

IMPACT OF YOGA ATTITUDES IN THE CONTEXT OF NCC CADETS AND NSS VOLUNTEER

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Abstract

The term "yoga attitude," which is often used to refer to a yogic attitude or mindset, refers to a collection of values and methods that practitioners of yoga develop in order to improve their general health and spiritual development. Though there isn't a single, widely accepted definition of a "yoga attitude," there are a few essential components that are frequently linked to the yogic way of thinking. The prime aim of the study was to explore Yoga Attitude among NCC Cadets and NSS Volunteers. All this information was collected by creating an online Google form according to Yoga Attitude Scale. The Yoga Attitude Scale developed by Dr. Mahes Kumar Muchhal (2008). Test results of a study carried out on a sample Group of NCC Female Cadets and NCC Male Cadets included 18 Female cadets and 17 Male cadets Another Group of NSS Volunteers included 16 Female volunteers and 18 Male Volunteers. Third Group is NSS and NCC included 19 NSS Volunteers and 19 NCC Cadets in district of Mahesana were used to describe the interpretation of research results using the Mann-Whitney U test. The difference between all three group is not significant.

Keywords: Yoga Attitude, NCC, NSS

INTRODUCTION

Although an attitude cannot always be seen directly, it can be deduced from overt actions and responses, both spoken and nonverbal. To put it more objectively, attitude can be defined as a predisposition to respond to particular types of stimuli. 'Attitude' has really most often been linked to emotionally charged reactions in practice. The attitude that is difficult to modify is a deeply ingrained feeling.

In the words of L.L. Thurstone, "Attitude is the sum total of an individual's inclination, feelings, prejudices or biases, preconceived notions threats and convictions or beliefs about any specific object."

While yoga is acknowledged as an alternative therapy that can be used in conjunction with medications, it was also practiced in the ancient times. In the meantime, during the mediaeval era, we were dependent on and inclined towards medicines, including Aurvedic, Unani, and later on Allopathic, due to our leisure time. Recently, there has been a push for yoga and completion. Yoga is a healing modality for people of all ages, therefore it's critical to understand it and impart it to students through formal, informal, and online learning settings. To that end, researchers have developed a yoga attitude scale to gauge students' attitudes.

NCC

According to Sargent Rajendra Chimpi (1997) in modern world where every good or bad step influences country's progress, the need for national unity and integration is very important. Today discipline in every field is necessary. In India the N.C.C. is a national organization which plays an important role in country's unity and strength. Its role is incomparable and we have not to pay for it. It is the only mean through which we can shape our nation's future. As today's adolescence is tomorrow's base. It is most important to develop within them the spirit of nationality.

Today our country is facing so many problems such as a terrorism, casticism, and secularism etc. so the main need is to make the new generation aware of these very things. And we can do this only by the N.C.C. as its training includes all facets which are valuable for the nation's progress. Its discipline teaches to be humble in every walk of life. Its training teaches to be active in each and every aspect of life. Its main moral is "Never accept the defeat till the last breath and raise very step for the good of the nation".

NSS

The National Service Scheme (NSS) was started to establish a meaningful linkage between the campus and the community. Mahatma Gandhi, the Father of the Nation, had recognized that the country could not progress in a desired

direction until the student youth were motivated to work for the upliftment of the villages/community. For Gandhiji the villages, where majority of the population lived, represent the country i.e. India. Therefore, for the national reconstruction and national resurgence it was deemed fit that the students and teachers should be properly sensitized and utilized for strengthening the Indian society as a whole with particular emphasis on rural community. Therefore, student youth, teachers and the community are considered the three components of the National Service Scheme. The motto or watchword of the National Service Scheme is: "NOT ME BUT YOU". This reflects the essence of democratic living and upholds the need for selfless service and appreciation of the other person's point of view and also to show consideration for fellow human beings. It underlines that the welfare of an individual is ultimately dependent on the welfare of society on the whole. Therefore, it should be the aim of the NSS to demonstrate this motto in its day-to-day programme.

OBJECTIVES OF THE STUDY

The present study was carried out to accomplish following objectives:

- To investigate the difference between the scores obtain from Yoga Attitude in relation to gender of NCC Cadets.
- To investigate the difference between the scores obtain from Yoga Attitude in relation to gender of NSS Volunteers.
- To explore the difference between the scores obtain from Yoga Attitude in relation to NSS Volunteers & NCC Cadets.

HYPOTHESIS

1. There is no significant difference in the Yoga Attitude of Female and Male Cadets of NCC.
2. There is no significant difference in the Yoga Attitude of Female and Male Volunteers of NSS.
3. There is no significant difference in the Yoga Attitude of NSS Volunteers and NCC Cadets.

VARIABLE

Sr. No.	Variable Name		Level	Name of Level	
1	Independent	NCC	2	1. Female 2. Male	
2	Independent	NSS	2	1. Female 2. Male	
3	Dependent	Yoga Attitude Scale	1	Measurement of Yoga Attitude	

METHOD

Sample

The present study was carried out on College Students live in district of Mehsana in Gujarat state. In this research Students divided in two Group of NCC female Cadets and Male Cadets and Second is NSS Female Volunteers and Male Volunteers. Third Group is NCC Cadets and NSS Volunteers. a sample Group of NCC Female Cadets and NCC Male Cadets included 18 Female cadets and 17 Male cadets Another Group of NSS Volunteers included 16 Female volunteers and 18 Male Volunteers. Third Group is NSS and NCC included 19 NSS Volunteers and 19 NCC Cadets in district of Mahesana were used to describe the interpretation of research results using the Mann-Whitney U test. All this information was collected by creating an online Google form according to Yoga Attitude Scale.

TOOLS

Personal Data Sheet:

A Personal data sheet developed by investigator was used to collect information about male, female cadets and volunteers of NCC and NSS.

Yoga Attitude Scale

The Yoga Attitude Scale has been developed to provide a handy tool to identifying Peoples attitude of Yoga. Further, the scale is developed in a way as to provide a more meaningful can be scored by hand only. It has 15 positive and 15 negative items. For positive 2, 1, 0 scores are given to agreed, undecided and disagreed respectively. As for negative items scoring is reversed. The Yoga Attitude Scale developed by Dr. Mahes Kumar Muchhal (2008). In this scale total 30 Sentence under the three options, viz. agreed, undecided and disagreed. These options indicate the level of Yoga Attitude.

Reliability

Coefficient of reliability was computed by Split half method and Spearman Brown method. It was found .71 by split half method and .83 by spearman brown method.

Validity

The face validity of the Scale appeared to be fairly high.

STATISTICAL ANALYSIS

In this study Mann Whitney U test was used for statistical analysis.

RESULTS AND DISCUSSION

As pointed out previously that the prime aim of the study is to investigate Yoga Attitude in relation to Group of NCC & NSS. Here further I would like to mention that the score obtained on Yoga Attitude has been developed by Dr. Mahes Kumar Muchhal (2008). Test results of a study carried out on a sample Group of NCC Female Cadets and NCC Male Cadets included 18 Female cadets and 17 Male cadets Another Group of NSS Volunteers included 16 Female volunteers and 18 Male Volunteers. Third Group is NSS and NCC included 19 NSS Volunteers and 19 NCC Cadets in district of Mahesana were used to describe the interpretation of research results using the Mann-Whitney U test. Data presented in Tables Ranks, Test Statistics and Report was to interpret the results of the research.

Ho 1: There is no significant difference in the Yoga Attitude of Female and Male Cadets of NCC.

Table 1: Shows Mean Rank, Sum of Ranks, U value on Yoga Attitude between Male and Female Cadets of NCC.

Group (NCC)	N	Mean Rank	Sum of Ranks	Calculated U	Table Value	Significant Level (0.05)
Female cadets	18	20.81	374.5	102.5	93	N.S.
Male cadets	17	15.03	255.5			

Table 1 presents data on the calculated U-values and the approximately calculated statistical significance of differences between the crossed variables. Looking at the table where N1 is 18 and N2 is 17 the value of the table is 93. When calculated U is 102.5. Which is more than the value of the table so the null hypothesis is accepted here the difference between two groups male and female cadet of NCC is not significant at 0.05. Regarding the difference not being significant, it can be said that there is no clear attitude of male and female cadets of NCC towards yoga.

Ho 2: There is no significant difference in the Yoga Attitude of Female and Male Volunteers of NSS.

Table 2: Shows Mean Rank, Sum of Ranks, U value on Yoga Attitude between Male and Female Volunteers of NSS.

Group (NSS)	N	Mean Rank	Sum of Ranks	Calculated U	Table Value	Significant Level (0.05)
Female volunteer	16	19.56	313	111	86	N.S.
Male volunteer	18	15.67	282			

Data on the estimated statistical significance of differences between the crossing variables and the derived U-values are shown in Table 2. When N1 is 16 and N2 is 18 and respectively, the value of the table is 86. When calculated U value is 111. In this case, the null hypothesis is accepted and the difference between the two groups female volunteers and Male volunteer is not significant at 0.05. This Calculated U value is greater than the value of the table. The reason for the non-significance of the difference may be that there is no effect of NSS on their attitudes towards yoga among volunteers from female and male.

Ho 3: There is no significant difference in the Yoga Attitude of NSS Volunteers and NCC Cadets.

Table 3: Shows Mean Rank, Sum of Ranks, U value on Yoga Attitude between NSS Volunteers and NCC Cadets.

Group	N	Mean Rank	Sum of Ranks	Calculated U	Table Value	Significant Level (0.05)
NSS	19	20	380	171	113	N.S.
NCC	19	19	361			

Table 3 presents data on the calculated U-values and the approximately calculated statistical significance of differences between the crossed variables. Looking at the table where N1 is 19 and N2 is 19 the value of the table is 113. When calculated U is 171. Which is more than the value of the table so the null hypothesis is accepted here the difference between two groups NSS and NCC is not significant at 0.05. Regarding the difference not being significant, it can be said that there is no clear attitude of NSS volunteers and cadets of NCC towards yoga.

CONCLUSION

1. There is no discernible difference between female and male cadets attitudes toward yoga. In consideration of the reality that the differences are not statistically significant, it can be claimed that female and male cadets attitudes on yoga are unidentified.
2. In terms of yoga attitude, there are not significant differences between volunteers in female and male of NSS. The lack of importance of the difference may be due to the fact that volunteers from both female and male group have the same attitudes toward yoga regardless of where they live.
3. There is no noticeable difference between NSS volunteers and NCC cadets attitudes toward yoga. In consideration of the reality that the differences are not statistically significant, it can be claimed that NSS volunteers and NCC cadets attitudes on yoga are unidentified.

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