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COMPARATIVE STUDY OF YOGA ATTITUDE AND ENVIRONMENTAL POLLUTION ATTITUDE OF ADOLESCENT BOYS AND GIRLS

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ABSTRACT

The present research is aimed at studying the comparison between yoga attitude and environment pollution attitude of adolescent girls and boys. A sample of 100 students from two government schools of Chandigarh was taken with the help of random sampling. These students were categorized into 2 subgroups of 50 adolescent girls and 50 adolescent boys with the help of random stratified sampling. Yoga attitude test by Muchhal and Environmental pollution attitude scale by Rajamanickam were used as tools for this research study. Data were collected and scoring was done. After statistical analysis it was found that there exists no significant difference between Yoga attitude of adolescent girls and boys. It was also concluded that there exists significant difference between environment pollution attitude of adolescent girls and boys.

KEYWORDS: Environment Pollution Attitude, Yoga Attitude, Adolescents

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INTRODUCTION

Yog is derived from the Sanskrit word 'Yuj' which means to connect and integrate with the universe around. The idea behind practicing 'Yog' popularly called 'Yoga' is to integrate the idea of self with that of the universe and to experience the idea of unity with reality. It is a way of healthy and sound living that aims to connect you with your inner self and develop a balance between your mind, body and soul. That the body, mind, and spirit must integrate is important to be in harmony with oneself and the environment around. If you are already practicing yoga, you must be aware of its benefits. It is not just a simple exercise of holding your breath and bending your body; it is a way to bring you to a state where you can experience a real mind-body connection. To achieve the state of 'Yog', one must go through certain breathing techniques, physical exercises, and rigorous meditation. The role of yoga and meditation is to serve your physical and mental health well (Das, 2020).

Mankind is required to live in tune with the nature if the life is to be peaceful, happy and satisfied. In the name of development we can't go away from nature. Therefore, the emphasis should be on development and as well as on environment. Environment includes all the physical and cultural factors and conditions influencing the existence and development of organism. It is a base of life on this earth. Environment Pollution means the presence of any environmental pollutant in the environment. Environment pollution is a worldwide problem and its potential to influence the health of human populations is great.

M. Janbakht, (2009), conducted a study on "Effects of yoga on depression and anxiety of women ". It reviewed that yoga has often been perceived as a method of stress management tool that can assist in alleviating depression and anxiety disorders and the study results that the women who practiced in yoga classes showed a significant decrease in state anxiety and trait anxiety. Mishra et al (2020) inferred that on the basis of the scale of the knowledge-practice gap coupled with the general acceptability of yoga calls for a change in the conventional healthcare provisions by its integration with modern medicine. The population-wide positive perceptions about yoga as a preventive health tool can not only catalyze consensus disease-specific yoga modules but also bridge the knowledge-practice gap that exists because of limited yoga centres and professionals. Sarkar and Ara (2007) studied the environmental pollution awareness among adolescent girls and boys.

Girls showed more environmental pollution awareness than boys. Feldman and Ethington (2000) reviewed that students “choose academic environments compatible with their personality types” and in turn “academic environments reward different patterns of student abilities and interests.” The basic premise of Holland’s theory is that human behaviour is a result of the interaction between individuals and their environments.

OBJECTIVES OF THE STUDY

- ❖ To study the difference between the yoga attitude of adolescent girls and boys.
- ❖ To study the difference between the environment pollution attitude of adolescent girls and boys.

HYPOTHESES

The present study was based on the following hypotheses:-

- ❖ There exists no significant difference between yoga attitude of adolescent girls and boys.
- ❖ There exists no significant difference between environment pollution attitude of adolescent girls and boys.

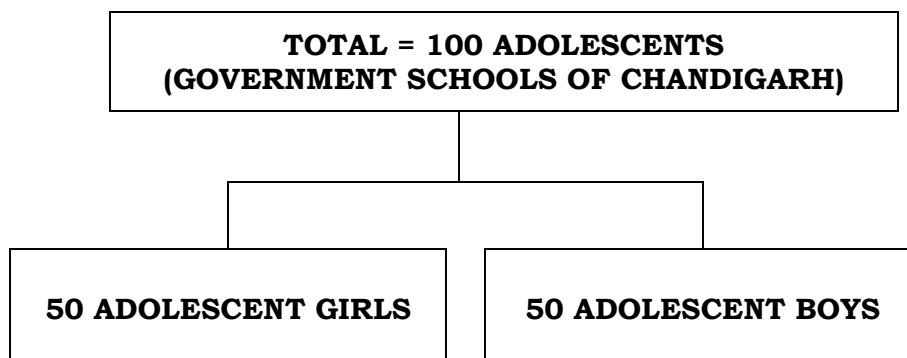
TOOLS USED

Following tools were used to collect the data in the present study:

- ❖ Yoga attitude scale by Muchhal, M.K. (2011)
- ❖ Environmental pollution attitude scale by Rajamanickam, M. (1998)

METHOD AND DESIGN OF THE STUDY

A sample of 100 students from 2 government schools of Chandigarh was selected with the help of random sampling. These students were categorized into 2 subgroups of 50 adolescent girls and 50 adolescent boys with the help of random stratified sampling. Data were collected and scoring was done. The research is aimed at studying the difference between the yoga attitude and environment pollution attitude of adolescent girls and boys.



ANALYSIS AND INTERPRETATION OF RESULTS

Appropriate statistical Techniques were applied for the analysis and interpretation of the data. The data came to be normally distributed. t-test was

conducted to infer the difference between yoga attitude of adolescent girls and boys and environment pollution attitude of adolescent girls and boys. The analysis with respect to the hypotheses is explained hereunder:

HYPOTHESIS – 1

There exists no significant difference between Yoga attitude of adolescent girls and boys.

TABLE 1
t- TEST RESULTS OF ADOLESCENT BOYS AND GIRLS WITH REGARD TO
YOGA ATTITUDE

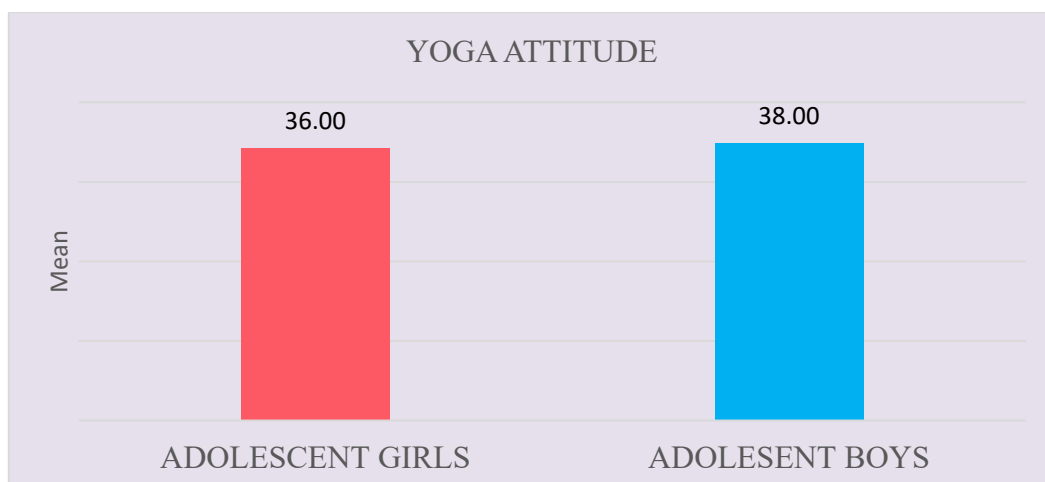
MEAN	MEAN	STANDARD DEVIATION	STANDARD ERROR OF MEAN	MEAN DIFFERENCE	t-VALUE
BOYS	38.00	5.00	0.71	2.00	0.0295
GIRLS	36.00	4.00	0.57		

- ❖ Degree of freedom = 98
- ❖ Table value of t at 0.05 level = 1.98
- ❖ Table value of t at 0.01 level = 2.63

INTERPRETATION

Table 1 reveals t- Test comparison of boys and girls with regard to Yoga attitude is 0.029 which is lesser than the table value of 1.98 and 2.63 at 0.05 and 0.01 level of significance respectively. Hence the hypothesis no 1, i.e. There exists no significant difference between Yoga attitude of adolescent girls and boys is accepted.

FIGURE 1: BAR DIAGRAM SHOWING THE MEANS OF ADOLESCENT GIRLS AND ADOLESCENTS BOYS FOR THE VARIABLE OF YOGA ATTITUDE



HYPOTHESIS – 2

There exists no significant difference between environment pollution attitude of adolescent girls and boys

TABLE 2: t- TEST RESULTS OF ADOLESCENT BOYS AND GIRLS WITH REGARD TO ENVIRONMENT POLLUTION ATTITUDE

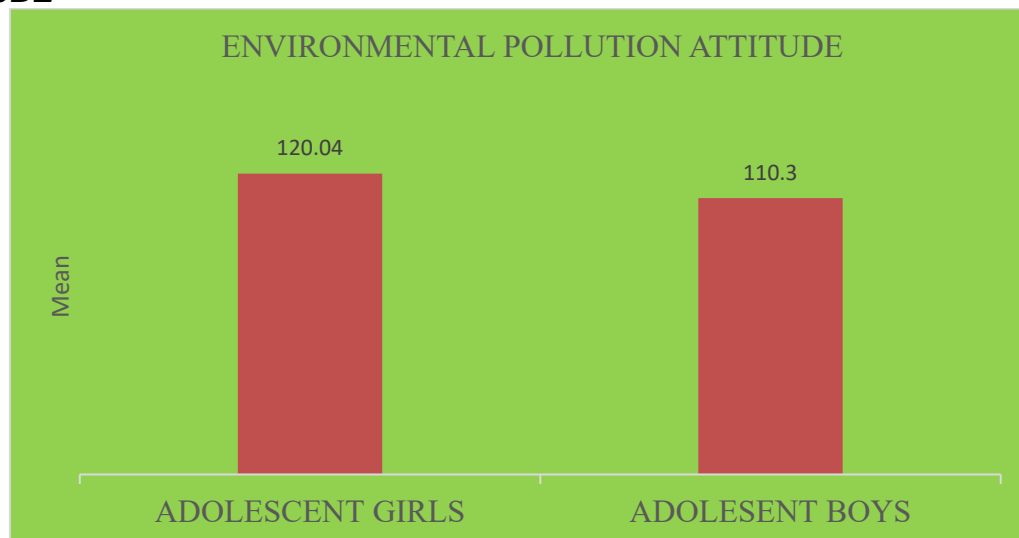
Mean	Mean	Standard deviation	Standard error of mean	Mean difference	t-value
BOYS	110.30	16.40837	2.32049	-9.74000	3.220
GIRLS	120.04	13.72018	1.94033		

- ❖ Degree of freedom = 98
- ❖ Table value of t at 0.05 level = 1.98
- ❖ Table value of t at 0.01 level = 2.63

INTERPRETATION

Table 2 reveals t- Test comparison of boys and girls with regard to Environment Pollution Attitude is 3.220 which is greater than the table value of 1.98 and 2.63 at 0.05 and 0.01 level of significance respectively. The mean score of girls (120.04) is more than the mean score of boys (110.30) on Environment Pollution Attitude. Hence the hypothesis no 2, i.e. There exists no significant difference between environment pollution attitude of adolescent girls and boys is not accepted. Girls are in possession of better attitude towards environment pollution as compared to the boys.

FIGURE 2
BAR DIAGRAM SHOWING THE MEANS OF ADOLESCENT GIRLS AND ADOLESCENTS BOYS FOR THE VARIABLE OF ENVIRONMENT POLLUTION ATTITUDE



The investigation concluded that there exists no significant difference between Yoga attitude of adolescent girls and boys. It is also evident from the results that gender does not play any role in the attitude towards well being of an individual. In today's era it is every individual's responsibility to have awareness and positive attitude towards health and Sports and Yoga. The results show that individuals have Yoga attitude irrespective of their gender which shows increasing awareness of society towards Yoga and Health.

The investigator also found that there exists significant difference between environment pollution attitude of adolescent girls and boys. It is clear that girls have high environmental pollution attitude than boys and similar results have been supported by Sarkar and Ara (2007) studied the environmental pollution awareness among adolescent girls and boys. Girls showed more environmental pollution awareness than boys. The results of the present study can help the adolescent girls and boys to maintain sensible attitude towards Environmental Pollution. It can also help the adolescent girls and boys to sensitive towards environment pollution and to perform better for the society and improve environment. All the vital input in any field of activity whether economic, social, cultural, moral or spiritual are provided by environment. Today the protection of environment has become the concern of all the people. At present various environmental factors have been influencing the health of the individuals. It is true that generally people develop indifferent attitude towards environmental pollution. But if they are educated properly and know the bad effects of pollution, it is sure that they would accept the idea and try to avoid it.

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