

# Attitude of Yoga among Girl Students in Public Campuses of Nepal

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*Abstract: The main objective of this paper was to compare and analyze the attitude of yoga of the girl students of two public campuses. Initially, it was hypothesized that there is significance difference in attitude of yoga between the girl students of two public campuses. Altogether 100 hundred girl students of the campuses, 50 students from each campus were selected. These respondents were taken through convenient cum proposing sampling method. A five- point Likert-type scale was applied for data collection from the selected students who participated in practical examination of bachelor of education. There were 10 positive and 10 negative opinion statements; altogether 20 opinion statements were used for data collection. It was found that all respondents showed positive attitudes towards yoga. In comparison to Bardibas Janata Multiple Campus students, Kailali Multiple Campus students were more favorable towards yoga. For the purpose of test whether there is significant difference in score between the girls of two campuses the t-test score was applied as statistical test at the 0.05 level of significance. The t-test was significant in both positive ( $p=0.086 < \alpha=0.05$ ) and negative ( $p=0.028 < \alpha=0.05$ ) statements at 0.05 level of significance. It is enough evidence in the data to accept the hypothesis of this paper. Hence, there is significant difference between attitudes of yoga score between the girls of two campuses. The community, family, social institutions, television, radio, booklets, magazines, newspaper, internet, sporting and yogic programmed were the main source of knowledge. These sources has played crucial role to affect their difference attitude.*

**Key words:** Yoga, yogic activities, positive attitude, negative attitude, favorable attitude unfavorable attitude and total score

## Introduction

Yoga means the experience of oneness or unity with inner being. This study comes after dissolving the duality of mind and matter into the supreme reality. It is a science by which the individual approaches truth. The aim of all yoga practice is to achieve truth where the individual solve identifies itself with the supreme soul or God. When the senses are stilled, when the mind is at rest, when the intellect wavers not then, say the wise, is reached the highest stage. This steady control of the senses and mind has been defined as yoga. He who attains it is free from delusion. Yoga is not a religion. It is a method by which one obtains control of one's latent powers. It is the means to reach complete self-realization. Yogis achieve this by turning their thoughts inward, away from the objective world. By yoga life is so organized and so satisfying that in its twilight a person will be contained to let go without regrets and without a sense of living too much undone. Yoga is a re-education of one's mental processes, along with the physical ones (Shahi, 2017). The yoga have eight stages which secure us the purity of body, mind and soul, which are- Yama (Social Discipline), Niyama (Individual Discipline), Asana (Postures), Pranayama (Breath Control), Pratyahara (Discipline of the senses), Dharana (Concentration), Dayana (Meditation) and Smadhi (Self-realization). The types of yoga are- Karma Yoga is the yoga of action. Jnana Yoga is the yoga of knowledge and wisdom. Hatha Yoga is the yoga of attaining physical and mental purity, (shuddi). Raj yoga is the yoga of awakening the psychic awareness and facilities. The word raja means "King", thus raja yoga is the king or royal yoga; the higher yoga or the supreme yoga. Mantra Yoga is the yoga of freeing the mind by utilizing a second vibration. Laya Yoga is the yoga of conscious dissolution of individuality. Bhakti yoga is the yoga of intense devotion. Asana means holding the body in a particular posture to bring stability to the body and poise to the mind. The practice of Asana brings purity in tabular channels, firmness to the body and vitality to the body and mind. Meditative and Cultural are two poses of asana. Padmasana, vajrasna and sukhasana are in the meditative poses of asana. Savasana, halasana, bhujangasana, sarvangasana, salabhasana, dhanurasana and chakrasana all are the cultural poses of asana (Singh, Bains, Gill & Brar, 2012). "The systematic stages of yoga can only be learned from a competent guru." The Yoga Bija says that, "He who wants to practice yoga should have a competent guru with him," In the Sruti it is written that, "Mahatmas reveal those things only

to him who has deep devotion towards his guru as well as God.” Thus guru is the most vital person in sadhana. Guru is not merely a yoga teacher who can enlighten your soul by the luminosity of his own revealed spirit. He is the one who removes the darkness and ignorance from the mind to reveal the pure light of the inner consciousness (Swami, 1998). Yoga practice has recently undergone vast changes. Yoga is more regarded as a discipline to be followed only by those who have set ‘emancipation’ as the highest goal of their life. The factory worker, the office-gore, the housewife, the business executive, and the student and the teacher, have all alike found Yoga to be useful in their daily life (Joshi, 1999). Most of the patients are cured with only proper diet and yoga practice; there are some cases which are complicated. Some patients develop diseases and disorders on account of them false assumption, unhealthy habits, and lack of their false assumptions, unhealthy habits, and lack of proper knowledge about life, nature and society. In such cases, a lot of things need to be told on the patient who is informative, conceptual, theoretical and also philosophical. It is a time-consuming work. Yogic literature is very rich in this respect and is divided into spiritual and scientific categories. However, the literature available in the second category is much less than that in the first one. The readers are best advised to have a scientific approach in all their reading on yoga. Depending upon the nature of disease, a patient is counseled and informed in detail about the various concerned aspect of life (Sinha, 1980).

One of the research campuses is situated in Dhangadi city of Kailali district. Kailali district, a part of state number 7, is one of the seventy-seven districts of Nepal, a landlocked country of South Asia. Dhangadi is a headquarters of Kailali district and state number 7. It lies in the southern part of western Nepal, which is called plain area and Terai belt. Dhangadi is well established urban area of Nepal. This district has the highest density of Chhetri and Tharu population in the country. Chhetri cast is famous in armed force as well as sports in Nepal. Next cast, Tharu is an ethnic people of Nepal. They are physically strong and popular in sports in Nepal. Both cast are under the Hindu religion. This study was enclosed in girl students within Chhetri and Tharu community. Everybody know that people can develop their yoga and sports attitude through yogic and sporting activity. Those communities are socio-culturally open in sports for their family members. They did get opportunity to take part in extra yogic and sporting activities even in their leisure time. The next research campus is located in Bardibas city of Mahottari district. Mahottari, a part of state number 2, is one of the seventy-seven districts of Nepal. Bardibas is newly established urban area which lies to the northern part of Mahottari district. It has mixed habitation of different cast and ethnicity. This district has the higher density of Maithili population. Maithili people are under the Hindu religion. The people of Bardibas are dominated by Maithili society and culture. In Maithili cultures, girls have least opportunity to participate in sporting and yogic activity. Maithili community is more religious, traditional and intolerant for both girls and women. This social acceptance of Maithili community does not allow girls to get chance to take part in extra physical exercise and yogic activities even in their leisure time. The community, family, social institution, internet, television, magazines, newspaper and campus were the main source of yoga knowledge and attitude of people. Therefore, the objective of this paper was formulated based on this statement. People have more awareness and thought toward yogic activities ever since they started suffering from disease like heart disease, diabetes, blood pressure, obesity and other physical incapability. These problems occur due to the lack of yogic activities. People who involve in yogic and sports activities should have better attitude. Thus, this research paper was entitled “Attitude of Yoga among Girl Students in Public Campuses of Nepal”.

## **Objectives**

The objective of this paper was to compare and analyze the attitude of yoga scores between the girl students of public campuses.

### *Hypothesis*

H<sub>0</sub>: There is no significant difference in the attitudes of yoga scores between the girl students of public campuses

H<sub>1</sub>: There is significant difference in the attitudes of yoga scores between the girl students of public campuses.

## **Methodology and tools**

### **Methodology**

This paper was based on descriptive cum quantitative in comparative nature, this primary data was collected through convenient cum purposive sampling method (Best & Khan, 2002). The girl students of Nepal were the population for this paper, who were studying in bachelor level of health and physical education. One of the public campuses was situated in Dhangadi city of Kailali district and another public campus was situated in Bardibas cities of Mahottari district. The Bardibas Janata Multiple Campus and the Kailai Multiple Campus were the respondent campuses for this paper. The research campuses and students were selected conveniently, who were participating in practical examination of Tribhuvan University, Nepal. The respondent number of 50 students was selected from each campus through purposively so that the sample size was delimited within 100 girl students. For this purpose, primary sources of data were only included.

### **Tools**

A five- point Likert-type scale (Johnson & Nelson, 1988) was applied as the main tool of data collection. There was applied multi-stages sampling method which was convenient cum purposive. Altogether 20 statements were tested whereas 10 were positive and 10 were negative (Neure, 2014). The raw data from these statements were compared. Mean, standard deviation and coefficient of variations were the key technique of data analysis. In addition, the p-value of t-test of difference of means test was applied at  $\alpha$  which was assigned as 0.05 level of significance (Shahi, 2016). The data were collected on the basis of following Table I.

**Table 1: A five Point Likert-type Scale for Measuring the Attitude Level**

Alternatives	Positive Statements	Negative Statements
Strongly Agree (SA)	5	1
Agree (A)	4	2
Undecided (U)	3	3
Disagree (D)	2	4
Strongly Disagree (SD)	1	5

**Results and discussion**

The results and discussion of this research paper in the different topics are as follows.

**Attitude towards Positive Opinion Statements**

A five-point Likert-type for attitude scales, when the statement is positive then scoring is indicated in descending order: 5,4,3,2 and 1 for SA, A, U, D and SD respectively. There were given 10 positive statements to put their own opinion upon 200 students. And they selected the mentioned options which carry different levels of their attitudinal scores. Table 2 summarizes the scores of positive opinion statements

**Table 2: Attitude of Summative Score of Positive Opinion Statements**

Respondents	Statements	Purposed Attitude Score					Obtained Score	Decision	Remarks
		SA	A	U	D	SD			
KMC Students (50)	10	2500	2000	1500	1000	500	2376	2376>1500 (favorable score)	Positive Attitude
BJMC Students (50)	10	2500	2000	1500	1000	500	2125	2125>1500 (favorable score)	Positive Attitude
Total Students (100)	10	5000	4000	3000	2000	1000	4501	4501>3000 (favorable score)	Positive Attitude

Note: KMC = Kailali Multiple Campus; BJMC = Bardibas Janata Multiple Campus

Table 2 shows this paper included 100 girl students. There were 10 positive statements administrated among them. According to the Likert-type opinionative rating scale, if there were 2500, 2000, 1500, 1000 and 500 or less scores then it would prove the most favorable, favorable, neutral (neither positive nor negative), unfavorable and most unfavorable attitude of girl students respectively. Likewise, if there were 5000, 4000, 3000, 2000 and 1000 or less scores then it would confirm the most favorable, favorable, neutral, unfavorable and most unfavorable attitude of girl students respectively. In other words, if the scores of attitude seen greater than neutral score or tended to negative (-ve) direction in scale, this means result is known as favorable or positive tendency. Furthermore, if the scores of attitude are seen less than neutral score or tended to positive (+ve) direction in scale, this means result is known as unfavorable or negative tendency, this case in positive statements only (Shahi, 2017). From above Table, 2376 attitudes’ score was from 50 KMC students and 2125 score from 50 BJMC students which seem to be higher than 1500. Hence, these scores show the favorable scores or positive attitude. This means, both groups of respondents had shown positive attitude towards yoga. In other words, the attitudes’ score of KMC students had higher than BJMC students (2376 > 2125) towards yoga. We obtained 4501 score from total 100 respondents involving 10 positive statements upon them which seem to be higher than 3000. Hence, this score show the favorable score for positive attitude. This means, total respondents had shown positive attitude towards the yoga. Comparatively the total opinion raw score of KMC students was found slightly greater than BJMC students. This result was favored through yoga environment of campus and family.

Statistical Analysis: The result of attitudes' raw scores in above Table 2 can be statistically analyzed and discussion in the following Table 3:

**Table 3: Comparative analysis of standard scores among girl student groups of positive Opinion statements**

Statistics	KMC Students	BJMC Students
Mean	237.6	212.5
Standard Error	10.42454	2.785877
Standard Deviation	32.9653	8.809717
Range	111	28
Minimum	217	194
Maximum	328	222
Coefficient of variation (%)	13.87429	4.145749
p-value (at $\alpha = 0.05$ )	0.086	
Conclusion	Significant	

Note: KMC = Kailali Multiple Campus; BJMC = Bardibas Janata Multiple Campus

Table 3 shows that mean score, standard deviation and coefficient of variation of KMC students (273.6, 32.9653 & 13.87429) is greater than BJMC students (212.5, 8.809717 & 4.145749). Likewise, range of score or difference between maximum and minimum score of KMC students are less than BJMC students. The higher score of standard deviation indicate that the individual score is more dispersed from mean and also the higher value of coefficient of variation indicates that there is wider dispersion in each individual score. If the value of range, standard deviation and coefficient of variation are lower score. This means, the score of KMC students were more deviated than BJMC students. Furthermore, p-value of t-test score of two types of campuses is 0.086 which is less than 0.05 ( $p < \alpha$ ) at 95 percent confidence interval. Hence, it is enough evidence in the data to reject null hypothesis. Therefore, there is significant difference between attitudes of yoga score between the girls of two campuses. The reason behind it was that KMC students were more involved in jogging, walking, cycling, playing sports and yogic activities also.

**Attitude of Respondents towards Negative Opinion Statements:** The five-point Likert-type of attitude scales, when the statement is a negative then scoring is indicated ascending orders 1, 2, 3, 4 and 5 for SA, A, U, D and SD respectively. There were given 10 negative statements to put their own opinion upon 200 students. And they selected the mentioned options which carry different levels of their attitudinal scores. The summative score of negative opinion statements are given in following Table 4:

**Table 4: Attitude of Summative Score of Negative Opinion Statements**

Respondents	Statements	Purposed Attitude Score					Obtained Score	Decision	Remarks
		SA	A	U	D	SD			
KMC Students (50)	10	500	1000	1500	2000	2500	1840	1840>1500 (favorable score)	Positive Attitude
BJMC Students (50)	10	500	1000	1500	2000	2500	1582	1582>1500 (favorable score)	Positive Attitude
Total Students (100)	10	1000	2000	3000	4000	5000	3422	3422>3000 (favorable score)	Positive Attitude

Note: KMC = Kailali Multiple Campus; BJMC = Bardibas Janata Multiple Campus

Table 4 shows this paper included 100 respondents of girl students. Ten negative statements were administrated among them. The Likert-type opinionative rating scale, if there were 500 or less, 1000, 1500, 2000 and 2500 scores then it would prove the most unfavorable, unfavorable, neutral (neither positive nor negative), favorable and most favorable attitude of girl students respectively. Likewise, if there were 1000 or less, 2000, 3000, 4000 and 5000 scores then it would confirm the most unfavorable, favorable, neutral, favorable and most favorable attitude of girl students respectively. In other words, if the scores of attitude seen greater than neutral score or tended to positive (+ve) direction in scale, this means result is known as favorable or positive tendency. Furthermore, if the scores of attitude are seen less than neutral score or tended to negative (-ve) direction in scale, this means result is known as unfavorable or negative tendency, this case in negative statements only (Shahi, 2017). From above Table, 1840 attitudes' score was from 50 KMC students and 1582 score from 50 BJMC students which seem to be higher than 1500. Hence, these scores show the favorable scores for positive attitude. This means, both groups of respondents had shown positive attitude towards yoga. In other words, the attitudes' score of KMC students had higher than BJMC students (1840 >

1582) towards yoga. We obtained 3422 score from total 100 respondents involving 10 negative statements upon them which seem to be higher than 3000. Hence, this score show the favorable or positive score in this attitude scale. It means the total respondents had shown positive attitude towards negative statements in yoga. However, it is concluded that the total opinion score of KMC was found slightly greater than BJMC campus students. The difference is due to the KMC girl student's has more family support to involve on yogic activities.

Statistical Analysis: The result of attitudes' raw scores in above Table 4 can be analyzed and discussion in the following Table 5:

**Table 5: Comparative analysis of standard scores among girl student groups of Negative Opinion statements**

Statistics	KMC Students	BJMC Students
Mean	184	158.2
Standard Error	6.4	5.8
Standard Deviation	20.3	18.4
Range	70	51
Minimum	148	124
Maximum	218	175
Coefficient of variation (%)	11.0	11.6
p-value (at $\alpha = 0.05$ )	0.028	
Conclusion	Significant	

Note: KMC = Kailali Multiple Campus; BJMC = Bardibas Janata Multiple Campus

Table 5 shows that the all statistical scores of KMC students are seen greater than BJMC students expect score of coefficient of variation. The higher score of standard deviation indicate that the individual score is more dispersed from mean and also the higher value of coefficient of variation indicates that there is wider dispersion in each individual score. If the value of range, standard deviation and coefficient of variation are lower value, we considered that the result is better than higher. This means, the group of KMC students was better in attitude than BJMC group. Furthermore, p-value of t-test score of two types of campuses is 0.028 which is less than 0.05 ( $p < \alpha$ ) at 95 percent confidence interval. Hence, null hypothesis of the paper is rejected. In other words, alternative hypothesis is accepted. Therefore, there is significant difference between attitudes of yoga score between the girls of two campuses. The information media like television, radio, booklets, magazines, newspaper, internet and yogic environment as well as regular attendance in campus were the main source of knowledge. These sources has played crucial role to affect their attitude. Moreover, the KMC girl students have participated more in yogic activities than BJMC girl students. This factor has favored the result.

**Conclusion**

This paper was found favorable score and positive attitude through both groups of girl students in positive and negative opinion statements. Comparatively, it is concluded that the total opinion score of attitude of Kailali Multiple Campus students was found greater than Bardibas Janata Multiple Campus students. Applying the t-test score at both campuses, p- values were less than  $\alpha$  in positive ( $p=0.086 < \alpha=0.05$ ) and negative ( $p=0.028 < \alpha=0.05$ ) statistical test at 0.05 level of significance and 95 percent confidence interval. Hence, there was found significance difference in the attitude of yoga between the Kailali Multiple Campus and Bardibas Janata Multiple Campus girl students. Hence, null hypothesis of the paper was rejected. This means alternative hypothesis is accepted. The difference is due to the participation of Kailali Multiple Campus girl students more in yogic and sporting activities than Bardibas Janata Multiple Campus girl students. The community, family, social institution, television, radio, booklets, magazines, newspaper, internet and yogic environment as well as regular attendance in campus were the main source of knowledge. This factor has favored the result. For the expansion of the existing knowledge, perception, attitude and yoga related programs should be conducted in all educational institutions of Nepal. Yoga related research should be conducted in research area to increase the expansion of students' attitude towards yoga. Guardians should support for their children to take part in yogic activities. The people and community thought of physical exercise should be change in positive way. This research suggests that the leisure time of people for per day should spend in yogic activities. The content of the yoga should be included in school curriculum. Yoga instructor or teacher should be managed in campuses of Nepal by administrative side. The government of Nepal should include the subject of yoga in all level as compulsory subject.

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