

## Comparative study of attitude of urban and rural teachers towards yoga education in Jhansi district

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### Abstract

Yoga is a complete science, a complete lifestyle, a complete medical system and a complete spiritual science. In the present research, the attitude of teachers towards yoga education has been studied. Results were obtained by statistical calculation by administering the test to measure the attitude towards yoga education on teachers and educationists of rural and urban areas of Hathras district. From which it has been found that rural teachers are more inclined towards yoga education than urban teachers. While urban teachers pay more attention to yoga than rural teachers. Therefore, if the attitude of the teachers towards yoga education is positive, then undoubtedly healthy, efficient, determined and good-natured citizens will be prepared in India.

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### I. Introduction

In the modern era, human life has become more struggling after the accumulation of material comforts. Life is full of complications. Due to the atmosphere of insecurity, fear, unrest in the society today, the child fails to perform his actions and behavior independently and achieve the goal in that environment, due to which the knots of mental and emotional tension settle in him and the child struggles with these. Keeps doing which blocks the path of his development.

Today, the education department has started yoga education in all schools from primary and upper primary level to high school level, realizing the usefulness of yoga. With the gradual development of yoga education, their timely and favorable training is very necessary. The benefits of teachers' training will reach the students and develop their cognitive abilities. Presently new schemes are also being implemented by the government on the educational importance and need of yoga. That's why it becomes necessary to get information about the attitude of teachers towards yoga education.

**Objectives of the Study** – The objectives of the research are as follows –

1. To conduct a comparative study of the attitude of urban and rural male teachers towards yoga education.
2. To make a comparative study of the attitude of urban and rural female teachers towards yoga education.
3. To make a comparative study of the attitude of female and male teachers towards yoga education.

**Hypotheses** - The following are the hypotheses of the presented research -

1. A significant difference will be found in the attitude of urban and rural teachers towards yoga education.
2. A significant difference will be found in the attitude of urban and rural teachers towards yoga education.
3. A significant difference will be found in the attitude of male teachers and female teachers towards yoga education.

**Delimitation** – The presented research is delimited in the following way –

1. As for the study area up to Jhansi district.
2. For rural areas, up to 25 teachers and 25 female teachers of Jhansi district
3. In urban area of Jhansi district It is limited to 25 teachers and 25 teachers.

**Research Process** -

**Research Method** – Survey method has been selected for the present study.

**Sample** – for the presented research 50-50 teachers (25 female, 25 male teachers per development block) were selected by probability sampling method.

**Tools** – Self-made research tools have been used by the researcher. Test for measurement of attitude – This instrument was administered to find out the attitude of teachers towards yoga. In this self-made scale, 55 statements have been included and a total of 110 marks have been fixed. The time taken to administer it was 30 minutes.

**Variable** – The classification of variables in the presented research is as follows –

1. **Independent variable** – urban teachers and rural teachers
2. **Dependent Variable** – Attitude towards Yoga Education

**Statistical Analysis (Statistical Operations)** – In the presented research, mean, standard deviation, significance of difference of mean was calculated for statistical analysis.

**Hypothesis Number – 01:** "A significant difference will be found in the attitude of urban and rural teachers towards yoga education."

**Table 1**

| Sno | Description   | Mean scale of attitude towards yoga education | Standard deviation | CR value | df | Significance   |
|-----|---------------|---|--------------------|----------|----|--|
| 1   | Urban Teacher | 90.4  | 9.1                | 3.08     | 48 | The standard deviation is greater than 2.68 at the 1% confidence level. So there is a meaningful difference. |
| 2   | Rural Teacher | 97.4  | 6.8                |          |    |  |

The calculated value of the data is 3.08 with 48 degrees of freedom and the CR value of 2.68 obtained from the table at 1% confidence level is higher. Hence hypothesis number-01 is confirmed. The attitude of rural teachers towards yoga education was found to be more than that of urban teachers.

**Hypothesis Number – 02:** "A significant difference will be found in the attitude of urban and rural teachers towards yoga education."

**Table Number – 02**

| S no | Description   | Mean scale of attitude towards yoga education | Standard deviation | CR value | df | significance   |
|------|---------------|---|--------------------|----------|----|--|
| 1    | Urban Teacher | 101.56  | 9.1                | 3.06     | 48 | The standard deviation is greater than 2.68 at the 1% confidence level. So there is a meaningful difference. |
| 2    | Rural Teacher | 93.7  | 5.8                |          |    |  |

The calculated data value is 3.6, which is higher than the tabulated value of 2.68 at 48 df and 1% confidence level. Hence hypothesis number-02 is confirmed. The attitude of urban teachers towards yoga education was found more than that of rural teachers.

**Hypothesis Number – 03:** "A significant difference will be found in the attitude of male teachers and female teachers towards yoga education."

**Table Number – 03**

| S no | Description    | Number | Mean scale of attitude towards yoga education | Standard deviation | CR value | df | significance   |
|------|----------------|--------|---|--------------------|----------|----|--|
| 1    | Male Teacher   | 50     | 93.9  | 8.75               | 4.43     | 98 | The standard deviation is greater than 2.68 at the 1% confidence level. So there is a meaningful difference. |
| 2    | Female Teacher | 50     | 101.18  | 7.63               |          |    |  |

The value of CR obtained from the calculation of the data is 4.43, which is higher than the required value of 2.68 for significance at 1% confidence level. Hence hypothesis number-03 was confirmed. Female teachers were found to have more attitude towards yoga education.

## II. Conclusion

The following are the conclusions obtained from the presented research

1. Rural teachers are more inclined towards yoga education than urban teachers. The reason for this is that the life of the city is full of hustle and bustle, here the teachers do not find time to fulfill their wishes. Therefore, even if they want to, they are not able to give as much time to yoga education as the rural teachers. The propaganda of yoga was done by the workers by going from village to village. Therefore, the attitude of rural teachers towards yoga is more than that of urban teachers.
2. Urban teachers pay more attention to yoga than rural teachers. The reason for this is that urban female teachers are more conscious about improving their health and personality.
3. Female teachers are more inclined towards yoga than male teachers.

**Suggestions** - Based on the research findings, the following suggestions are presented -

1. Teachers should encourage students of all classes towards yoga education and increase their self-confidence so that their mental ability and adjustment capacity can increase.
2. To increase the concentration of the students, teachers should make them a habit of chanting Om (ॐ) daily.

**References:**

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