

# YOGA AWARENESS AMONG B.Ed. STUDENT TEACHERS IN BENGALURU CITY

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**Abstract:** The topic taken for the investigation is on yoga Awareness among B.Ed. Student Teachers in Bengaluru City. The study was conducted through descriptive method of research. The sample of the present study constitutes the B.Ed. student teachers studying in private aided and private unaided B.Ed. institutions situated in Ramanagara and Bengaluru Districts affiliated to Bangalore University was identified as the population for the present study. Giving representation of type of management, a sample of 120 B.Ed. students was randomly selected out of which 60 students from private aided and 60 from private unaided colleges. The number of male students was 60 and female students were 60. Yoga Awareness Scale developed by Chethan S. and Dr. Narayanaswamy M. (2022) was used to know the students' awareness of yoga. The reliability of YAS was calculated by using split-half method and corrected by using Spearman-Brown formula and it was found to be 0.81. The reliability of scale, calculated by test-retest method was found to be 0.75. The high validity and reliability coefficients thus obtained showed that the scale is a reasonably valid and reliable one. The collected data was analyzed through independent 't' test and the level of significance was fixed at 0.05 confidence level.

**Keywords:** Yoga, Awareness, Education, Student Teachers

## 1. INTRODUCTION

The level of awareness of yoga among B.Ed. student teachers would depend on various factors such as their personal interest, exposure to yoga, and the curriculum in their teacher training program. However, it is generally expected that B.Ed. student teachers would have some basic knowledge and understanding of yoga as it is a holistic approach to physical, mental and emotional well-being, which is relevant to their future profession as educators. This can also help them in inculcating values of wellness and mindfulness in their future students. Awareness of yoga among B.Ed. student teachers in Bengaluru city refers to their understanding and familiarity with the practice of yoga. It is likely that a high percentage of B.Ed. student teachers in Bengaluru have some level of awareness about yoga due to the city's reputation as a hub of wellness and alternative health practices. However, the extent of their actual knowledge and practice of yoga may vary.

Yoga is a physical, mental and spiritual practice that originated in ancient India. First codified by the sage Patanjali in his Yoga Sutras around 400 C.E, the practice was in fact handed down from teacher to student long before this text arose. Yoga is a holistic practice that originated in ancient India over 5000 years ago. It is a combination of physical postures, breathing techniques, meditation, and ethical principles that aim to unite the body, mind, and spirit. Yoga has evolved over the years and is now widely practiced all over the world for its numerous health benefits.

Physical benefits of yoga include increased flexibility, strength, and balance, as well as reduced stress and pain. The various postures, or asanas, are designed to stretch and strengthen different parts of the body, improving overall physical fitness and reducing the risk of injury. In addition, yoga's focus on controlled breathing and mindfulness can help to calm the mind and reduce stress, leading to improved mental health.

Asanas help to adjust the vertebrae, increase exibility, strengthen muscles and tendons, and thus contribute to proper posture (Khalsa, 2007). By practicing asanas and pranayama, internal organs are being regenerated, the epidermal, digestive, and cardiovascular systems are being cleansed of toxins and wastes, the nervous and endocrine systems are being balanced, and brain cells nourished (Khalsa, 2007).

The spiritual aspect of yoga is also important, with the ultimate goal being to achieve a state of inner peace and self-awareness. Meditation and mindfulness practices help to quiet the mind and increase focus and concentration. This, in turn, can lead to a sense of inner peace and a better understanding of one's self.

Moreover, yoga also has ethical principles, such as non-violence, truthfulness, and non-stealing, which help to cultivate a sense of inner discipline and morality. By incorporating these values into daily life, practitioners of yoga can lead more fulfilling and meaningful lives.

## Yoga Awareness

Yoga Awareness is the understanding and recognition of the practice of yoga and its various aspects. In recent years, there has been a significant increase in the awareness of yoga, with many people across the world adopting this ancient practice as a way to improve their physical, mental, and spiritual well-being. It was believed for ages that the concept of Yoga is for Yogis and Sadhus, but after acknowledging the numerous benefits associated with Yoga, the present scenario is gradually improving (Sheela Nagendra and Ganpat, 2013).

Yoga has been practiced for thousands of years and has a rich history and tradition in India. Over the years, it has evolved and has been adapted to meet the needs of modern society. Today, there are many different styles of yoga, each with its own approach and emphasis.

One of the reasons for the increased awareness of yoga is its numerous health benefits. The physical practice of yoga, including postures (asanas) and controlled breathing (pranayama), can improve flexibility, strength, and balance, reduce stress and anxiety, and alleviate chronic pain. In addition, the mental and spiritual aspects of yoga, including meditation and mindfulness, can help to calm the mind, increase focus and concentration, and promote inner peace and self-awareness.

Another factor contributing to the increased awareness of yoga is its accessibility. Yoga is a low-impact form of exercise that can be modified to suit people of all ages and abilities, making it an attractive option for people who are looking to improve their health and well-being. There is also a growing body of scientific research that supports the health benefits of yoga, further increasing its popularity and recognition.

## 2. NEED OF THE STUDY

Yoga Awareness is important for B.Ed. student teachers as it can promote health and well-being, enhance their teaching ability, incorporate values of wellness, and support a holistic approach to education. By having a basic understanding of yoga, B.Ed. Student teachers can make a positive impact on their future students and help to create a more positive and supportive learning environment. By having a basic understanding of yoga and its various practices, B.Ed. student teachers can promote physical, mental, and emotional well-being among their future students. They can teach their students about the benefits of yoga and incorporate yoga practices into their lessons, promoting healthy habits and a positive outlook on life.

Awareness of Yoga during the pandemic situation in P.G students was very well. As a daily routine they use Yoga as a cure for preventing themselves from the pandemic situation of COVID-19. Karmakar and Gope (2021). Yoga practice is capable to achieve personal abilities such as stress management, attention in their works, and maintenance of physical and mental health (Shrestha et al. (2021). Medical students are more prone for stress during their curricular training, knowledge and awareness about Yoga Asana can play an immensely significant role. A sensitization program about YOGA may be planned for the benefit of the students. Kathapillai (2019) Yoga was still very low, there was a wakeup call to rethink about one's physical and mental health. The people have come to recognize Yoga as much more than a form of exercise with growing demand. Yadav and Yadav (2018). The awareness of "yoga as a cure" for many diseases was higher in girls than boys of upper primary schools. Qamar and Husain (2017)

Practicing yoga can help B.Ed. student teachers to reduce stress and anxiety, increase focus and concentration, and improve their physical health. These benefits can enhance their teaching ability and their ability to interact with their students. By teaching their future students about the principles and practices of yoga, B.Ed. Student teachers can help to inculcate values of wellness, mindfulness, and inner peace. These values can have a positive impact on their students' overall well-being and help to create a more positive and supportive learning environment.

Yoga is a holistic practice that promotes physical, mental, and emotional well-being. By incorporating yoga into their lessons, B.Ed. student teachers can support a holistic approach to education, promoting well-rounded and balanced development for their students.

## 3. STATEMENT OF THE PROBLEM

The topic identified for the current investigation is on "Yoga Awareness among B.Ed. Student Teachers in Bengaluru City. The purpose of this investigation is to examine the Yoga Awareness among B.Ed. Student Teachers in Bengaluru City.

## 4. STATEMENT OF HYPOTHESES

1. There is no significant difference in the Yoga Awareness of B.Ed. College male and female students.
2. There is no significant difference in the Yoga Awareness of private aided and private unaided B.Ed. college students.
3. There is no significant difference in the Yoga Awareness of B.Ed. College students studying in 1st year and 2nd year B.Ed. course.

## 5. METHODOLOGY

The topic taken for the investigation is on yoga Awareness among B.Ed. Student Teachers in Bengaluru City. The study was conducted through descriptive method of research. The sample of the present study constitutes the B.Ed. student teachers studying in private aided and private unaided B.Ed. institutions situated in Ramanagara and Bengaluru Districts affiliated to Bangalore University was identified as the population for the present study. Giving representation of type of management, a sample of 120 B.Ed. students was randomly selected out of which 60 students from private aided and 60 from private unaided colleges. The number of male students was 60 and female students were 60. Yoga Awareness Scale developed by Chethan S. and Dr. Narayanaswamy M. (2022) was used to know the students' awareness of yoga. The reliability of YAS was calculated by using split-half method and corrected by using Spearman-Brown formula and it was found to be 0.81. The reliability of scale, calculated by test-retest method was found to be 0.75. The high validity and reliability coefficients thus obtained showed that the scale is a reasonably valid and reliable one. The collected data was analyzed through independent 't' test and the level of significance was fixed at 0.05 confidence level.

6. ANALYSIS AND INTERPRETATION OF DATA

**Table-1:** Table shows Number, Mean, Standard Deviation, ‘t’ value and Significance Level between the B.Ed. College students’ awareness about yoga with regard to sex, type of management and course of the year.

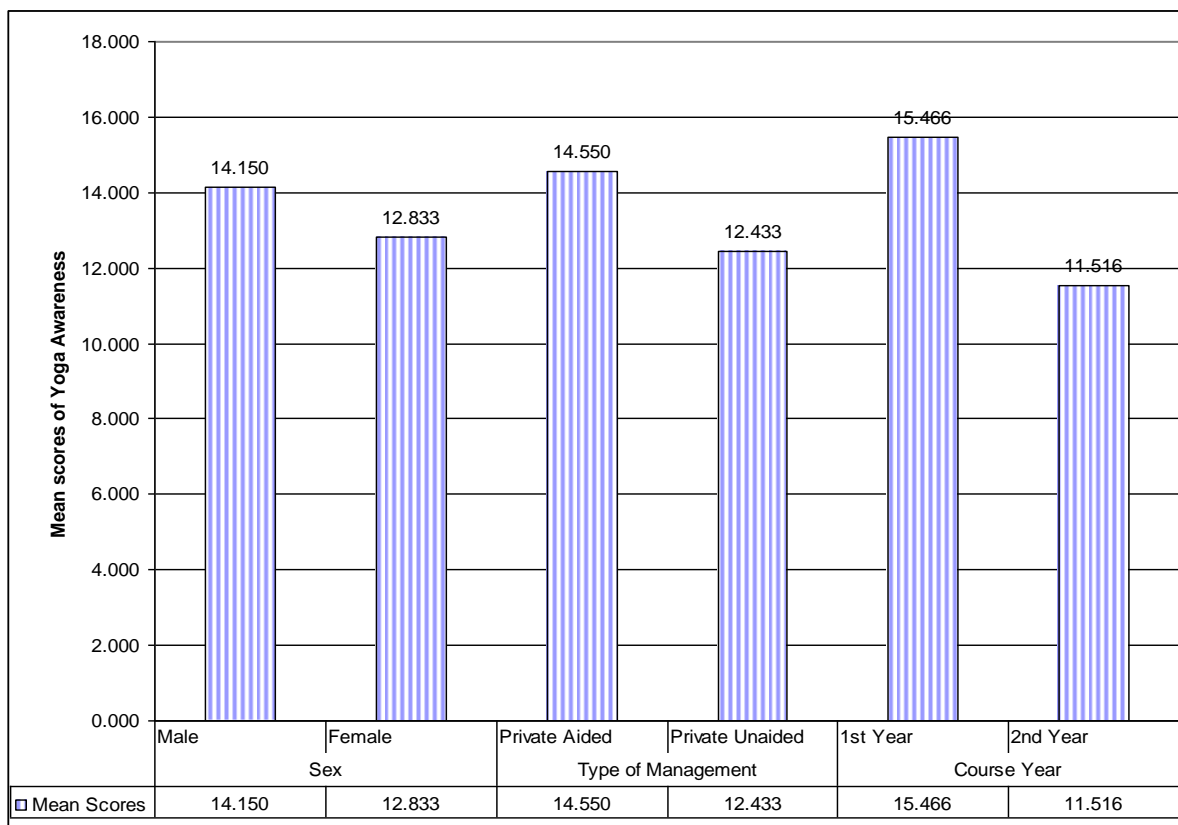
Variable	Groups	N	Mean	Standard Deviation	‘t’ Value	Sig. Level
Sex	Male	60	14.150	3.473	2.01	*
	Female	60	12.833	3.728		
Type of Management	Private Aided	60	14.550	3.967	3.31	**
	Private Unaided	60	12.433	2.970		
Course Year	1st Year	60	15.466	2.764	7.03	**
	2nd Year	60	11.516	3.357		

\* Significant at 0.05 level (Table Value=1.98); \*\* Significant at 0.01 level (Table Value=2.63)

It can be inferred that, the obtained ‘t’ value 2.01 is greater than the table value 1.98 (df=118) at 0.05 level of significance with regard to differences in the male and female students’ attitude towards yoga. Hence, the null hypothesis is **rejected** and alternate hypothesis has been accepted that is “there is a significant difference in the Yoga Awareness of B.Ed. College male and female students.” The male B.Ed. college students’ yoga awareness (M=14.150) is more than that of female students (M=12.833). It is inferred that, male students’ yoga awareness is better when compared with female students.

It can be inferred that, the obtained ‘t’ value 3.31 is greater than the table value 2.63 (df=118) at 0.01 level of significance with regard to private aided and private unaided B.Ed. college students’ yoga awareness. Hence, the null hypothesis is **rejected** and alternate hypothesis has been accepted that is “there is a significant difference in the Yoga Awareness of private aided and private unaided B.Ed. college students.” The private aided B.Ed. college students’ yoga awareness scores (M=3.967) is more than the mean scores of private unaided students (M=12.433). It is inferred that, the private aided B.Ed. college students’ yoga awareness are better when compared with students from private unaided colleges.

It can also be inferred that, the obtained ‘t’ value 7.03 is greater than the table value 2.63 (df=118) at 0.01 level of significance with regard to 1st year and 2nd year B.Ed. students’ yoga awareness. Hence, the null hypothesis is **rejected** and alternate hypothesis has been accepted that is “there is a significant difference in the Yoga Awareness of B.Ed. College students studying in 1st year and 2nd year B.Ed. course.” The mean yoga awareness scores of 1st year B.Ed. students (M=15.466) is more than the 2nd year B.Ed. college students (M=11.516). It is inferred that, the 1st year B.Ed. students’ yoga awareness are better when compared with 2nd year B.Ed. students.



**Fig.1:** Bar graph shows the mean differences in the Yoga Awareness of B.Ed. students due to the variations in the background variables.

## 7. MAJOR FINDINGS

1. There was a significant difference in the Yoga Awareness of B.Ed. College male and female students ('t' =2.01; 0.05 level). The male B.Ed. college students' yoga awareness (M=14.150) is more than that of female students (M=12.833).
2. There was a significant difference in the Yoga Awareness of private aided and private unaided B.Ed. college students ('t' =3.31; 0.01 level). The private aided B.Ed. college students' yoga awareness scores (M=3.967) is more than the mean scores of private unaided students (M=12.433).
3. There was a significant difference in the Yoga Awareness of B.Ed. College students studying in 1st year and 2nd year B.Ed. course ('t' =7.03; 0.01 level). The mean yoga awareness scores of 1st year B.Ed. students (M=15.466) is more than the 2nd year B.Ed. college students (M=11.516).
4. There was a significant difference in the Yoga Awareness of Kannada and English medium B.Ed. College students ('t' =2.31; 0.05 level). The Kannada medium B.Ed. college students' yoga awareness mean scores (M=14.115) is more than English medium students (M=12.647).

## 8. CONCLUSION

The result concludes that the awareness of yoga perceived by student teachers was significantly influenced by sex, type of institution, course of the year and medium of instruction of student teachers. Yoga provides better mental clarity and encourages the practitioners to adapt to a healthier, more sustainable way of life, besides offering better strength and dexterity. The government's initiatives like the launch of International Day of Yoga have been embraced by Yogi's from across the world and in India with equal fervor. A favorable atmosphere must be created by the institutions for the regular practice of yoga. Experiencing its goodness will prepare student teachers to encourage future citizens to also avail the benefits of Yoga. It is necessary to make yoga a part of the Teacher Education curriculum. The institution must provide dedicated faculty trained in yoga and the students must compulsorily participate in yoga classes and practical sessions.

## 9. IMPLICATION FOR THE STUDY

To improve yoga awareness among B.Ed. student teachers in Bengaluru City, some potential implications are:

1. *Incorporation into the Curriculum:* Incorporate yoga into the B.Ed. curriculum to provide students with a strong foundation in the practice and its benefits.
2. *Hands-on Experience:* Provide students with hands-on experience through regular yoga classes, workshops, and practical sessions led by experienced yoga instructors.
3. *Integration into Classroom Practices:* Encourage student teachers to integrate yoga into their classroom practices, such as incorporating yoga poses into their daily routines, meditation, and stress-management techniques.
4. *Collaborative Learning:* Encourage student teachers to work together in groups to plan and implement yoga-based activities, and share their experiences and knowledge with each other.
5. *Visits to Yoga Centers:* Organize visits to local yoga centers and ashrams to give students a deeper understanding of the practice and its cultural and historical roots.
6. *Awareness Campaigns:* Organize awareness campaigns and events to promote yoga and its benefits, and to encourage students to continue practicing yoga throughout their lives.
7. *Encouragement of Personal Practice:* Encourage students to establish a regular personal yoga practice, and provide support and resources to help them maintain their practice.
8. *Continuing Professional Development:* Provide opportunities for continuing professional development in yoga, such as workshops, retreats, and training programs, to help students deepen their understanding of the practice.

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