A Study On Awareness Of B. Ed Trainees Towards Yoga And Meditation In Erode District

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ABSTRACT

The researcher investigated the awareness of B.Ed trainees towards Yoga and Meditation at Erode District, Tamil Nadu, in South India. Survey method is used to collect the data. In this study, 1048 samples were selected using purposive sampling technique, Awareness inventory towards Yoga and Meditation was the tool used in the study. Tool was developed by the investigator, validity and reliability is established. The objectives of the study were to find out difference between trainees towards Yoga and Meditation with respect to gender, subject and their Educational Qualification. Findings of the study were there was significant difference in the awareness towards Yoga and Meditation with respect to gender and no significant difference were found among their Subjects and Educational qualification. This study recommends increasing awareness towards Yoga and Meditation at all levels of student’s life and concludes that all college of Education conduct seminar and workshops in Yoga and Meditation.

Key words: Yoga, Meditation, Asanas, and Benefits,

INTRODUCTION

In the modern era, life has become a race where everyone wants to achieve the first place. Parents expect their kids to be an achiever in all activities. To compete with each other, today’s youth specializes in all fields and wants to win by any possible means. Similarly, in the field of sports and physical education the capacities have developed beyond belief. Man is not an individual but he is a social being. There are corresponding duties for him. Thirukkural defines the pathways for Man to tread onto reach the human goals

“True happiness is derived from the joy that right conduct gives, other pleasure sends in sorrow and disgrace or shame”

-Yulluvar-(Kural No.39)

Yoga is a science which deals with the health of the body and harmony of mind. Its ultimate objectives are ‘self-identification’ and ‘self-perfection’. When a person loses his peace of mind, medals and certificate becomes useless and incapable of bringing his happiness. A traumatic person falls prey of unhealthy company and involves himself in unsocial and harmful practices. At times, people are envious of other’s name and success and imagine other’s prosperity as their defeat. They always remain confused. Everybody in his own field is mentally anxious. Yoga plays a vital role in eliminating all kinds of stress from life.

YOGA DEFINITION

Yoga is a word derived from “yuṣ” root of Sanskrit, which means union. Yoga is the union of soul with spirit. This union of soul and spirit is a long process, which may take even many births according to Hindu scriptures. Yoga is also considered as union of Ida nerve and Pingla nerve, union of sun nerve and moon nerve, union of negative and positive, union of Shiva (spirit) with Shakti (mother nature) and union of Mooladhara Chakra (Coccyx plexus) with Sahasrar chakra (thousand lotus petal plexus). Yoga is a union of PranaVayu with ApanVayu (life current with excretion current).
Yoga is a science of experience which is meant for the enlistment of humanity, from animal hood to divine hood and become one with the spirit. “Yoga is a process of gaining control over the mind”, “Yoga is skill in action” - Bhagavad Gita
“Yoga helps us to become conscious of the great complexity of our nature and the; different forces that move it” – Sri Aurobindo

MEDITATION
Mediation is a means of training the being to tune itself to the working of the Diving Being. It purifies the mind, speech and body. However, it is of no avail to inflict pain on the body without purifying the thought. One who stabilizes the mind and concentrates on the self definitely achieves salvation. Meditation is the only means to stabilize the mind or induce a mode of consciousness, either to realize some benefit or for the mind to simply acknowledge its content without becoming identified with that content, or as an end in itself. This discipline above everything else is the essence of yoga meditation. While there are myriad definition of meditation one commonality is the shifting of focus from outer objects or activities to an inner dimension where one may encounter timelessness, a connection to wisdom, or a sense of peace. It includes focus on some object of concentration such as the breath, a word an object, or thought.

BENEFITS OF MEDITATION
• Increases awareness of intuition
• Improves concentration and focus
• Reduces stress, anxiety, tension
• Increases creativity
• Builds better relationships
• Increases self-awareness and self-acceptance
• Provides deeper sense of spirituality and meaning

STATEMENT OF THE PROBLEM
The problem of this study is stated as follows “A STUDY ON AWARENESS OF B. Ed TRAINEES TOWARDS YOGA AND MEDITATION IN ERODE DISTRICT”

OPERATIONAL DEFINITION OF KEY TERMS USED

Awareness
Awareness is operationally defined as the opinion or belief of the trainees about the Yoga and Meditation.

Trainees
B.Ed Trainees who were enrolled in the academic year 2014-2015 in the Erode District were taken for the study.

Yoga
Yoga is a process of gaining control over the mind and health.

Meditation
The term meditation refers to a broad variety of practices that includes techniques designed to promote relaxation, build internal energy or life force and develop compassion, love, patience, generosity and forgiveness.

OBJECTIVES OF THE STUDY
• To find out significant difference between Male and Female B.Ed trainees in the Awareness towards Yoga and Meditation
To find out significant difference between B.Ed trainees in the awareness towards Yoga and Meditation with respect to their subject
To find out significant difference among B.Ed trainees in the awareness towards Yoga and Meditation with respect to their Education Qualification.

HYPOTHESES OF THE STUDY
- There is significant difference between Male and Female B.Ed trainees in the Awareness towards Yoga and Meditation
- There is no significant difference between B.Ed trainees in the awareness towards Yoga and Meditation with respect to their subject
- There is no significant difference among B.Ed trainees in the awareness towards Yoga and Meditation with respect to their Educational Qualification

METHODOLOGY
The present study deals with awareness towards Yoga and Meditation of B.Ed trainees at Erode District and investigator adopted the survey method which was found suitable to gather the essential and relevant data. In this study, B.Ed trainees who were enrolled in the academic year 2014-2015 from Erode District form the population.

a) Tool of the study
The tool Awareness Inventory towards Yoga and Meditation was developed by researcher. A pilot study was conducted on 100 B.Ed trainees. The investigator took care in giving a final shape to the questionnaire by discarding some items which did not yield the correct responses. The final tool contains 59 items on two point scale. The validity and reliability of the tool was good.

b) Sample
For the study, a sample of 1048 students of B.Ed Trainees in the 11 colleges of education of in Erode District was chosen, using purposive sampling techniques.

STATISTICAL TECHNIQUES USED
In the present study the investigator had applied the following statistical technique – percentage analysis, descriptive analysis (Mean and Standard Deviation) and differential analysis (‘t’-test and F-test) to analyze the awareness of B.Ed trainees towards Yoga and Meditation using spss package.

HYPOTHESES OF THE STUDY
HYPOTHESIS -1
There is significant difference between Male and Female B.Ed trainees in the awareness towards Yoga and Meditation.

<table>
<thead>
<tr>
<th>Gender</th>
<th>N</th>
<th>Mean</th>
<th>Std. Deviation</th>
<th>t-value</th>
<th>p-value</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>168</td>
<td>41.69</td>
<td>8.47</td>
<td>2.86</td>
<td>0.004</td>
<td>Significant at 0.05 level</td>
</tr>
<tr>
<td>Female</td>
<td>880</td>
<td>43.72</td>
<td>8.39</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

From the above table-1, it is noted that the calculated t-value is 2.86 which is greater than the tabulated t-value 1.96, hence the above hypothesis reveals that “There is significant difference between Male and Female B.Ed trainees in the awareness towards Yoga and Meditation” is accepted. Therefore, it is concluded that there is significant difference between Male and Female B.Ed trainees in the awareness towards Yoga and Meditation.
HYPOTHESIS -2

There is no significant difference between B.Ed trainees in the awareness towards Yoga and Meditation with respect to Subject

Table No: 2
Table showing awareness mean score of trainees with respect to subject

<table>
<thead>
<tr>
<th>Subject</th>
<th>N</th>
<th>Means</th>
<th>Std. Deviation</th>
<th>t-value</th>
<th>p-value</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arts</td>
<td>613</td>
<td>43.301</td>
<td>8.36</td>
<td>0.442</td>
<td>0.335</td>
<td>Not Significant at 0.05 level</td>
</tr>
<tr>
<td>Science</td>
<td>435</td>
<td>43.535</td>
<td>8.53</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

From the above table-2, it is noted that the calculated t-value is 0.442 which is less than tabulated t-value 1.96, hence the above hypothesis reveals that “There is no significant difference between B.Ed trainees in the awareness towards Yoga and Meditation with respect to Subject” is accepted. Therefore, it is concluded that there is no significant difference between B.Ed trainees in the awareness towards Yoga and Meditation with respect to Subject.

HYPOTHESIS -3

There is no significant difference among B.Ed trainees in the awareness towards Yoga and Meditation with type of Educational qualification.

Table No: 3
Table showing awareness mean score of trainees with respect to Educational Qualification

<table>
<thead>
<tr>
<th>Degree</th>
<th>N</th>
<th>Mean</th>
<th>Std. Deviation</th>
<th>t-value</th>
<th>p-value</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>UG</td>
<td>797</td>
<td>43.67</td>
<td>8.29</td>
<td>2.923</td>
<td>0.054</td>
<td>Not Significant at 0.05 level</td>
</tr>
<tr>
<td>PG</td>
<td>241</td>
<td>42.70</td>
<td>8.55</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>M.PHIL</td>
<td>10</td>
<td>38.50</td>
<td>13.76</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

From the above table, it is noted that the calculated t-value is 2.92 which is less than tabulated F-value 1.96, hence the above hypothesis reveals that “There is no significant difference among B.Ed trainees in the awareness towards yoga and meditation with type of Educational qualification” is accepted. Therefore, it is concluded that there is no significant difference among B.Ed trainees in the awareness towards Yoga and Meditation with type of Educational qualification.
MAJOR FINDING OF THE STUDY

• There is significant difference between Male and Female B.Ed trainee’s in the awareness towards Yoga and Meditation.
• There is no significant difference between B.Ed trainees in the awareness towards Yoga and Meditation with respect to subject.
• There is no significant difference among B.Ed trainees in the awareness towards Yoga and Meditation with type of educational qualification.

RECOMMENDATIONS OF THE STUDY FOR EDUCATIONAL IMPLICATIONS

Education is the process of instruction aimed at the all round development of boys and girls. Education dispels ignorance. It is the only wealth that cannot be robbed. Learning includes the moral values and the improvement of character and the methods to increase the strength of mind. School is a good example of this. A good moral based education is also a must. Education moulds the character, strengthen the mind and knowledge and make us independent. Education comprises of teaching and learning specific skills. Its basic aim is to impart knowledge, positive judgment and well-developed wisdom. Education has proved to be important fundamental aspects in imparting of culture from generation to generation. Education primarily means 'to draw out'. It helps in delivering realization of self-potential and deep-rooted talents of an individual. Commonly, the term Yoga Education has been referred to as the training and teaching process of Yoga, though it should also be seen as the application of Yoga techniques to better support to the Education process.

The target of both the disciplines is the same and that is enhancement of socially useful potentials of human personality. To achieve this target, the system of Yoga lays foundation stones whereupon the Education system may flourish in all areas. Modern educationists are taking interest in improving the quality of Education with the help of the Yoga system. Therefore, it is a high time to think seriously to include of Yoga and Yogic values in Education system. Here Yogic values refer to the holistic and spiritual approach towards life and the world. Yoga in Education should lead to the development of harmonious personality and behavior at all the levels. An atmosphere should be created where the students study Yoga with their own enthusiasm. To the whole the higher level of education is the fittest for integration of Yoga. In the current Indian perspective, the role to be played by the education system is facing new challenges. Normally the main aims of education have been the physical, psychological, interpersonal, professional and spiritual refinement of a personality.

In modern Indian perspective it is deemed that the Yoga system of education should also be helpful in the attainment of the objectives of socialism and democracy mentioned in Indian constitution too. Besides, to attain refinement at the level of thoughts (intellectual development) and feelings (affective aspect), Yoga contributes to the development of national character and scientific mentality among the people, at present it is seriously being felt that the aim of education should also include the liberation of mind and soul as well.

CONCLUSION

The benefits of Yoga are numerous. It has both preventive and therapeutic benefits. And the most important benefits of Yoga are physical and mental benefits to the body and the mind. The health benefits of Yoga with a regular practice of yoga poses, breathing exercises, and meditation are: Yoga today helps in combating illnesses, and there are some reliable researching proving that Yoga aids in controlling certain illnesses such as headaches, arthritis, stress, anxiety, blood pressure, asthma and many more. Yoga today also helps in reducing the stress and tensions. After getting out of a busy day, ones muscles are tensed and may feel that their self-esteem will increase with a regular yoga practices. This type of confidence boosting is very essential as it helps people as a
means of reducing the stress in their routine busy lives. Yoga today also helps to improve muscle
tone and increases energy, stamina, strength and flexibility. Practicing Yoga can burn up ones
body’s excess fat and provides much-improved body shape or figure.

Yoga today also helps people to improve their concentration and enhances a person's
creativities particularly when they are in a need of relaxation and stop thinking about the stressful
effects in life such as self-responsibilities. So, practicing yoga regularly makes Yoga practitioners to
feel that it is easier to think more positively and there will be a much fresher outlook on life. A
sense of calmness and well-being is obtained through practicing yoga. The Yoga exercises improve
the blood circulation in the body. By Yoga practices, the immune system is stimulated to help
prevent us from diseases. A good immune system will help us to avoid getting sickness and
diseases. Many people are practicing Yoga today in order to be progressive. Some people consider
that yoga helps in bringing their spirit and keep them relieved. Most of the people consider yoga as
a practice only for spiritual people. However, it is not true. Yoga today is practiced by all groups of
people irrelevant to their caste, age or gender.

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