

A comparative study on attitude of adolescent and adult towards Yoga

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Received: 29.09.2012; Accepted: 26.04.2013

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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

■ **HOW TO CITE THIS PAPER** : Singh, Gunjan and Agarwal, Shalini (2013). A comparative study on attitude of adolescent and adult towards Yoga . *Asian J. Home Sci.*, 8 (1): 324-326.

Adolescence is an important period of human life span. This gives rise to the need for mental adjustment and the necessity for establishing new attitudes value and interests. The route of change in attitude and behaviour during adolescent parallels the rate of physical change. During early adolescence when physical changes are rapid, change in attitudes and behaviour is also rapid. As physical change slows down, so do attitudinal and behavioural change (Hurlock, 2009). The term adolescence comes from the Latin word adolescents meaning “to grow” or “to grow to maturity”. The term adolescents has a broader meaning. It includes mental, emotional and social maturity as well as physical maturity. Adolescence is the period through which a growing person makes transition from childhood to maturity. Adolescence has been defined as that time of life when an immature individual in his teens approaches the culmination of his physical and mental growth. Physiologically an individual becomes an adolescent with the advent of puberty and the ability to reproduce his kind. Chronologically puberty generally occurs in girls between the twelfth and fifteenth years with a range of about 2 years on either side of the figures.

For boys’ puberty tends to occur from 1 to 2 years later than it does for girl. Different culture have different ages at which children reach the adult status or the age of legal maturity .In most of the older culture, they reached this status when their puberty growth was complete or nearly complete and when their sex organs had developed to the point where they were capable of procreation .Today, adulthood is legally reached at the age of eighteen. With a gradual increase in longevity, adulthood is now by far the longest period in the total life span (Hurlock, 2009).

The term adult comes from the same Latin verbs the term adolescence –adolescere –which means “to grow to maturity.”However, the word adult is derived from the past participle of that verb –adultus –which means “grown to full size and strength “or matured.” adults are, therefore, individuals who have completed their growth and are ready to assume their status in society along with other adults (Hurlock, 2009) During the long period of adulthood, certain physical and psychological changes occur at predictable times. Like childhood and adolescents also, long periods

during which certain physical and psychological changes occur at predictable times. Adulthood is customarily sub-divided on the basis of the times at which these changes take place together with the adjustment problems and cultural pressures and expectancies stemming from them. Adulthood, the longest period of the life span, is usually sub-divided into three periods: early adulthood, which extends from eighteen to approximately forty years; middle adulthood or "middle age", which extends from approximately forty to approximately sixty years; and late adulthood or "old age", which extends from approximately sixty years to death.

Adolescents and early adulthood phases of one's life are very crucial, full of energy, enthusing as well as tension. Younger are worried about their looks, personality and adults face stress but, both groups try to adjust well in the society by using one or other techniques like good eating habits meditation Yoga, exercise etc. The term "Yoga" also implies "Asans" and "Pranayama" and things like that, and to others it means the renunciation of the world. Man being a mental being, a better, and higher and a more conscious life is what he should covet for. For such life, Yoga becomes an inevitable necessity. Yoga is superior religion as compared to the other religion because it is the only instrument through which a human being is able to see the humanity and the welfare of, it can be desired by one only. Yoga, as Sri Aurobindo understands it, is not an impoverishment of the hidden beauty, delight, love, knowledge, and truth in life. Yoga is man's conscious effort to help life evolve out of its present imperfection into what Sri Aurobindo calls "The Divine Life". "This Yoga is not of world shunning asceticism, but of divine life" (Aurobindo, 1972). "Yoga is believed to be more than five thousand years old originated from one of six orthodox philosophies evolving out of transcendentalism of ancient India." "Patanjali", an ancient Yoga sage, defines Yoga as a technique used to still the fluctuations of the mind to reach the central reality of the true self (Lyenger, 1966)."

Yoga comes from the Sanskrit word "Yuk" literally meaning "yoke" which gave rise to the modern English words yoke and union. In Yoga, one objective is to gain control of the body and mind. By controlling the body through yogic exercise, one eventually learns to control one's mind. Unless one can control both body and mind, one will not reap the real benefits of Yoga and meditation. The meaning of Yoga and the ultimate objective of Yoga and meditation is to achieve the union of body, mind and spirit, union of the individual with entirely of creation and unity of the individual with the creative force, the divinity in all three. By helping one achieve unity with this life force, one's discover who truly are. Yoga has developed a rich system of exercise and technique that are used to promote harmony and wellbeing of body, mind and spirit. By regularly performing the various Yoga positions, one enhances the functioning of one's musculo-skeletal and circulatory system. By regularly Yoga meditation on will

achieve deeper levels of relation and strength one's mind' power of connection. The system helps one to gain soundness body, clarity of mind and vitality of spirit. Yoga is a powerful means of psychological integration. Yoga includes physical exercise that look like gymnastics and have even been incorporated into western gymnastics. These postural exercise help one become or stay fit and trim, control ones weight and reduce ones stress level.

Yoga also offers a whole range of meditation practices, including breathing techniques that exercise one's lungs calm ones nervous system or charge ones brain and the rest of one's body with delicious energy (George and Larry, 2012). Yoga is an efficient system of health care that has proven its usefulness in both restoring and maintaining health. Yoga continues to gain acceptance within the medical establishment. More and more physicians are recommending Yoga to their patients not only for stress reduction but also as a safe method of exercise and physical therapy, but Yoga is more than a system of preventative restorative health care. Yoga looks at health from broad, holistic perspective that's only now being rediscovered by avant-garde medicine. Yoga attitude refers to a range of mental set people can have towards the benefits of Yoga. An attitude is a favourable or unfavourable evaluation of something. Attitude is generally positive negative views of a person, place thing, or event. This is often referred to as the attitude object. People can also be conflicted or ambivalent toward an object, meaning that they simultaneously possess both positive and negative attitude toward the item in question. "An attitude is defined as a tendency to react in certain way towards a designed class of stimuli or an object." "Attitude is a readiness of the psyche to act or react a certain way." Jung (1921) According to LL. Turnstone-"Attitude is the sum total of an individual's inclination, feelings, prejudice or biases, preconceived notions threats and convictions or beliefs about any specific object." Yoga means "union" and "integration" and also discipline, so the system of Yoga is called a unitive or integrating discipline. In human life, adolescence is a crucial period in which many changes take place while adult stage is the changing stage at maturity level. So, at these stages one should have adjust a lot that's why Yoga plays an important role at this time because it maintains mind balance as well as body fitness also. Yoga is a free of cost process in which without paying much anyone can gain a lot of benefits. The hypothesis for the present studies was -There exists no difference in the attitude of respondents towards Yoga belonging to different age groups.

■ RESEARCH METHODS

The adolescent and adult female respondents (13-21 years) of from Rajnikhand and South city area of Lucknow city comprised the population of this study. 120 female were selected (60 adolescent and 60 adult). Purposively random sampling technique was adopted for data collection. Self-

prepared interview schedule along with Yoga attitude scale prepared by Muchhal (2008) was used for data collection. Data analysis was done in terms of frequency and percentage and Chi-square test was used to test the hypothesis.

RESEARCH FINDINGS AND DISCUSSION

The finding of the study, as obtained on the analysis of the data collected by the interview schedule along with standardized scale, has been described and discussed in this study.

Fig. 1 depicts that the 76.66 per cent of adolescents where belonging to age group 13-15 years and 23.33 per cent adolescent where belonging to 16-18 years whereas 100 per cent adults belonged to 19-21 age group.

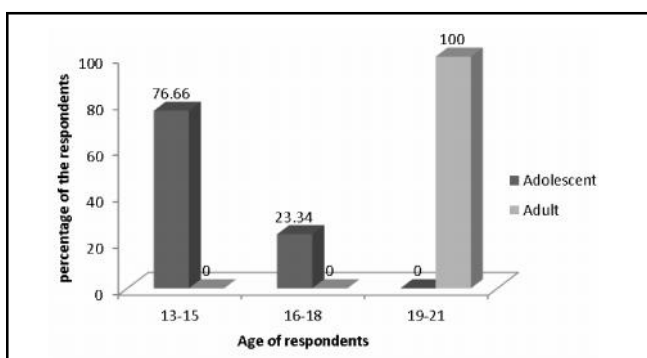


Fig.1: Distribution of respondents according to age

Levels of attitude adolescent and adult towards Yoga :

Data presented in Fig. 2 reveal that 48 per cent adolescents and 68.34 per cent adult respondents were having very high attitude towards Yoga, whereas, 41.66 per cent adolescents and 28.34 per cent adults were having high attitude towards Yoga, 10.00 per cent adolescents and 3.32 per cent adults were having average Yoga attitude. None of the respondents was having very low and low attitude towards Yoga.

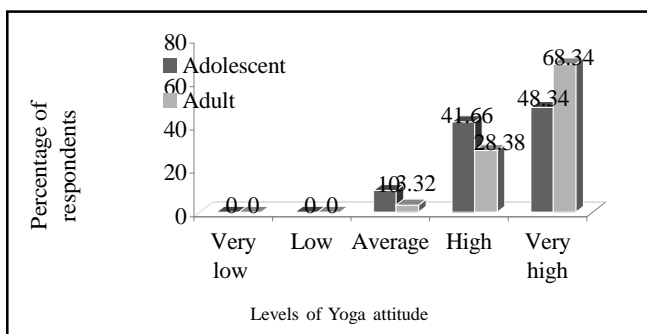


Fig.2: Distribution of respondents according to levels of attitude of adolescents and adults towards Yoga

Testing of hypothesis :

Data in Table 1 showed that the Chi-square calculated value (5.56) was less than the Chi-square table value (3.357),

therefore the Null hypothesis was accepted. No significant difference was seen between age and attitude towards Yoga which meant that age had no impact on attitude towards Yoga.

Variable	df	Chi-square value	Level of significance
Age	4	5.56 ^{NS}	5

NS=Non-significant

Conclusion :

Yoga teaches one to distribute the energy to other parts of the body .Yoga is the only form of exercise that completely involves the mind and soul, which in turn results in the complete well being of person. Result showed no significant relationship between age and attitude towards Yoga. Age not effected Yoga attitude. Age factor does not depend upon Yoga attitude; the main reason between this is T.V., magazines and celebrities to whom youth follows. Youth are conscious regarding their figure and beauty and follow Yoga and they are aware that Yoga does not have any side effects.

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