



# INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

## A Study to Evaluate Change in Attitude Towards Yoga After Three Months of Yoga Intervention Among School Students.

1. Sweta Malik, 2. Rajesh Singh

1. Assistant professor, Children's Research University

2. Ph.D. Scholar, Mohanlal Sukhadia University, Udaipur

*\*Corresponding author: Rajesh Singh (Ph.D. Scholar, Mohanlal Sukhadia University, Udaipur)*

### Abstract

This research paper explores the attitudes of school students towards yoga before and after intervention. Students from low-income social backgrounds from government schools were the population of this study. The results showed that after three months of yoga intervention, there was a positive shift in attitude towards yoga. The study offers suggestions for including yoga in school curricula to improve students' physical and mental health as well as their attitude about the practice of yoga.

**Key-words:** Yoga, students. Attitude, Asana, Pranayama.

### Introduction

Yoga is an ancient Indian discipline that has been around for more than 5,000 years. It is a holistic discipline that incorporates ethical ideas, physical postures, and breathing techniques. The term "yoga" is derived from the Sanskrit word "yuj," which means to yoke or unite, symbolizing the union of body, mind, and spirit. The history of yoga is ancient, spanning thousands of years and evolving through various cultures and philosophical traditions. <sup>[1]</sup> In the past, yoga originated as a way to reach self-realization and spiritual enlightenment. The fundamentals of yoga philosophy and practice are found in the ancient scriptures, including the Upanishads, the Vedas, and Patanjali's Yoga Sutras. Numerous yoga schools and styles have developed over centuries, each focusing on specific aspects of the discipline. <sup>[2]</sup>

Patanjali Yog Sutra is considered one of the most authoritative texts on yoga philosophy and practice. Sage Patanjali codified the practices and philosophy of yoga in his Yoga Sutras, a foundational text outlining the eightfold path (Ashtanga Yoga), Patanjali's Ashtanga Yoga, also known as the Eightfold Path, is a comprehensive system of yoga outlined in the Yoga Sutras, a foundational text of yoga philosophy. This path is

designed to guide individuals toward spiritual growth and self-realization through a disciplined and systematic approach. The Eight Limbs of Ashtanga Yoga are <sup>[3]</sup>

### 1. *Yama/Ethical Disciplines*

Ahimsa (Non-violence): Promotes non-harming behavior in thoughts, words, and actions.

Satya (Truthfulness): Encourages honesty and integrity.

Asteya (Non-stealing): Advocates against taking what does not belong to oneself.

Brahmacharya (Celibacy or Moderation): Involves self-control, particularly in sexual conduct, and moderation in all actions.

Aparigraha (Non-possessiveness): Encourages non-attachment to material possessions and greed.

### 2. *Niyama (Personal Observances):*

Saucha (Purity): Focuses on cleanliness and purity of body and mind.

Santosha (Contentment): Promotes a state of satisfaction and acceptance.

Tapas (Discipline): Emphasizes self-discipline and austerity.

Svadyaya (Self-study): Involves the study of sacred texts and self-reflection.

Ishvara Pranidhana (Surrender to a Higher Power): Encourages devotion and surrender to the divine or a higher consciousness.

### 3. *Asana (Physical Postures):*

The practice of physical postures to develop strength, flexibility, and balance, preparing the body for prolonged meditation.

### 4. *Pranayama (Breath Control):*

Techniques to control and regulate the breath, which in turn helps manage the flow of prana (life force energy) in the body. Practices include deep breathing, alternate nostril breathing, and breath retention.

### 5. *Pratyahara (Withdrawal of Senses):*

The practice of withdrawing the senses from external objects and distractions, leading to a deeper focus inward.

### 6. *Dharana (Concentration):*

The practice of focused concentration on a single point or object, such as the breath, a mantra, or a visual object.

### 7. *Dhyana (Meditation):*

The practice of sustained, uninterrupted meditation, which leads to a deep state of contemplation and inner peace.

### 8. *Samadhi (Union or Enlightenment):*

The ultimate state of spiritual absorption and self-realization, where the practitioner experiences a profound connection with the divine or a sense of oneness with the universe.

Now yoga has gained popularity <sup>[4]</sup>, it has numerous benefits, so incorporating yoga into educational settings is also growing in popularity <sup>[5]</sup>. Yoga is becoming more and more valued in schools as a means of supporting kids'

mental and emotional clarity, physical health, and overall wellbeing. Thus, this study aim was to see the attitude changes towards yoga after three months of regular yoga practice.

## Review Literature

Yoga offers numerous benefits for school children, supported by various research studies. These benefits span physical, mental, emotional, and academic domains. Yoga helps in enhancing flexibility, strength, and overall physical fitness, of school students which is crucial for growing children. Study found that regular yoga practice can significantly improve flexibility and physical strength in children.<sup>[6]</sup> Practicing yoga improve balance and coordination, which are essential for physical activities and sports. Research has shown that yoga practice enhances proprioception and motor skills in children, contributing to better physical performance.<sup>[7]</sup> Yoga practices like pranayama (breathing exercises) improve lung capacity and respiratory health. Studies indicate that children practicing yoga regularly exhibit better respiratory function and endurance.<sup>[8]</sup> Yoga helps enhance attention span and concentration. A study published reported that children who practiced yoga regularly showed significant improvements in attention and cognitive performance.<sup>[9]</sup> Yoga also provides tools for 'stress management' and 'emotional regulation'. Research shows that children who engage in yoga experience lower levels of stress and anxiety, contributing to their better mental health.<sup>[10]</sup> Studies showed that participating in yoga can boost self-esteem and body image. Studies found that children who practiced yoga regularly had higher self-esteem and a more positive self-concept as compared to other children.<sup>[11]</sup> Yoga encourages cooperative behavior and positive social interactions among children. Research shows that yoga can improve social skills, empathy, and the ability to work effectively in groups among children.<sup>[12]</sup> The cognitive and emotional benefits of yoga translate into better academic performance. Studies have found that children who practice yoga regularly tend to have higher grades and better school attendance records.<sup>[13]</sup> Yoga practices improve cognitive functions, such as memory and learning ability. Research indicates that yoga enhances neuroplasticity, which can contribute to improved learning outcomes in school children.<sup>[14]</sup>

By include yoga in the curriculum, educational institutions may help students deal with the challenges of contemporary life and encourage a balanced, healthful lifestyle. To reap the full benefits of yoga, however, one must first cultivate a positive attitude about the practice. Therefore, the purpose of this study is to determine whether yoga practice can improve schoolchildren's positive attitudes toward yoga.

## Research Methodology

**Participants:** This study was conducted on 63 students from government schools of Gandhinagar, Gujarat state of India. There was 26 girls and 37 boys among the Participants.

**Inclusion and Exclusion criteria:** Students aged 12-17 years, both genders, agree to participate in this study were included and students who have pre-exposure of yoga were excluded from the study. Consent from their school principal was taken for all the participated students.

**Instruments:** A mixed-method approach was used, including a *self-structured questionnaire* having six questions about attitude towards yoga. Data was collected by interviews. The questionnaire assessed students' attitudes towards yoga.

**Procedure:** Data were collected at baseline by interview. Then three months of Yoga Intervention from 15<sup>th</sup> December 2023 to 15<sup>th</sup> march 2024 was given to the students in the school. Same questionnaire was again filled by students after three months of intervention. Data was analyzed and showed in tables and figures

**Intervention:** In the morning, school children received yoga intervention which included asana and pranayama. Sessions continued thirty minutes each day for a maximum of three months, five days a week.

## Results:

Data of 63 students were analyzed. Following a three-month yoga intervention, participants' attitudes toward yoga showed a definite improvement. See Table 1.

For the question, "People who practice yoga are less at risk of diseases," approx 22% of subjects were on the agreeable side prior to doing yoga, but after yoga intervention 69% were on the agreeable side. For the question, "Yoga is important for physical development," approx 34% of subjects were on the agreeable side prior to doing yoga, but after yoga intervention 71% were on the agreeable side. For the question, "Yoga develops concentration in children," approx 38% of subjects were on the agreeable side prior to doing yoga, but after yoga intervention 69% were on the agreeable side. For the question, "Yoga helps in increasing memory power.," approx 38% of subjects were on the agreeable side prior to doing yoga, but after yoga intervention 50% were on the agreeable side. For the question, "Stress during exam days can be reduced by yoga," approx 23% of subjects were on the agreeable side prior to doing yoga, but after yoga intervention 63% were on the agreeable side. For the question, "Do you think that yoga should be practice every day," approx. 31% of subjects were on the agreeable side prior to doing yoga, but after yoga intervention 85% were on the agreeable side.

Table 1: Showing Attitude towards yoga before and after Yoga intervention

Serial No.	Questions	Response (Total Participants, N=63)				
		Completely Disagree	Disagree	Do not Know	Agree	Completely Agree
	<b>Pre (Before Yoga Practice)</b>					
1	People who practice yoga are less at risk of diseases.	07 (11.11%)	12 (19.05%)	30 (47.61%)	11 (17.46%)	03 (4.76%)
2	Yoga is important for physical development	02 (3.17%)	10 (15.87%)	29 (46.03%)	20 (31.74%)	02 (3.17%)
3	Yoga develops concentration in children	00 (00%)	18 (28.57%)	21 (33.33%)	24 (38.09%)	00 (00%)
4	Yoga helps in increasing memory power.	01 (1.59%)	16 (25.39%)	22 (34.92%)	22 (34.92%)	02 (3.17%)
5	Stress during exam days can be reduced by yoga	12 (19.05%)	18 (28.57%)	18 (28.57%)	10 (15.87%)	05 (7.93%)
6	Do you think that yoga should be practice every day.	00 (00%)	20 (31.74%)	23 (36.5%)	20 (31.74%)	00 (00%)
	<b>Post (After 3 months of yoga practice)</b>					
1	People who practice yoga are less at risk of diseases.	01 (1.59%)	08 (12.7%)	10 (15.87%)	31 (49.20%)	13 (20.6%)
2	Yoga is important for physical development	01 (1.59%)	04 (6.34%)	13 (20.63%)	27 (42.85%)	18 (28.57%)

3	Yoga develops concentration in children	00 (00%)	10 (15.87%)	9 (14.28%)	29 (46.03%)	15 (23.8%)
4	Yoga helps in increasing memory power.	02 (3.17%)	12 (19.05%)	17 (26.98%)	21 (33.33%)	11 (17.46%)
5	Stress during exam days can be reduced by yoga	03 (4.76%)	09 (14.28%)	11 (17.46%)	33 (52.38%)	07 (11.11%)
6	Do you think that yoga should be practice every day.	00 (00%)	07 (11.11%)	02 (3.17%)	32 (50.79%)	22 (34.92%)

### Key results:

- I. After three months of Yoga intervention, there was a shift in attitude towards positive sizes for each question
- II. Younger students (12-15 years) showed more positive attitude towards yoga as compared to older students (15-17 years), possibly due to the novelty factor.
- III. Female students had a more positive attitude towards yoga compared to male students.

### Implications for Schools:

- I. Curriculum Integration: Schools should consider integrating yoga into their regular curriculum to promote holistic development. NEP 2020 already added yoga in school curriculum, but it can take time to be effective on ground level
- II. Teacher Training: Educators/teachers should be trained to deliver yoga sessions effectively, ensuring they can address students' diverse needs and concerns.
- III. Awareness Programs: Increasing awareness about the benefits of yoga practice through workshops and informational sessions can really help in reducing misconceptions and encouraging participation for yoga.

### Conclusion

After three months of yoga intervention, there is a shift in attitude towards positive sides for each question of the attitude towards yoga. The study reveals a positive attitude towards yoga among school students, with significant potential for its integration into educational settings. Schools can effectively promote yoga as a tool for enhancing physical and mental well-being. Future researches should explore longitudinal impacts of regular yoga practice on school students' academic and personal development.

### References

1. White DG. Yoga, brief history of an idea. *Yoga in practice*. 2012;5(1):1-23.
2. Basavaraddi IV. Yoga: Its origin, history and development. Ministry of External Affairs of Government of India. 2015 Apr 23.
3. Miller BS. Yoga: discipline of freedom: the Yoga Sutra attributed to Patanjali. Univ of California Press; 1996 Dec 11.
4. Singleton M, Byrne J, editors. Yoga in the modern world. London: Routledge; 2008.

5. Khalsa SB, Butzer B. Yoga in school settings: a research review. *Annals of the New York Academy of Sciences*. 2016 Jun;1373(1):45-55.
6. Donahoe-Fillmore B, Grant E. The effects of yoga practice on balance, strength, coordination and flexibility in healthy children aged 10–12 years. *Journal of bodywork and movement therapies*. 2019 Oct 1;23(4):708-12.
7. Arjun PV, Sunitha KB. Effect of yoga training on coordinative abilities of high school students. *International Journal of Yogic, Huan Movement and Sports Sciences*. 2019;4(2):63-5.
8. Bhavanani AB. Effect of yoga training on handgrip, respiratory pressures and pulmonary function. *Indian J Physiol Pharmacol*. 2003;47(4):387-92.
9. Dauneria S, Subramanian C. Effect of Yoga on Attention and Concentration in Primary School Students (6 to 10 Years). *International journal of yoga and allied sciences*. 2019:2278-3139.
10. Smith BH, Esat G, Kanojia A. School-based yoga for managing stress and anxiety.
11. Janjhua Y, Chaudhary R, Sharma N, Kumar K. A study on effect of yoga on emotional regulation, self-esteem, and feelings of adolescents. *Journal of family medicine and primary care*. 2020 Jul 1;9(7):3381-6.
12. Kaur M, Eigsti IM, Bhat A. Effects of a creative yoga intervention on the joint attention and social communication skills, as well as affective states of children with autism spectrum disorder. *Research in autism spectrum disorders*. 2021 Oct 1;88:101860.
13. Hagins M, Rundle A. Yoga improves academic performance in urban high school students compared to physical education: a randomized controlled trial. *Mind, Brain, and Education*. 2016 Jun;10(2):105-16.
14. Chaya MS, Nagendra H, Selvam S, Kurpad A, Srinivasan K. Effect of yoga on cognitive abilities in schoolchildren from a socioeconomically disadvantaged background: a randomized controlled study. *The Journal of Alternative and Complementary Medicine*. 2012 Dec 1;18(12):1161-7.

