

To achieve this objective-1, data were analysed and Z-score were calculated to categorize the level of yoga attitude.

Table 3: Range of Scores and Frequency (overall) Percentage Showing the Level of Yoga Attitude

Score	Percentage	Total freq	freq%	Yoga Attitude Level
0 -12	Up to 20%	0	0.00	Very Low Yoga Attitude
13- 24	Up to 40%	1	0.56	Low Yoga Attitude
25-36	Up to 60%	32	17.98	Average Yoga Attitude
37-48	Up to 80%	131	73.60	High Yoga Attitude
39-60	Up to 100%	14	7.86	Very High Yoga Attitude
Total		178	100	

The table 3 shows the different levels of attitude towards yoga against raw scores and frequency percentage. It is found that 7.86 % trainees have very high attitude, 73.60 % trainees have high attitude, 17.98% trainees have average attitude, 0.56 % trainees have low attitude towards yoga shown in figure 3.

So, it is resolved that maximum percentage (73.60 %) of trainees have high attitude towards yoga.

Figure 3: Showing Percentage frequency (Overall) against Level of Yoga Attitude

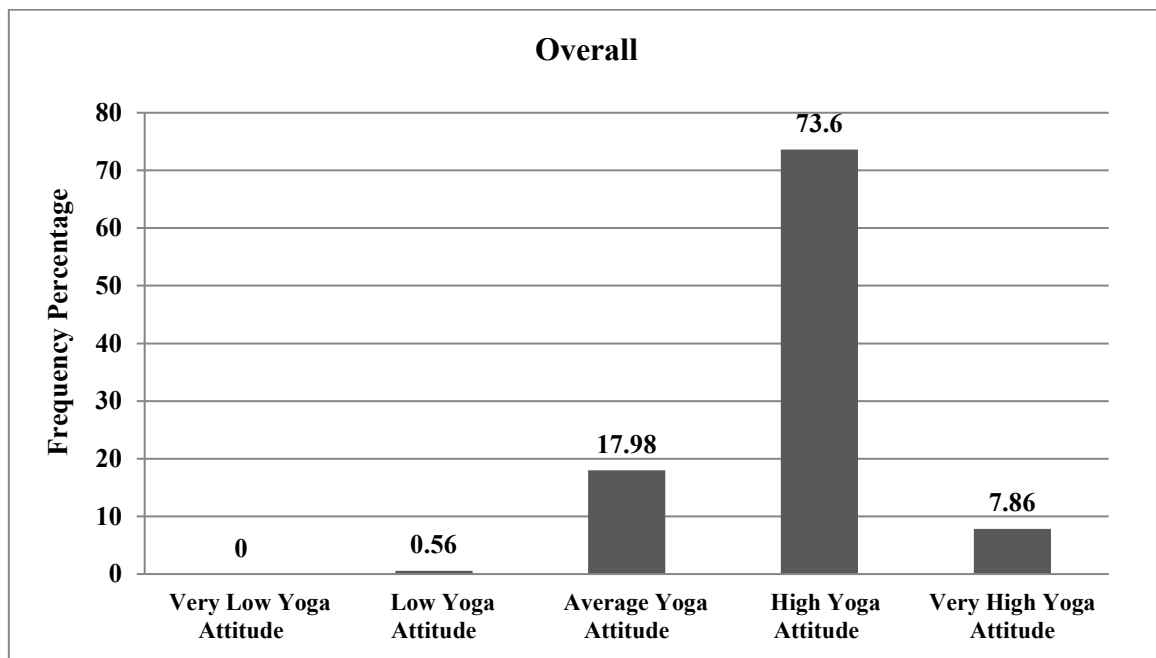


Table 4: Range of Scores and Frequency Percentage (Male and Female) Showing the Level of Yoga Attitude

Score	Percentage	Male	freq%	Female	freq%	Yoga Attitude Level
0 -12	Up to 20%	0	0.00	0	0.00	Very Low Yoga Attitude
13- 24	Up to 40%	0	0.00	1	1.10	Low Yoga Attitude
25-36	Up to 60%	10	11.49	22	24.18	Average Yoga Attitude
37-48	Up to 80%	69	79.31	62	68.13	High Yoga Attitude
39-60	Up to 100%	8	9.20	6	6.59	Very High Yoga Attitude
Total		87	100	91	100	

The table 4 shows the different levels of attitude towards yoga against raw scores and frequency percentage of male and female trainees. It is found in the table 4 that 9.20 % male trainees and 6.59 % female trainees have very high yoga attitude, 79.31 % male trainees and 68.13 % female trainees have high yoga attitude, 11.49 % male trainees and 24.28 % female trainees have average yoga attitude, and 1.10 % female trainees have low yoga attitude shown in figure 4 and figure 5. So it is concluded that 79.31 % male trainees have high level of yoga attitude and 68.13 % female trainees have high level of yoga attitude displayed in figure 4 and figure 5 respectively.

Figure 4: Showing Percentage Frequency (Male) against Level of Yoga Attitude

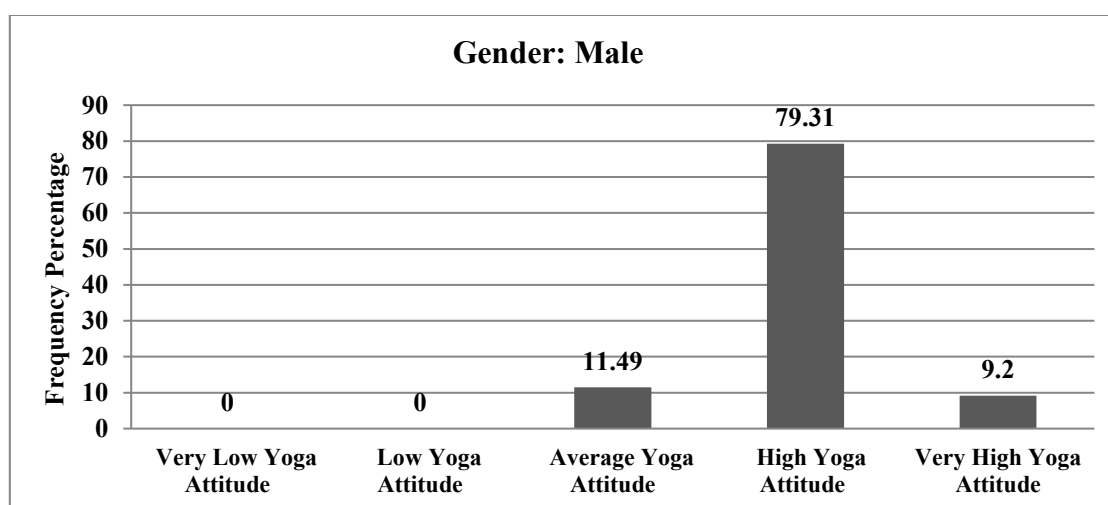
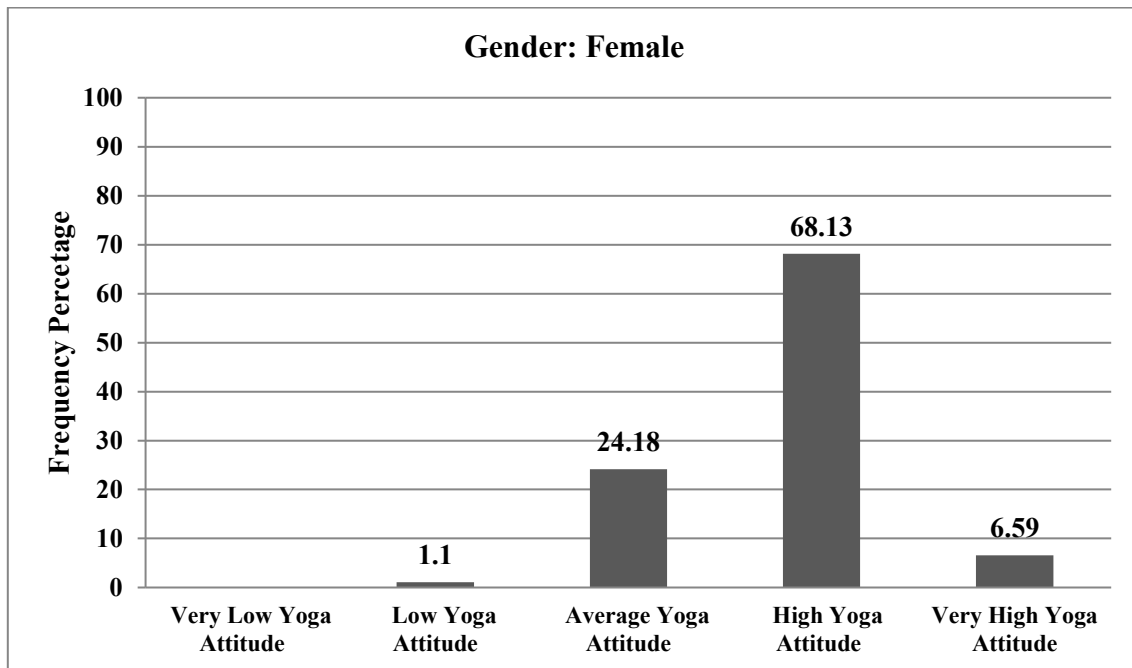


Figure 5: Showing Percentage Frequency (Female) against Level of Yoga Attitude



Objective-2

- To compare the yoga attitude across gender among trainee teachers.

Null hypothesis H_0 has been framed and tested. The null hypothesis is presented below.

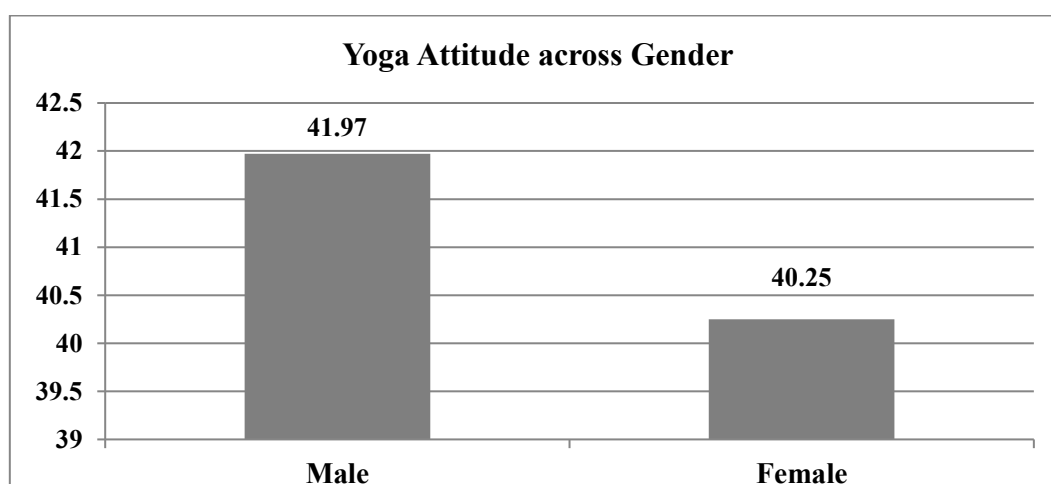
Testing of Hypothesis

H_0 : There would be no significant mean difference in yoga attitude between male and female trainee teachers.

Table 5: Group Statistics of Yoga Attitude in Gender Variations

Categorical variable		N	Mean	S.D	S.E of Mean
Gender	Male Trainee	87	41.97	4.451	0.477
	Female Trainee	91	40.25	6.212	0.651

Figure 6: Showing the Mean Yoga Attitude across Gender



From the table 5 it is stated that a difference in the means score and standard deviation exists across gender displayed in the figure 6. Therefore, the independent sample test was performed to find out the equality of variances and 't' test for equality of Means, presented in table 6.

Table 6: Independent sample t-test assuming equal variances

Yoga attitude	F-test			t-test			
Male vs Female	F-Value	Sig. (2-tailed)	Equal Variance Assumed	t-Statistical	df	t-critical	Sig. (2-tailed)
	0.68 [#]	0.14		2.13*	163	1.97	0.034

Note: *significant at 0.05 level, [#] not significant at 0.05 level

It is found from the table 5 that mean scores of male trainees is more than female counterparts shown in the figure 6. But table no 6 revealed that comparing the mean score of yoga attitude across gender, the statistical t-value is 2.13 and $p < 0.05$. Hence, t was significant at 0.05 level. So, H_0 was rejected and it was concluded that the yoga attitude of male trainees was significantly differ from that of female trainees.

9. Results (Objective wise conclusion)

Objectives	Hypothesis	't' value	Conclusion
1. To measure the level of yoga attitude among	---	---	73.60 % of trainees have high attitude towards yoga. 79.31 % male trainees have

trainee teachers.			high level of yoga attitude and 68.13 % female trainees have high level of yoga attitude.
2. To compare the yoga attitude between male and female trainee teachers.	H₀1. There would be no significant mean difference in yoga attitude between male and female trainee teachers.	t=2.13*	H₀1 Rejected Yoga attitude of male trainees were significantly differ from that of female trainees

10. Major Findings

The result revealed that 73.60 % of trainees have high attitude towards yoga. The comparative analysis across gender shows that 79.31 % male prospective teachers have higher level of yoga attitude and 68.13 % female prospective teachers have higher level of yoga attitude. It was found from the result that a significant statistical difference in attitude towards yoga exists across gender ($t = 2.13$, $p = 0.034$).

11. Conclusion

It is found that a significant difference of yoga attitude exists across gender ($t = 2.13$, $p < 0.05$). Male trainees irrespective of their locality have high level of yoga attitude than female counterparts. So, the government should take some initiatives for the trainee teachers so that their curriculum of different stream will be enriched with yoga course in scientific manner to eliminate this type of differentiation. Now a days contemporary educationist shows their interest in refining the quality of education by the proper implementation of yoga course blending with all types of formal education. Yoga education is very important especially for the children for their harmonious development and their behaviour. Organizational climate should be created in such a way that trainees would involve themselves in yoga with their own enthusiasm. After COVID-19, most of the learner, trainee teachers were engaged with the high level of technology leads to the stress and anxiety. Daily practice of yoga can lead to reduce the stress and anxiety level among students and trainees. Trainee teachers are the future teachers those who will guide the students as well as the changer of our society and nation. So, to develop a healthy nation, it is very essential for the students, teachers, trainees and educationist those who make a spider like system of education should be carefully practice yoga every day and to develop the mind-set towards yoga among others. According

to Mahatma Gandhi “Education in India should be based on three principles i.e. yoga (spiritual training), udyoga (vocational training), and sahayoga (social training)”. So, for every prospect the future teachers i.e. trainee teachers should be aware about the spiritual training for mental wellbeing as well as physically healthy.

12. Limitations

The limitations of this study are given below.

- The sample size was too small.
- The current sample was collected only from two training colleges.
- Only a small number of trainee teachers have been chosen for the study. This limits the generalization of the finding.
- The training college were selected mainly from proper Durgapur & its surroundings.

12. Suggestion for Future Research

- A research can be conducted on yoga attitude among school students.
- A research can be conducted on yoga attitude among under graduate and post graduate students.
- A research can be conducted on yoga attitude among undergraduate students from different region.
- A research can be conducted on yoga attitude among students of private and government colleges.
- A research can be conducted on yoga attitude among General, SC, ST, Minority students.
- A research can be conducted on yoga attitude among students of CBSE, ICSE and W.B board
- A research can be conducted on yoga attitude and science achievement among school students.

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