



Relationship of selected personality traits and attitude of college students and old aged persons toward yoga

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Abstract

The main purpose of the study was to investigate the Relationship of Selected Personality Traits and Attitude of College Students and Old Aged Persons toward Yoga. The data pertaining to the study were collected by standard questionnaires; Personality designed by Rekha Agnihotri (Gupta) was used. For the present study, the data were collected from the University of Jammu of both male and female students and old age persons towards yoga of Jammu University, And also Attitude Self-made questionnaire of attitude towards yoga. The data pertaining to collected from twenty (20) subjects were selected from college students and also twenty (20) subjects were selected from old aged ale players, through purposive random sampling for testing the hypothesis. The data obtained from the responses given by the subjects on standard questionnaire of personality traits was marked according to the key and analyzing by using 'correlation 'r' test to find out the significant difference in personality traits between college students and old age persons towards yoga at 0.5 level of attitude significance. It was hypothesized that there would significant difference in personality traits and between college students and old age persons towards yoga.

The level of significance for the present study is kept at 0.05 level of significance and also the degree of freedom is also be kept in mind for the calculation of tabulated 't' which is then compared with the calculated 't'. This is used for testing of hypothesis which was given by the researcher previously.

Keywords: personality traits, attitude, college students and old age persons towards yoga

Introduction

Psychology is a science of behaviour of the organization. The word 'psychology' has come from the Greek word 'psyche' meaning 'soul' and the 'logos' meaning 'study'. In incident time psychology was not a separate discipline. It was a part of philosophy. In the later part of the nineteenth century psychology was perhaps dissociated from philosophy. Since then it has never looked back. It was arts subject like philosophy. Gradually it developed into scientific discipline. Objections are still raise to considering psychology as a science.

Psychologically speaking personality is all that a person is. It is the totality of one's behavior towards oneself and others as well. It includes everything about the person, his physical, emotional, social, mental and spiritual make-up. It is all that a person has about him. Personality is covered with the 'social stimulus value' of the individual behavior, attributes and qualities or with conceptions of one's self which differentiate one human being from other personalities the entire organization of the individual at each stage of his life. Traits like imagination, ambition or perseverance may be found in many people but it is in relation to other abilities and environment opportunities that they develop and influence life and behavior. Personality is the way be affected others. Personality is distinctive or unique. It is continually changing and growing people may acquires and develop in the course of his life and experience. Growth takes place by reorganization and integration of new experience and behavior in the total system. Disposition refers to habitual tendencies inherited or previous experience and term character is inter changeably

with personality.

Attitude

The main aim of education is to modify the behaviour of the child according to the needs and expectancy of the society. Behaviour is composed of so many attributes. Once of these important attribute is attitude. One's behaviour, to a great extent depends upon his attitude towards the things- idea, person or object, in his environment. The entire personality and development of the child is influenced by the nature of his attitudes. Learning of a subject and acquisition of habits, interest and other psycho physical dispositions are all affected by his attitudes.

Attitude is responsible for behaving in a particular and definite way. If one keeps positive and favourable attitude towards an object, he will be attracted toward, it he will admire it and try to achieve it. On the other hand if one has negative or unfavourable attitude he will try to avoid it and ever feel hostile to it. For example, a person having positive attitude towards democracy will respond positively to democratic practices and institutions and negative to authoritarian procedures. This behaviour will speak out his behaviour.

Yoga

Derived from the Sanskrit word 'Yuj', Yoga means union of the individual consciousness or soul with the Universal Consciousness or Spirit. Yoga is a 5000 year old Indian body of knowledge. Though many think of yoga only as a physical exercise where people twist, turn, stretch, and breathe in the most complex ways, these are actually only

the most superficial aspect of this profound science of unfolding the infinite potentials of the human mind and soul.

Methodology

Source of data

For the present study the source for the data was yoga practicing students and old aged persons in university of Jammu.

Selection of Subjects

For the present study 20 students and 20 old aged persons were selected. Those students and old persons were selected for the study that practice yoga regularly.

Sampling Method

The subjects were selected by using purposive sampling method.

Collection of data

The data pertaining to the study was collected by standard questionnaire of personality and Self-made questionnaire of attitude towards yoga.

Analysis and interpretation of data

Analysis of data

The data was collected by using the standard questionnaire meant by Rekha Gupta for personality and the self-made questionnaire of attitude towards yoga. After the collection of data from the different yoga practicing students and old aged persons in university of Jammu and also main campus of jammu university, raw data were converted into standard one by using a statistical technique 'product moment correlation' test for testing of hypothesis.

Table 1: Inter correlation matrix of personality traits and attitude of college students towards Yoga

Group	Introvert	Extrovert	Ambivert	Personality Calculated 'r'	Tabulated 'r'
Attitude	0	-0.125	0.321	0.104	0.444

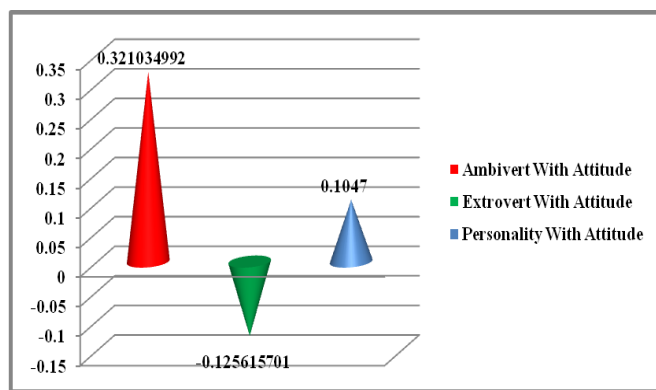


Fig 1: A fig showing relationship of personality traits and attitude of college students towards yoga

Table 2: Inter Correlation Matrix of Personality Traits and Attitude of Old Aged Persons towards Yoga

Group	Introvert	Extrovert	Ambivert	Personality Calculated 'r'	Tabulated 'r'
Attitude	0	-1	-0.191	-0.024	0.444

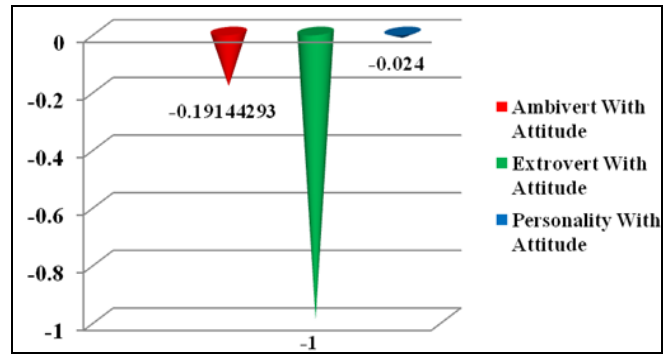


Fig 2: A fig showing relationship of personality traits and attitude of old aged persons towards yoga

Table 3: Showing personality traits of college students

Group	Introvert	Extrovert	Ambivert
Students	0	21	39

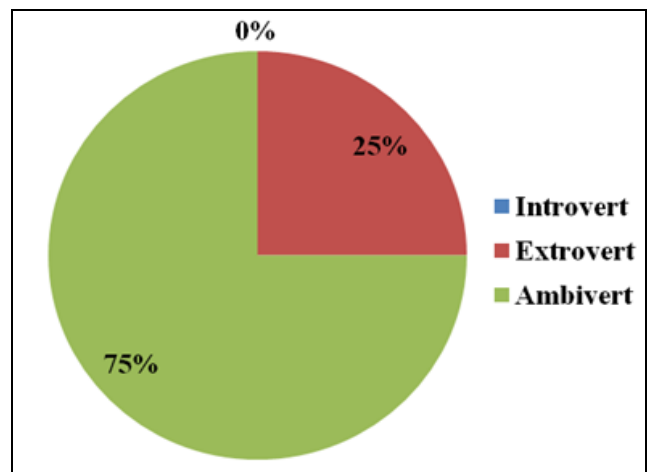


Fig 3: A fig showing personality trait of college students

Table 4: Showing personality traits of old aged persons

Group	Introvert	Extrovert	Ambivert
Old Persons	0	2	18

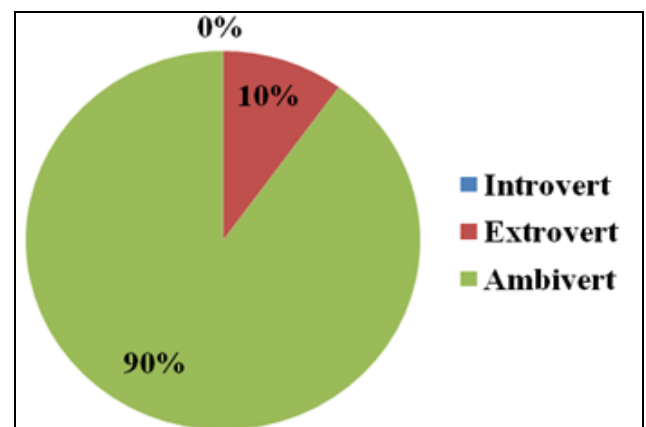


Fig 4: A Fig Showing Personality Trait of Old Aged Persons

Table 5: Showing Mean Attitude of College Students and Old Age Persons towards Yoga

Group	College Students	Old Age Persons
Mean	199.95	211.55

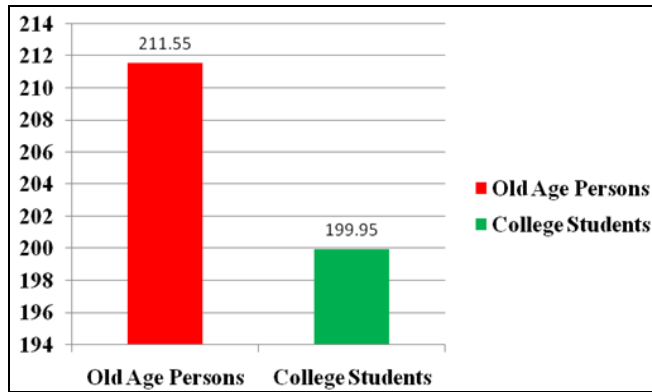


Fig 5: A fig showing mean attitude of college students and old age persons towards yoga

Conclusion

The researcher correlates the personality and attitude towards yoga of yoga practicing college students and old aged persons. Firstly the researcher correlates the introvert, extrovert and ambivert personality with attitude of college students and old aged persons. With the limitations of the study and from the statistical analysis of the collected data it is concluded that there is found insignificant relationship, So that the hypothesis given by the researcher is rejected.

At last it is also concluded that the (0%) students are Introvert, (25%) students are Extrovert and (75%) students are Ambivert whereas (0%) old aged persons are Introvert, (10%) old aged persons are Extrovert and (90%) old aged persons are Ambivert and the Mean Attitude of College Students towards yoga is (199.95) Mean Attitude of old aged persons towards yoga is (211.55).

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