

## Analytical Perspective on the Impact of Yogic Education among College Teachers

**Uma Ganguly**

Assistant Professor, Department of Statistics  
PSG College of Arts & Science  
Coimbatore, TamilNadu, India

**Paper Number: 240005**

**Abstract:** *In the modern world of 21<sup>st</sup> century, especially in the pandemic environment, humans are struggling for survival both physically and mentally in day-to-day life. Human life is a highly responsible and dignified one. The present age has seen a tremendous/exponential growth in scientific advancement and technology in the data and knowledge world. Accordingly life style changes and transitions are taking its own route in an astounding mode among the younger generations especially Gen Z. Each and everyone in the society are able to witness a mixture of timesaving gadgets and practices for comfort and convenient living without knowing and realizing the values of human. In this situation, one can able to hear a buzz or magic word ‘Yoga’ from atleast one person in a family. This is due to the awareness about declaration came after adoption of June 21 as “International Day of Yoga” by our Indian Prime Minister during his address to UN General Assembly on September 27, 2014 and nearly 175 nations in the globe taken initiative to adopt and also initiated to include in their educational system as well. Our Bharath is the land of Sidhaas, Saints and Sages who are known for their infinite wisdom in terms of Yoga, Asanas and Meditation. Yogais one of the traditional methods that makes our body and soul effectively and rejuvenates our inner peace through self realization. This study focuses among the education community particularly Teachers of Higher Education Institutions (HEIs) to analyze statistically and scientifically evaluate their effectiveness and impact of Yogic knowledge in their daily life including personal and professional life.*

**Key Words:** *Yoga, International Day of Yoga, Statistical Analysis, Descriptive Measures, t-test*

### Introduction

Yoga is an ancient practice; it has been associated with cultural, religious and physical activity for more than 2000-4000 years. In ancient India, Yoga is described in the link between the individual and the nature having Pancha Boothas. Where an individual is having the quality such as ego, desire

and anxiety and also in nature if everything goes smoothly, otherwise natural disasters such as extreme temperature, duststorms, earthquakes, heavy rain, hurricanes, flood, wildfires occurs adversely showing a correlation between the Pancha boothas of human and nature. Yoga and meditation can play an important role in our life because it controls the functioning of our mind (ego, desire and intellectual).Yoga is a well known physical, mental and spiritual practice since the ancient time and still benefitted people globally.

Yoga is a spiritual science, for the integrated and holster enlargement and magnification of an physical, mental as well as spiritual facts, word Yoga originated from the Sanskrit word 'Yuj' meaning union of the body, mind and soul to achieve a balanced life. The growing popularity of Yoga and its increasing socialization attracted many peoples and professionals for scientific enquiry in the science of Yoga. In the past few decades, the interest of Yoga has been increased tremendously particularly in western countries leading to multi-billion dollar business.

Even though Yoga is originated from India and is getting popularized in recent years only. This acceptance of Yoga science is mainly due to urbanization growth, technology and industrial development which caused varying degree of social conflicts, mental tension and stressful situation in the daily routine. Yoga is a way of life is truer to its ancient tenets. If continuation of exercises, asanas, regularity breathing (Pranayama) and principles that govern the mind makes everyone in a peaceful state.

According to Pathanjali, Yoga controls of eight steps which are all especially important and related as part of a whole having the purpose of self realization. The eight steps of Yoga are Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.

Human life has been in existence since primitive ages. Depending on the place, time and growth of knowledge and also on one's felt needs, actions and concepts have been developing and continuing up to the present. In our daily life one finds many problems/discomfort due to the action that is unreasonable. In this endeavors, the digital era, with the scientific growth and worldwide educational setup is most suited to take measures to evolve a new culture with the same tradition, values and experiences a calm life without discomforts, pains and miseries. For the reformation of human culture worldwide, step-by-step process with the basic objectives are needed.

Yoga is defined as Being Conscious of the Consciousness to have the noblest life. Yoga is an internal expedition that creates an awareness and understanding of ourselves and leads us to self-transformation. It is a primordial science of self-development which reorganizes our mind and body. It leads to perfect balance and harmony between them. In other words, it is an

art of controlling our mind, body and breath and unlocking the hidden potential energies. As per the sayings of great guru **Vathatheri Maharishi**, “Physical body, life force and mind are inter-linked and inter-connected in the existence of man” which is unimaginable and wonderful network system in the Universe. Five-fold Moral Culture for the self and Vethathiri Principles of Life for Society gives complete system of practices for both mental and physical well being of humans. Millions of years have passed by after the evolution of mankind, new ideas and needs get generated and getting generated to satisfy the needs of living beings especially human beings. If once understood the basic needs of mankind, there is peacefulness, otherwise we have to make others understand with love and compassion through the process called education. Accordingly Gandhiji view also enlighten the importance of education, “By Education I mean an all around drawing out of the best in child and man body, mind and spirit”.

In today’s world, education has brought much distinction in various aspects of life from childhood and oldage. The system of education also has undergone changes according to the needs of the time and environment (On-line/Virtual mode of teaching and learning in COVID-19 situation). Maharishi envisioned that the young minds should take up Yoga as a part of curriculum through which morality, duty and charity will become possible to have spiritual and holistic education. In recent days, one can able to hear a buzz or magic word ‘**Yoga**’ from atleast one person in a family. This is due to the awareness about declaration came after adoption of June 21 as “**International Day of Yoga**” by our Indian Prime Minister during his address to **UN General Assembly on September 27, 2014** and nearly 175 nations in the globe taken initiative to adopt and also initiated to include in their educational system as well. Accordingly, Higher Education Institutions(HEIs) in Indiaprogressed in taking up Yoga for Human Excellence as a part of Curriculum and a subject in both UG and PG degree programs leading to research degrees. Accordingly, Yoga was included as a subject in UGC NET from January 2017 exam and around 4500 students appeared for the test conducted National Testing Agency(NTA). Also public, professionals, working community and teachers in schools, colleges shown keen interest in taking up an additional degree MA/MSc (Yoga of Human Excellence) apart from the subject of the specialization in order to have mental and physical well being.

This study analyzes the impact and effectiveness of Yogic Education among the college professors in their personal and professional life. Sample survey is taken using simple random sampling through Questionnaire method of data collection.

### Objectives of the Study

Professors of the college have to handle the student adults in the age group of 17-22 years. Due to the transformation of environment from school to college, to make the students mind in a balanced way by concentrating on their studies, academic and co-curricular activities there is a need for balanced mind which is possible through Science of Yoga. It provides a systematic approach to understand the root causes of our psycho-physiological problems such as fickleness of mind, hatred, greed, anger, depression, tremor, breathing disturbances etc among the student community. Recent years, parents and teachers face great difficulty in handling the younger generation in the technocrat society. Accordingly, teachers and professors of the college wishes to enrich their both theoretical and practical knowledge in Yoga through an additional degree. Main objective of the study is to assess

- Significant improvement in adjustment and flexibility due to the practice of Yoga.
- Significant reduction in the behavior due to the impact of Yoga regarding the different variables.

### Limitations of the Study

The study is confined with HEIs professor only with the sample of size 26 through the survey technique by the method of Questionnaire. Professors of the college who earned and undergoing an additional PG degree (MA/MSc - Yoga for Human Excellence) are considered for the study.

### Statistical Analysis of the study

Primary data type collected through the sample survey method using simple random sampling was analyzed using statistical tools such as Descriptive measures for the demographic data and paired t-test to test their significance. The findings and results were presented in the tables as under

**Table I: Demographic Profile of the College Teachers**

S.No	Variables	Group	Number(n)	Percentage(%)
1	Gender	Male	7	26.9
		Female	19	73.1
		<b>Total</b>	<b>26</b>	<b>100</b>
2	Age (years)	<30	4	15.4
		30-40	12	46.2
		40-50	7	26.9
		>50	3	11.5
		<b>Total</b>	<b>26</b>	<b>100</b>
3	Marital Status	Married	22	84.6

		Unmarried	3	11.5
		Separated	1	3.8
		<b>Total</b>	<b>26</b>	<b>100</b>
4	Number of Children	No Children	2	7.7
		1	12	46.2
		2	9	34.6
		Unmarried	3	11.5
		<b>Total</b>	<b>26</b>	<b>100</b>
5	Type of Family	Joint	10	38.5
		Nuclear	16	61.5
		Total	<b>26</b>	<b>100</b>

From the Table I, it shows that 19 respondents belong to Female and 7 respondents are Male. There are 4 respondents are below 30 years of age category, 12 are between 30 to 40 years, 7 respondents are between 40 to 50 years , and 3 respondents are above 50 years of age. In this study, there are 22 respondents are married, 3 respondents are Unmarried and 1 is separated in marriage life due to personal problems. Number of children concerned, the major respondents 12 are having only one child, 9 respondents have 2 children and 3 are unmarried and 2 respondents are not having child. Considering the family structure 10 respondents are living jointly and 16 are Nuclear family type due to Professional circumstances. From this, the respondents after entering into the family life, to full fill the lacunae in their personal and professional life, they seek to have Yoga knowledge to excel in their life.

### Paired- t test

The *paired sample t-test*, sometimes called the *dependent sample t-test*, is a statistical procedure used to determine whether the mean difference between two sets of observations is zero. In a paired sample *t-test*, each subject or entity is measured twice, resulting in *pairs* of observations. Common applications of the paired sample *t-test* include case-control studies or repeated-measures designs. The variables in the study are considered as Anger, Punctuality, Discipline, Anxiety, Understanding, Tolerance, Decision Making, Self Realization and Adjustment to test their significance before and after taking Yoga Programme.

**Null Hypothesis:** There is no significance among the variables before and after taking up PG degree programme in Yoga for Human Excellence among professors.

**Research Hypothesis:** There is significance among the variables before and after taking up PG degree programme in Yoga for Human Excellence among professors.

**Table II: Significance of Mean between Prior and PostScores on Selected Variables**

Test Characters	Measures of Variables			
	Mean	SD	t value	Sig.value
<b>Anger</b>	2.9038	1.017	3.277	.003
<b>Punctuality</b>	4.2307	.837	-1.873	.073
<b>Discipline</b>	4.1538	.612	-1.28	.212
<b>Anxiety</b>	3.3653	1.511	.908	.372
<b>Understanding</b>	3.8269	.860	-2.96	.007
<b>Tolerance</b>	3.8076	.752	-4.17	.000
<b>Decision Making</b>	3.8269	.808	-3.63	.001
<b>Self Realization</b>	3.8846	.904	-3.03	.006
<b>Adjustment</b>	3.9423	.905	-2.81	.009

Table-II indicates that the obtained significant value for Anger, Understanding, Tolerance, Decision making, Self realization and Adjustment shows very high significance before and after taking up the Yoga Degree Programme both at 5% and 1% level of significance. The significant value on the selected variables such as Punctuality, Discipline and Anxiety were found to be greater than the 'p' value at 5% level for 25 degrees of freedom. Generally, teachers in their profession are less anxiety, well disciplined and keep up their punctuality in going to the classes and accordingly showing no significance before and after taking up the Yoga Programme. The results of this study showed statistically significant and explained its effects positively.

## Discussions

In this study, more women are taken an additional degree in Yoga Education implying that in education system a balance state exist naturally and to overcome their work life balance there is a need for Yoga and meditation. Economic growth and modernization have wide opened the entry point for the spread of unhealthy lifestyles among younger generations and

also there is a need to inculcate the moral and ethical values. As the respondents are in education profession, they are already imbued with discipline and punctuality hence showing non-significance before and after taking up the degree program. The selected variables such as Anger, Understanding, Tolerance, Decision making, Self realization and Adjustment shows higher significance after Yoga Programme both in personal and professional life.

### **Conclusion**

Today, Yoga is a painstakingly worldwide phenomenon; it has taken the world by tempest and is gaining reputation day by day. It is enviable that, Yoga should be made an integral part of our educational, as well as health care systems. The prime intention of the research study is to identify and reason for inclusion Yogic education in their profession. Based on the findings and results there is progression in the awareness and raised the interest in the Yogic education which shows the pathway to include as a subject in the educational system. Mind body medicine is growing well these days, in which mind is reprogrammed by the help of meditation practices and ultimately body becomes healthy in all the ways handling both the family members, students and colleagues in the routine life style. And concluded that Yogic education has enough and adequate potential to establish harmony between mind and body and keep a rail track among the present and future generations in their life journey to reach their desired destination. Hence it is need of the hour to include Yogic Studies as one of the Course and Programme (UG, PG and Research ) in all the Higher Education Institutions of the Country and to make the teachers of HEIs to study and complete Yogic Practices for their career in a better and peaceful way.

### **References**

- Agarwal RP, Kumar A, Lewis JE. *A Pilot Feasibility and Acceptability Study of Yoga/Meditation on the Quality of Life and Markers of Stress in Persons Living with HIV Who also Use Crack Cocaine. J Altern Complement Med.* 2015; 21: 152– 158p
- Anita (2014): *Need and importance of Yoga in healthy living. Global International research Thoughts, 1: 1-4.*
- Bhardwaj S. 2012. *Importance, utility and value of Yoga in our life. Asian Journal of Multidimensional Research, 204-210.*
- Deepak Kumar Semwal<sup>1\*</sup>, Ashutosh Chauhan ( ) *Recent Development in Yoga: A Scientific Perspective, Journal of AYUSH: Ayurveda, Yoga, Unani,*

*Siddha and Homeopathy* ISSN: 2278-2214(online), ISSN: 2321-6484(print)  
Volume 5, Issue 1

Dhamodharan M .K., *Simplified Kundalini Yoga and EEG Frequencies.*,  
*Ancient Science* .,2015., ISSN: 2373-7964

L.C. De & D.R. Singh(2017): *Yoga For Healthy And Quality Life- A Review*,  
*International Journal of Research in Applied, Natural and Social Sciences*  
(IMPACT: IJRANSS) ISSN (P): 2347-4580; ISSN (E): 2321-8851 Vol. 5, Issue 9,  
Sep 2017, 87-90

H.K. Prasai et al. (2017): *Yoga for Healthy Life*, *Int. J. Grad. Res. Rev.*Vol-3,  
Issue-2: 23-24 *International Journal of Graduate Research and Review*

Mishra SP(2004); *Yoga and Ayurveda*. New Delhi: Chaukhamba Orientalia;  
2004; 187p.

Thathuvagnani Vethathiri Maharishi,(1977): *Simplified Physical Exercises*.  
Erode, India: Vethathiri Publications, 1977.

VermaManika, Singh Charan, Rajesh. (2015). *Importance of Yoga in twenty*  
*first century*. *International Journal of Physical Education, Sports and Health*,  
2: 1-2.

Vivekananda, Rishi, (2006), *Practical Yoga Psychology*, Yoga Publication  
Trust, Ganga Darshan, Munger Bihar

YadavAsha, Singh Savita, Singh KP, PaiPreeti. (2015). *Effect of an integrated*  
*approach of Yoga therapy on quality of life in coronary artery disease*  
*patients*. *International Journal of Therapeutic Applications*, 30: 7—13

Yatendra Kumar Sharma; Dr. Sushil Sharma & 3Dr. Ekta Sharma(2018):  
*Scientific benefits of Yoga: A Review*, *International Journal of*  
*Multidisciplinary*, Volume-03, ISSN: 2455-3085 (Online) Issue-08, August-  
2018

Vethathiri Maharishi; (2002) : *Vethathirian Principles of Life*, Vethathiri  
Publications, VazhgaValamudan, Erode.