

Participation in yoga classes among school going children

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Received: 31.08.2013; Revised: 15.05.2014; Accepted: 26.05.2014

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■ **ABSTRACT** : The objective of the present study was to investigate the participation in yoga classes among school going children in Uttar Pradesh, Academic year of 2012-2013. The present study was conducted at Lucknow district in Uttar Pradesh. The samples were selected through purposive random sampling. 60 students of Private school were involved in the study. Sixty student of age group between 13 to 16 years comprised the sample of the study. Self- made questionnaire were distributed among the School students to get information. This study examines that yoga is one of the most outcomes of physical fitness, mental fitness and emotional fitness of daily life. yoga and mindfulness training are examples of less traditional methods being explored to help children manage this stress including academic performance, discipline, attendance and students' attitudes about themselves at the school.

■ **KEY WORDS**: Yoga classes, School going children

■ **HOW TO CITE THIS PAPER** : Singh, Annu and Mishra, Sunita (2014). Participation in yoga classes among school going children. *Asian J. Home Sci.*, 9 (1) : 253-256.

Yoga class participation helps to improve the students' physical health. Yoga, developed thousands of years ago, uses breathing techniques, postures and relaxation with meditation to change the physiology of the body (Jensen and Kenny, 2004). Stueck and Gloeckner (2005) reported that when yoga was combined with relaxation techniques, it reduced feelings of helplessness and fear, decreased aggression and negativity and improved overall feelings of well-being. Many people think that yoga is just stretching. But while stretching is certainly involved, yoga is really about creating balance in the body through developing both strength and flexibility. This is done through the performance of poses or postures, each of which has specific physical benefits.

Essentially, yoga is very beneficial physical activity that regulates central and external health of human beings. It truly is equally useful for all ages and genders like men, girls, children and old people. There is no limitation of this kind of hot yoga category. In school, almost every child is very interested in getting yoga poses daily. The majority of students are interested in Pranayam, Ustrasana, Balasana and Vrikshana yoga poses. Pranayam yoga and fitness delivers

countless and also proficient services, which are essential for simpler and sound health.

Objectives:

- To study the knowledge and information about yoga position
- To find out the problems faced by the children in yoga classes.

■ RESEARCH METHODS

The Lucknow district comprises of six zones. Out of them fifth zone was selected purposively by the investigators. The present study was located in two private school (first is Lucknow Public School in south city area and second, City Montessori School in LDA sector-A) of Lucknow city. The sample comprised of 60 school going children (13-16 years of age).

Tools:

A self- made questionnaire was used to explore the participation in yoga classes among school going children.

Criteria of selection:

- Age range 13 to 16 years
- Types of school
- Involvement in yoga classes

Data analysis:

In order to analyze the data frequencies and percentage, pie and column graphs were drawn to make the results transparent. In this study, SPSS Software (20 version) was used for drawing the conclusion.

RESEARCH FINDINGS AND DISCUSSION

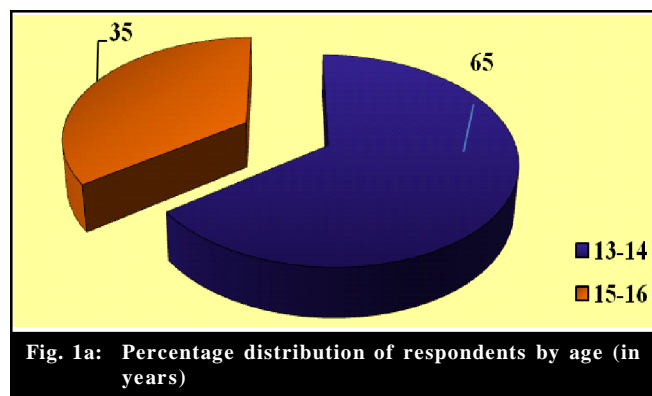
The findings obtained from the present study are presented below:

General information of the respondents:

The respondents were studied for their age, sex and type of school, religion and categories (Table 1).

Age:

The data revealed that 65 per cent of the respondents were in the age group of 13-14 years and 35 per cent in the age group of 15-16 year (Fig.1 a).

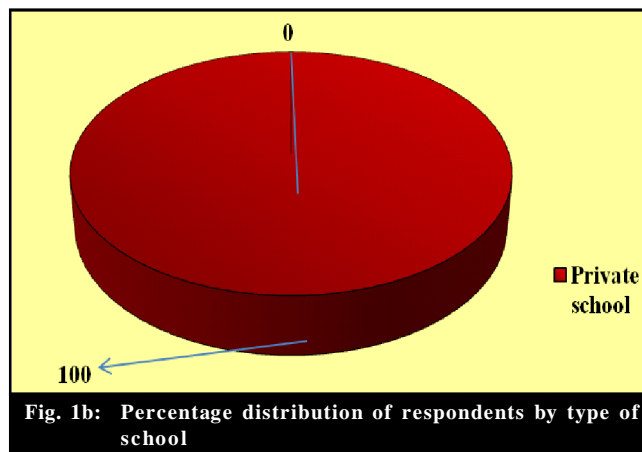


Gender:

The data of Table 1 revealed that 58.34 per cent of the respondents belonged to male group while 41.66 respondents belonged to female group (Table 1).

Types of school:

The above graph shows that all the respondents belonged to Private school (Fig. 1b).



Religion:

The data reveals that 43.33 per cent of respondents belonged to the hindu community, 31.67 per cent of respondents belonged to the sikh community while remaining 25 per cent belonged to the muslim community (Table 1).

Categories:

The data reveals that categories of 36.67 per cent of the respondent's categories was General, 33.33 per cent of the respondent's categories was SC/ST remaining 30 percent of the respondents were from OBC class categories (Fig. 1c).

Sr. No.	Aspects	Categories	F	%
1.	Age	13-14	39	65.00
		15-16	21	35.00
2.	Gender	Male	37	58.34
		Female	23	41.66
3.	Types of school	Private	60	100.00
4.	Religion	Hindu	28	43.33
		Muslim	15	25.0
		Sikh	17	31.67
5.	Categories	General	22	36.67
		OBC	18	30.0
		SC/ST	20	33.33

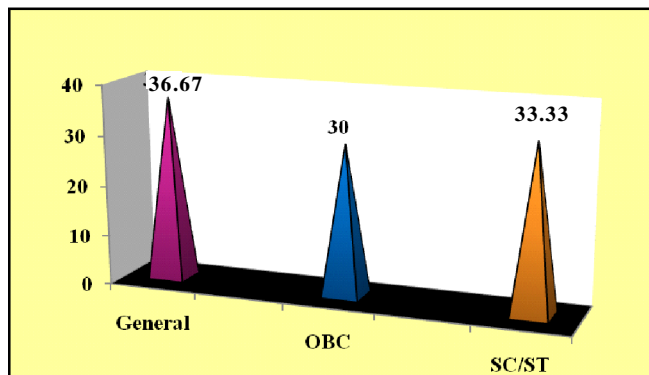


Fig. 1c: Percentage distribution of respondents by categories

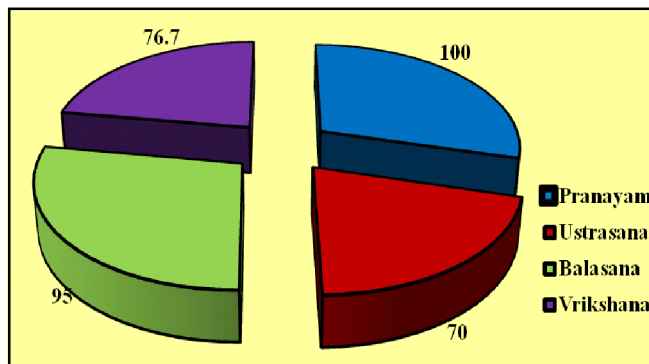


Fig. 2 : Percentage distribution of respondents by knowledge about yoga position

Knowledge about yoga position among students:

The data in Table 2 and Fig. 2 show that all the respondents were know Pranayam poses of yoga, because in yoga poses Pranayam is easy pose so that students doing this pose mostly in yoga class. 95 per cent were known Balasana and 76.66 per cent were known Vrikshana and 70 per cent were known about Ustrasana.

Information regarding yoga among students:

It can be observed from the Table 3 and Fig. 3 that 96.7 per cent respondents participated in yoga, where as only 3.3 per cent respondent accepted that they not participated in yoga class because they were not interested in yoga.88.3 per cent respondent declared they are accepted that way of doing

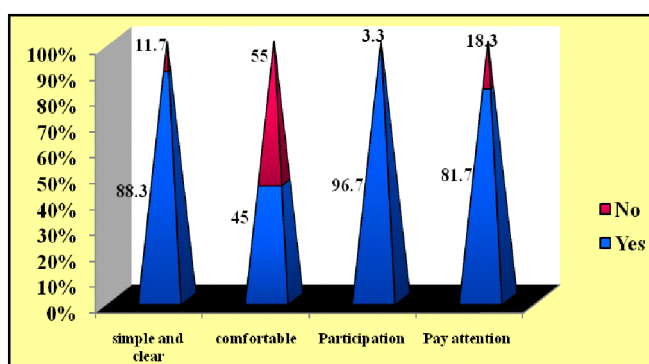


Fig. 3 : Percentage distribution of respondents by information regarding yoga

Sr. No.	Yoga position	F		% (Yes)
		Yes	No	
1.	Pranayam	60	-	100.00
2.	Ustrasana	42	18	70.0
3.	Balasana	57	03	95.0
4.	Vrikshana	46	14	76.66

Sr. No.	Items	Yes (%)	No (%)
1.	Way of doing simple and clear	53 (88.3)	7 (11.7)
2.	More comfortable compared jogging	27 (45)	33 (55)
3.	Participation in yoga	58 (96.7)	2 (3.3)
4.	Pay attention to your physical fitness	49 (81.7)	11 (18.3)

Sr. No.	Problem faced while training the physical fitness	F		(%)(Yes)
		Yes	No	
1.	Aerobic capacity	53	07	88.3
2.	Body composition	41	19	68.3
3.	Abdominal strength	43	17	71.6
4.	Upper body strength	39	21	65.0
5.	Flexibility	49	11	81.6

simple and clear, 81.7 per cent respondent it makes clear that pay attention to in physical fitness when doing yoga. and majority (55%) respondent accepted that jogging is more comfortable compared yoga.

Physical fitness problem faced by the training in yoga class among students:

The data given in Table 4 and Fig. 4 reveal that majority of the respondents 88.3 per cent of the respondents faced problem for Aerobic capacity in the physical fitness and 81.7 per cent respondents it makes clear that problem faced for flexibility during yoga classes, 71.7 per cent of respondents shows that problem faced for abdominal strength, 68.3 per cent respondents problem faced by body composition and 65 per cent of respondents problem faced for upper body strength during yoga classes in physical fitness.

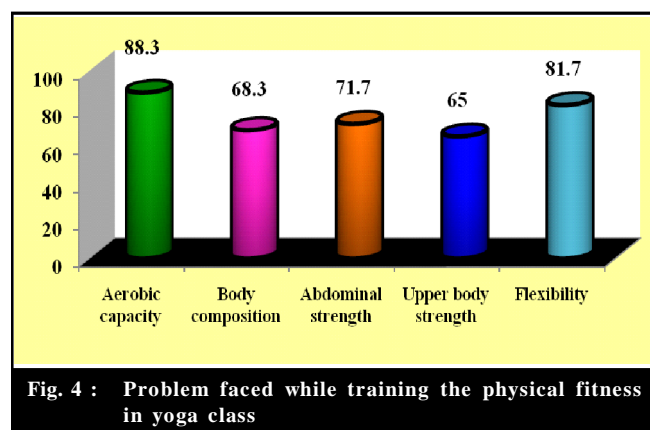


Fig. 4 : Problem faced while training the physical fitness in yoga class

The reason of physical fitness outcomes is kinesthetic awareness and control strength and flexibility balance and co-ordination cardio-vascular and circulatory health relaxation and renewal.

Conclusion:

The present study was concluded on participation in yoga classes among school going children. General

information of the respondents and Knowledge about yoga position among students. Student informed that they are doing yoga and they are accepted that yoga is simple and clear in a study reported (YOGA for Youth,2009) that yoga helps them, “relax, and sleep better,control their tempers more easily, concentrate for longer periods of time on their school work,and feel better about themselves as individuals.” they could specify that Physical fitness is a big problem while they are doingyoga. A longer commitment to yoga training within a school curriculum with a focus on non-violence, can positively affect, the consistent problem of aggression inschool going children, and thus decrease the amount of daily bullying.

Acknowledgement:

Authors are thankful to all the participants who had participated in our study.

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