

A comparative study on attitude of adolescent and adult towards Yoga

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■ **ABSTRACT** : The mind is the source of many troubles –sooner or later, the body reflects wrong attitude, negative thought, and emotional imbalance that mind holds. Yoga is a powerful tool for clearing mind and from mood swings. In the adolescent and adult age, Yoga practice supports greater results than any tranquilizer and without the undesirable side effects of drugs, it balances person dulling mind. The main objective of the study was to compare the attitude of respondents belonging to different age groups. In the study, sample of 120 respondents were purposively selected from Rajnikhand and South city areas of Lucknow city. The data were collected through self-made interview schedule along with “Yoga Attitude Scale” by Muchhal (2008). Data analysis was done through frequency, percentage and testing of hypothesis with Chi square test. The result revealed that most of respondents had very high Yoga attitude. There was a non-significant difference between age and attitude towards Yoga which meant that age had no impact on attitude towards Yoga.

■ **KEY WORDS** : Yoga, Attitude, Adolescent, Adulthood

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