

KNOWLEDGE ABOUT YOGA POSSESSED BY STUDENTS STUDY IN FINAL YEAR OF B. SC. (AGRI.)

J. B. Patel¹ and N. B. Chauhan² and P. J. Joshi³

1 Associate Proessor, Dept. of Agricultural Extension and Communication, BACA, AAU, Anand - 388110

2 Proessor & Head, Dept. of Agricultural Extension and Communication, BACA, AAU, Anand - 388110

3 Planning Officer, Office of Directorate of Research & Dean, P.G.Studies, AAU, Anand-388110

Email : jb@aau.in

ABSTRACT

The study was conducted at B A College of Agriculture, AAU, Anand with the objectives to study the profile of students and knowledge and skill acquired on yoga by students study in final year of B. Sc.(Agri.). Three-fourth students had high level of knowledge about yoga while, in case of knowledge of respondents regarding different aasan, majority of the respondents had knowledge about Tadasan followed by Gomukhasan Titliasan Vajrasan and Pavanmuktasan. Whereas, with regard to skill of respondents to perform different aasans, slightly more than two third of the respondents had full skill of Tadasan followed by Titliasan and Vajrasan. Overall 45.20 per cent students had medium level of yoga skill.

Keywords: yoga, knowledge, skill

INTRODUCTION

Human resources development is a part and parcel of every sector which is the process of developing people in a structured manner with a focus on raising a work force which can effectively help the organisation to meet its objectives. In the frenetic world of today, where management principles are being turned on their heads there are some principles and guideline which are constant and which can help in the development of human resources in such a way that the health of the organization and the health of the bottom line is safeguarded, Yoga is one of them. In the recent time our government is projecting Yoga as a tool of human resource development considering its scientific value and constructive impact on the development of human as resource. In the final year of B.Sc. (Agri.) yoga is also included in Student READY Programme. Hence, it is essential to know the inclination of students. Therefore, the research study on Yoga inclination of students study in final year of B. Sc.(Agri.) of AAU is undertaken with the following objectives.

OBJECTIVES

- (1) To study the profile of students study in final year of B. Sc.(Agri.)
- (2) To study the level of knowledge about yoga among students study in final year of B. Sc.(Agri.)
- (3) To study the skill acquired on Yoga by students study in final year of B. Sc.(Agri.)

METHODOLOGY

The study was conducted on final year of B. Sc. (Agri.) of AAU. The students of B. A. College of Agriculture were purposively selected for the study. All the students who will enroll in last year were selected as sample for the study. A scale developed by Department of Agril. Extension and Communication, BACA, AAU, Anand was used to measure attitude of the students towards yoga as a tool of human resource development. The data collected were analyzed using appropriate statistical methods.

RESULTS AND DISCUSSION

Table 1: Distribution of students according to their profile
(n= 104)

Sr. No.	Category	No.	Percent
1	Gender		
	Male	67	64.40
	Female	37	35.60
2	Medium		
	English	18	17.30
	Hindi	09	08.70
	Gujarati	77	74.00
3	Academic Performance		
	SSC		
	Distinction	90	86.50
	First Class	05	04.80
	Second Class	09	08.70
Pass Class	00	00.00	

Sr. No.	Category	No.	Percentage
	HSC		
	Distinction	86	82.70
	First Class	14	13.50
	Second Class	04	03.80
	Pass Class	00	00.00
	Sixth sem		
	Distinction	68	65.40
	First Class	32	30.80
	Second Class	02	01.90
	Pass Class	02	01.90
4	Food		
	Non-Vegetarian	07	06.70
	Eggetrain	05	04.80
	Vegetarian	92	88.50
5	Native		
	Village	71	68.30
	Ruraban	12	11.50
	Urban	21	20.20
6	Family type		
	Nuclear	60	57.70
	Joint	44	42.30
7	Father's education		
	Illiterate	06	05.80
	Primary Education	08	07.70
	Secondary	23	22.10
	Higher Secondary	18	17.30
	Graduation	49	47.10
8	Mother's education		
	Illiterate	08	07.70
	Primary Education	19	18.30
	Secondary	27	26.00
	Higher Secondary	23	22.10
	Graduation	27	26.00
9	Occupation		
	Government	22	21.20
	Private	08	07.70
	Business	22	21.20
	Labour	03	02.90
	Agriculture and Dairy	44	42.30
	Others	05	04.80
10	Annual Income		
	Very Low (up to ₹ 1 lakh)	55	52.90
	Low (₹ 1 to 2 lakh)	18	17.30
	Medium (₹ 2 to 3 lakh)	12	11.50
	High (₹ 3 to 4 lakh)	06	05.80
	Very High (Above ₹ 4 lakh)	13	12.50
11	Self-Confidence		
	Very low (0-20 score)	00	00.00
	Low (21-40 score)	03	02.90

Sr. No.	Category	No.	Percent
	Medium (41-60 score)	12	11.50
	High (61-80 score)	34	32.70
	Very High (81-100 score)	55	52.90

It could be observed from table 18 that, nearly two third (64.40 per cent) of the respondents were male and 35.40 per cent were female respondents. With respect to medium of learning, it is evident from table, nearly three fourth (74.00 per cent) of the respondents had Gujarati followed by English (17.30 per cent) and Hindi (08.70 per cent). In case of academic performance 86.50 per cent and 82.70 per cent of the respondents had distinction in SSC and HSC respectively. Whereas, nearly two third (65.40 per cent) of them had distinction up to sixth semester.

Regarding food and cuisine, great majority (88.50 per cent) of the respondents was vegetarian and meager (6.70 per cent) were non-vegetarian. In the area of nativity, slightly more than two third (68.30 per cent) of the respondents belonged to village area followed by urban (20.20 per cent) and ruraban (11.50 per cent). More than half (57.70 per cent) of the respondents had nuclear family followed by joint family (42.30 per cent). With respect to fathers and mothers education, nearly half (47.10 per cent) of the respondents father had graduation level of education followed by secondary level (22.10 per cent) and slightly more than one fourth (26.00 per cent) of the respondents mother had graduation level of education. Regarding occupation of father, slightly more than two fifth (42.30 per cent) of them had agriculture and dairy as main occupation followed by government (21.20 per cent) and business (21.20 per cent). The economic position of the families of the respondents indicated that, more than half (52.90 per cent) had very low family income followed by low (17.30 per cent), very high (12.50 per cent) and medium (11.50 per cent). The data regarding self confidence, more than half (52.90 per cent) of the respondents had very high level of self confidence followed by high (32.70 per cent).

Table 2 : Distribution of students according to their knowledge (n= 104)

Sr. No.	Category	No.	Percent
1	Low (0 to 9)	00	00.00
2	Medium (9 to 18)	28	26.90
3	High (more than 18)	76	73.10

The data presented in table 19 reveals that near about three-fourth (73.10 per cent) students had high level of knowledge about yoga, followed by 26.00 per cent students had medium level of knowledge about yoga.

Table 20: Distribution of Student according to their knowledge, advantage and skills about yoga

(n=104)

Sr. No.	Name of Aasan	Knowledge by student		Advantage of Aasan		Skill			
						Candidate with Partial skill		Candidate with full skill	
		No	Percent	No	Percent	No	Percent	No	Percent
1	Tadasan	85	81.70	51	49.00	30	28.84	70	67.30
2	Janusirasan	52	50.00	71	68.30	57	54.80	31	29.80
3	Viparitasan	47	45.20	29	27.30	52	50.00	16	15.38
4	Trikonasan	66	63.50	38	36.50	44	42.30	48	46.15
5	TiryakTrikonasan	39	37.50	65	62.50	45	43.26	31	29.80
6	Titliasan	77	74.00	28	26.90	24	23.07	64	61.53
7	Pashchimottasan	64	61.50	64	61.50	45	43.26	35	33.65
8	Ustrasan	59	56.70	66	63.50	55	52.88	31	29.80
9	Vajrasan	74	71.20	26	25.00	28	26.92	63	60.57
10	Gomukhasan	78	75.00	73	70.20	47	45.19	42	40.38
11	Tulasan	70	67.30	62	59.60	54	51.92	36	34.61
12	Ardhamatsyendrasan	42	40.40	68	65.40	56	53.84	34	32.69
13	Halasan	52	50.00	73	70.20	52	50.00	30	28.84
14	Hnaumanasan and Anjaneyasan	32	30.80	65	62.50	47	45.19	18	17.30
15	Pavanmuktasan	74	71.20	76	73.10	49	47.11	36	34.61

The data given in table 3 illustrated that, in case of knowledge of respondents regarding different aasan, 81.70 per cent of the respondents had knowledge about Tadasan followed by Gomukhasan (75.00 per cent), Titliasan (74.00 per cent), Vajrasan (71.20 per cent) Pavanmuktasan(71.20 per cent), Tulasan (67.30 per cent), Trikonasan(63.30 per cent), Pashchimottasan (61.50 per cent), Ustrasan (56.70 per cent), Janusirasan (50.00 per cent), Halasan (50.00 per cent), Viparitasan (45.20 per cent), Ardhamatsyendrasan (40.40 per cent), Tiryak Trikonasan (37.50 per cent) and Hanumanasan and Anjaneyasan (30.80 per cent)

With respect to advantages of different aasans, nearly three fourth (73.10 percent) of the respondents had known the advantages of Pavanmuktasan followed by Gomukhasan (70.20 per cent), Halasan (70.20 per cent), Janusirasan (68.30 per cent), Ardhamatsyendrasan (65.40 per cent), Ustrasan (63.50 per cent), Tiryak Trikonasan (62.50 per cent), Hanumanasan and Anjaneyasan (62.50 per cent), Pashchimottasan (61.50 per cent), Tulasan (59.60 per cent), Tadasan (49.00 per cent), Trikonasan (36.50 per cent), Viparitasan (27.30 per cent), Titliasan (26.90 per cent) and Vajrasan (25.00 per cent).

With regard to skill of respondents to perform different aasans, slightly more than two third (67.30 per cent) of the respondents had full skill of Tadasan followed by Titliasan (61.53 per cent), Vajrasan (60.57 per cent), Trikonasan (46.15 per cent), Gomukhasan (40.38 per cent), Tulasan (34.61 per cent), Pavanmuktasan (34.61 per cent), Pashchimottasan (33.65 per cent), Ardhamatsyendrasan (32.69 per cent), Janusirasan (29.80 per cent), Ustrasan (29.80 per cent), Halasan (28.84 per cent), Hanumanasan and Anjaneyasan (17.30 per cent) and Viparitasan (15.38 percent).

CONCLUSION

From the above study it can be concluded that nearly two third of the respondents were male, nearly three fourth of the respondents had Gujarati medium of learning and majority of the students had distinction in and SSC and HSC while, two third of respondents had distinction up to sixth semester. Majority of the respondents was vegetarian, more than two third of the respondents belonged to village area, more than half of the respondents had nuclear family, nearly half of the respondents father had graduation level of education followed by secondary level, more than two fifth of the students had agriculture and dairy as main occupation, more than half had very low family income and more than half of the respondents had very high level of self confidence

Three-fourth students had high level of knowledge about yoga while, in case of knowledge of respondents regarding different aasan, majority of the respondents had knowledge about Tadasan followed by Gomukhasan Titliasan Vajrasan and Pavanmuktasan. With respect to advantages of different aasans, nearly three fourth of the respondents had known the advantages of Pavanmuktasan followed by Gomukhasan and Halasan. Whereas, with regard to skill of respondents to perform different aasans, slightly more than two third of the respondents had full skill of Tadasan followed by Titliasan and Vajrasan. Overall 45.20 per cent students had medium level of yoga skill.

REFRENCES

- Khatri, K. D. and Patel, Arun (2018) Development of the test to measure the knowledge about research recommendations of Anand Agricultural University. *Guj. J. Ext. Edu.* 29(2):137-142.