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To Study the Effectiveness of Yoga Education on Holistic Development of Teacher Trainees

Dr. Sangeeta Yadav

Principal Drona College of Education, Ravi Nagar, Gurgaon, India

Sunil Kumar

Assistant Professor, Drona College of Education, Ravi Nagar, Gurgaon, India

Abstract:

This paper intends to study the role of yoga education as perceived by teacher trainees of Gurgaon district. 250 teachers, trainees have been selected from five B.ed colleges located in Gurgaon .A self-constructed questionnaire was used to collect the data. The study revealed that in the modern time of stress and competition, the yoga education is very useful. By practicing yoga, social values are inculcating among students .It focuses on social factors that can influence behavior .It involves psychological mechanisms in human behavior that can provide Potentials for certain behaviors or tendencies to occur and can help the students to survive in a complex and often challenging world.

Key words: Yoga Education, teacher trainees, mental health, physical health, emotional health, spirituality

1. Introduction

Today's scientific and technological advancement all over the world has made man highly sensitive. There is a threat to an individual's well being both physically as well as mentally. Inner peace and contentment are lost resulting in adjustment problems (inter and intrapersonal), psychosomatic disorders, other illnesses and increased crime rate in society. 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 can be 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. Yoga education is a holistic science. It is a conscious and systematic process for the complete physical, mental, emotional and spiritual development of men. Various studies have shown the positive effects of yoga on physical, psychological .intellectual and social aspects of individual's life. Aminabhavi (1996) reported in her study that yoga training helped to develop positive attitude and also enhanced the mental health of subjects .Beauchamp-turner et.al(1992)observed that the frequent meditator has significantly fewer stressors and illness symptoms, lower level of anxiety, hostility, depression and dysphasia Jyotsana. (2012) also concluded that positive thinking and Rajyoga are very effective in reducing feelings of perceived loneliness and death anxiety in the aged people.Vinod et.al (1991) concluded that yogic practices like meditation, physical training and relaxation can reduce anxiety level by 28%.

2. Need and Significance of Study

There is no doubt about the fact that relevance and importance of yoga education is accepted by the educationist and policy makers for all round development of students and for equipping them with a kind of life style which leads to healthy development of personality .B.Ed teacher trainees are the torch bearers of the society. They have the responsibility of guiding the futures of the nation. Therefore, it is important to know how yoga education as a part of study is influencing their living and thinking .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 effects of yoga practices in the context of yoga education in the existing course of study

3. Objective of the Study

To examine the role of Yoga education as perceived by teacher trainees of Gurgaon district of Haryana.

4. Methodology

The investigators have adopted the survey method, being the best suited one. It is fully in consonance with the objective of the study.

5. Population

The population of the study comprised of the teacher trainees of all the B.Ed. colleges who have chosen Yoga Education as an optional subject to study.

6. Sample

Sample consisted of 250 teacher trainees of B.Ed. colleges situated in Gurgaon who have opted Yoga Education as an optional subject

7. Tool Used

A self constructed questionnaire was used to collect the data. The questionnaire is of closed form in nature and consisted of 25 statements

8. Analysis and Interpretation of Result

Sr. No.	Items	Responses in % age
1	Yoga education develops the sound mind for controlling anger and irritability	75%
2	Yoga education helps in reducing stress and anxiety	74%
3	Yoga education helps in better adjustment among members of family and society	64%
4	Yoga education helps to attain salvation	53%
5	Yoga education brings a profound change in personality.	78%
6	Yoga education develops the awareness of one's strength and weakness	68%
7	Yoga education develops the devotion in almighty	64%
8	Yoga education helps in developing values	73%
9	Yoga education helps in developing positive thinking	76%
10	Yoga education develops the attitude of non-violence	75%
11	Yoga education develops the attitude of truthfulness	68%
12	Yoga education develops the attitude of non stealing	69%
13	Yoga education improves the inter-personal relationship	70%
14	Yoga education develops the beliefs and attitudes in right direction	80%
15	Yoga education carries the feeling of Vasudhav- kutumbkam	79%
16	Yoga education develops physical, mental, social and spiritual attributes	81%
17	Yoga education helps in perceiving much emotional distress among adolescents	76%
18	Yoga education is suitable in the present social context	83%

Sr. No.	Items	Responses in % age
19	Yoga education helps in attaining concentration of mind	80%
20	Yoga education helps in reducing mental stress	78%
21	Yoga education rectifies the shortcomings of society	74%
22	Yoga education helps in developing good habits	85%
23	Yoga education helps to cure depression	83%
24	Yoga education helps to remove fatigue	75%
25	Yoga education helps to cure physical ailments	84%

Table 1: Teacher Trainees' Responses about the Effectiveness of Yoga Education as Part of Their Syllabus

It can be revealed from the table-1 that the role of yoga education in present social context is very important as majority of the respondents agreed that yoga education helps to develop the sound mind for controlling anger and irritability, helps in reducing stress, anxiety, fatigue and depression, develops the awareness of one's strengths and weakness, develops the devotion to the almighty, develops values, positive thinking, attitude of non-violence, truthfulness, non-stealing, improves interpersonal relations and helps in developing good habits. Yoga changes the beliefs, attitudes habits and 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 practice. 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.

9. Conclusion

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 and outer awareness. In adopting and maintaining a posture there is coordination between the nervous system and muscular system, that influences the physical and mental behaviors. It focuses on social factors that can influence behavior. It involves psychological mechanisms in human behavior that can provide potentials for certain behaviors or tendencies to occur and can help the students to survive in complex and often challenging world. Infact, 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 scenario.

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