



Physical Education Teacher's Opinion Regarding Status of Yoga Practices in Secondary Schools of Valsad District

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Abstract:

Yoga is a best practice originated in ancient India for physical, mental and spiritual health. The aim of yoga practices, at secondary school level is the attainment of a state of perfect spiritual insight among the students to get relief from stress of work. The 'International Yoga Day' is celebrated in all school of India from 21 June 2015. So, to know the status of secondary school of Valsad district, 18 schools were selected randomly as a sample. Open ended Questionnaire for Physical Education Teachers was administered. After collection of the data its analysis and interpretation was done by logical inductive method in it first matrix and than from matrix pattern was prepared.

1. Introduction

Education has been always for the overall development of the child, but nowadays it has just become 'Instruction' which is part of education but not education itself. According to Michaelson A., Grossman P., Acil A., et.al(2005), "Yoga is a holistic system of multiple mind body practices of mental and physical health that include physical postures and exercises, breathing techniques, deep relaxation practices, cultivation of awareness/ mindfulness and meditation. Yoga and meditation techniques have been shown to reduce perceived stress and improve need". Yoga has been an integral part of health and Physical education. It has been made a compulsory subject up to the secondary school stage since 1988. The NCF 2005 adapted a holistic definition of health in which yoga is an integral part of it. Within this overall framework both are seen as routes for achieving holistic development of children.

2. Definition of Terms

Each words has their, own meaning according the research done on it. So, researcher has given definition of words included in title.

2.1 Status

According to oxford dictionary (2015), "The situation at a particular time during a process"
In reference to the present research status mean, the present situation of yoga practices in secondary schools of Valsad

2.2 Yoga

According to merriam-webster (2015), "Yoga is a system of exercises for mental and physical health"
In present research yoga means, yoga exercise, pranayama and relaxation practices and the way in which it can support students in their studies and everyday challenges.

2.3 Practices

According to the free dictionary (2013-2015), "To do or perform repeatedly in order to acquire or polish a skill"
In reference to the present research practices means, yoga practices followed by secondary schools students to achieve physical and mental development.

2.4 Secondary School

According to Wikipedia (2015), "In India, high school is a grade of education from standard IX to X. These are also called Secondary school. Usually, students from age 14 to 17 study in this section. These schools are affiliated to national board (like CBSE, ISC and NIOS) or various state boards" In reference to the present research, secondary school means, it includes student studying in standard 9 and 10.

2.5 Valsad

In reference to the present research, Valsad is one of the 33 districts in the Western Indian state of Gujarat. It is bound by Navsari district to the North, Nashik district of Maharashtra state to the east, and Dadra and Nagar Haveli union territory and Palghar district of Maharashtra to the South. It is divided into 6 talukas: Valsad, Vapi, Pardi, Umargam, Kaprada and Dharampur.

3. Objectives of the Research

The objectives of present research are as follows.

1. To study about the practices, programmes and activities related to yoga in secondary schools of Valsad District
2. To study about the status of yoga practices in secondary schools of Valsad District.

4. Research Questions

The questions of present research study are as follows.

1. What are the practices, programme and activities related to yoga in secondary schools of Valsad District are done?
2. What is the status of yoga practices in secondary schools of Valsad District?

5. Importance of the Research

This study intends to know the status of secondary schools Students about the yoga practices in schools.

1. This study will help to know the present status of yoga practices.
2. This study will help government to become aware of the policy and scheme planned by them is how much successful.

6. Delimitations of Research

In present research, following are the delimitation.

1. This study is confined to Secondary school of Valsad District only.
2. This study is confined to Open-ended Questionnaire only.

7. Population and Sample Selection

In reference to the present research, population is physical education teachers of secondary school of Valsad taluka. There are total 65 schools of Secondary section in Valsad.

8. Sample

In reference to the present research sample selection was done by Random Sampling Method. The 18 secondary school Physical education teachers were selected randomly from the population.

9. Selection of Tool

For the present research Open-ended Questionnaire was used to get data from physical education teachers.

10. Type and Method Of Research

In present research, type was Applied research and the method was descriptive-Survey method.

11. Data Collection

In order to collect required data for the study, the investigator had visited secondary school of Valsad District. After the observation of realistic condition of the school a permission letter was presented and permission was obtained from principal to collect necessary data. Teachers were given necessary instruction to know status of yoga practices and Open-ended Questionnaire was administered.

12. Data Analysis

In present research, data was collected by tools based on Objectives of the study. For data analysis of Open-ended Questionnaire matrix was made and pattern was prepared from it.

13. Findings of the Study

1. Major Problems faced while teaching yoga

- Students are not aware of yoga practices and less interested.
- Hall and playground is not available.
- Textbook of yoga practices and manual for yoga practices is not available.

2. Solutions for Major Problems faced while teaching yoga

- Special yoga experts should be invited.
- Hall is not available than playground should be used in proper season and small batches of students should be made.
- Textbook of yoga practices and proper time planning should be done for yoga practices.

3. Activities related to yoga done in school

- Asans, Pranayamas, Meditation and Suryanamaskar in mass are perform.

4. Changes occur in students after yoga practices

- Students feel relax in mind, calm and wise responses.
- Students showed discipline in behaviour.

5. Suggestions for Government related to yoga practices

- School should include celebration of 'yoga week',
- Increase yoga experts.
- Organise yoga camp during vacation.
- Yoga textbook, teacher manual should be prepared.
- Establishment of yoga universities.

14. Conclusion

In this research status of yoga practices in secondary school of Valsad District was studied. Yoga practices should be practiced regularly by the students. For teachers, yoga- textbook, yoga manual should be prepared.

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