

# Upper Primary School Students Health and Awareness of Yoga as a Cure: An Exploratory Study

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## ABSTRACT

Awareness and ignorance are two faces of the same coin and awareness leads to making of healthy choices. The awareness about health of school students is the key to formulating strategy to achieve better environment for teaching and learning. The present study was conducted on the students of upper primary school of Delhi to know the health and awareness regarding yoga as a cure for many ailments like back pain, neck pain, respiratory problems etc. The data was collected from a upper primary school situated in South-Delhi. The Primary school with sample consists of 83 students, 46 female and 37 male. The data was collected through closed end questionnaire. The content of the questionnaire was validated through expert consensus. The male students suffer more as compared to female students due to back or neck pain. On the contrary, female students are greatly affected by respiratory problems at upper primary level of school education. Class 8<sup>th</sup> students have better awareness of "yoga as cure" for many diseases among upper primary level students. The awareness of "yoga as a cure" for many diseases is higher in girls than boys of upper primary schools.

Keywords: Health, yoga, cure, back and neck pain, respiratory problems

The awareness of nature and habits emerging around, which is beneficial to mankind and environment is crucial to advancement of any socio-educational system. The level of awareness can be determined by the choices individual prefer. To organise our socio-educational system for betterment, it is essential that our children must know and aware about the good and bad, especially regarding their physical and mental health which is the bedrock in the path of growth and development.

Exercise and healthy living is everyone favourite from time immemorial. However, now it becomes the basic need because our life style is getting complex day by day and there are many new types of problems regarding health emerges at very fast pace as compared to our ancestors life. These all problems of health directly or indirectly correlated with our lifestyle. Like the last five to six decades there has been campaigning for green

and clean environment, conservation of forest and natural resources, conservation on wildlife and sustainable development, now the time has come for campaigning towards healthy and natural life style across the section of the society especially for those who are the future of the nation i.e. school students.

It has been the general understanding and acceptance of people that exercise is needed only when one crosses the age of forty. However, this kind of conception is changing very fast and the reasons for this may be various. One of the most influencing reason is the emergence of information and communication technology, which revolutionised the level of awareness of present generation. Today, one knows the importance and need of good health not for themselves but also for their whole family. In economic term good health is one's savings and investment.

## Objective of the Study

1. To explore the status of health of Upper Primary School Students.
2. To know from learners the awareness about the effect of yogic practices as a cure on health- related problems.

## Design of the Study

The present research is exploratory in nature and was conducted on the learners of upper primary school, in a single phase. It employed survey method using questionnaire as a tool for data collection. The population of the research is the students of upper primary school and the sample is taken from a school situated in South-East Delhi.

## Sampling Technique

The data for the present research is taken from a school situated in South-East Delhi. The sampling is purposive in nature, which employs descriptive statistics for analysis. The sample consists, a total of 83 students from three different classes come under upper primary level in Indian school education system. It of compose of 46 female and 37 male students as a Whole. A total of 24 students, 13 female and 11 male students represent class sixth, 27 students from class seventh and 32 students from class eight respectively. There are 16 female and 11 male from class seventh and 17 female and 15 male students from class eight were present at time of sampling. The detailed of sample is represented graphically in Fig. 1.

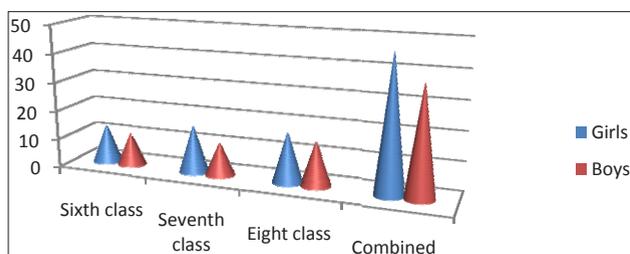


Fig. 1: Sample Composition

## Tools of the Study

The data was collected by a closed-ended questionnaire and ratified under due guidance of experts as no standard tool was available.

## Procedure of Data Collection

The questionnaire for the present study consists of twenty close-ended questions. It is developed through proper interaction with supervisor and the yoga expert at Jamia Middle School situated in South-East Delhi. Each question or collection of a few questions are key to the research findings. The distribution of questionnaire is done by the researcher through personal interaction with respondents, exposing them with the scope and demand of the study as well as their vital role in the study. The questionnaire is then distributed among the respondents present at that time and their responses collected at the end of the session.

## Delimitations of the Study

- ❑ The sample for the study is relatively small as there are only one school having yoga teacher in and around Jamia Nagar, New Delhi.

## THE MAJOR FINDINGS OF THE STUDY

### Health of Students

#### Class

The data depicts that 16.67 percent students from class 6<sup>th</sup>, 14.81 percent students from class 7<sup>th</sup> and 6.25 percent students from class 8<sup>th</sup>, suffer from back or neck pain etc. On combining all the three standards, 12.05 percent students suffer from the ailments. The cause of the said problems can be various, however the most prominent cause may be:

- ❑ Congenital
- ❑ The student suffered accident in recent past.
- ❑ The furniture at school do not suits the student
- ❑ Student spend more time on computer at home.

With the exception of congenital factor, other factors that cause the said ailments can be easily overcome by changing the lifestyle of students or restructuring the design of furniture in school or at home. These changes can be achieved by sharing information at school floor.

The data showed that 15.5 percent students from class 6<sup>th</sup> and 3.13 percent students from class 8<sup>th</sup>, suffer respiratory problem. There is not a single student from class 7<sup>th</sup> suffers from above mentioned ailment. On combining all the three standards, 4.82

percent students suffer from the said ailment. The root of the said problems can be various, however the most prominent cause may be:

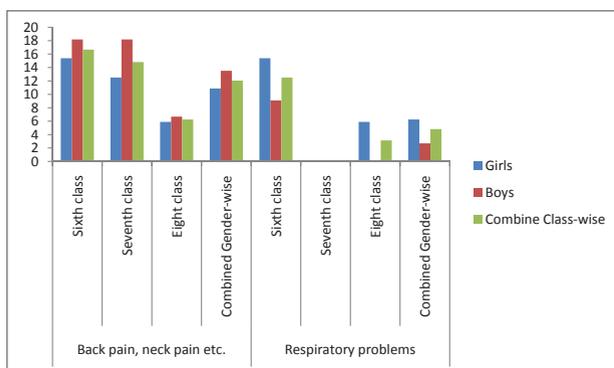
- Congenital
- Pollution of air etc.

All the factors that cause respiratory problems can be controlled or eliminated except congenital problems of sever kinds. For example, pollution can be controlled if not eliminated by establishment of concrete system of awareness. School Management should organise workshop on cleanliness.

## Gender

**(A) Girl:** The data showed that the highest percentage of female students suffer from back, neck pain etc. belongs to class 6<sup>th</sup>, and least is from class eight. Also, on respiratory front, percentage of class 6<sup>th</sup> is highest and there is not a single girl from class 7<sup>th</sup> having the said problem.

**(B) Boy:** The data shows that the percentage of both class 6<sup>th</sup> and 7<sup>th</sup> boy are equal on back, neck pain etc. front and 8<sup>th</sup> class boys percentage is lowest. On respiratory dimension, only class 6<sup>th</sup> boys undergo respiratory problem. There is not a single male student experience the said ailment from class 7<sup>th</sup> and eight. On comparing both the gender, boys are more suffer from back, neck pain etc. and girls are more on respiratory side.



**Fig. 2: Class and Gender-wise percentage representation of findings regarding health**

## Awareness of Yoga as a Cure

### Class

The data showed that 66.6 percent from class 6<sup>th</sup>, 74.07 percent from class 7<sup>th</sup> and 84.37 percent from 8<sup>th</sup> class heard regarding yoga works as a cure for

many diseases. The level of awareness of students increases as move from lower to higher class i.e. 6<sup>th</sup> to 8<sup>th</sup>. The overall level of awareness when one combines all the three classes is 75.90 percent. It signifies moderate level of awareness and one can compare respective classes from this response. The awareness level of 6<sup>th</sup> class is lowest among all the classes taken for study. The position of class 7<sup>th</sup> is almost same as the combined response and 8<sup>th</sup> class is significantly good on awareness level regarding yoga as a cure.

## Gender

**(A) Girl:** The data showed that the level of awareness regarding yoga as a cure, increase as on move from class 6<sup>th</sup> to class 8<sup>th</sup>. When researcher combines all the three classes, the outcome regarding awareness comes out 78.26 percent. Class 7<sup>th</sup> and class 8<sup>th</sup> are above as compared to overall awareness and class 6<sup>th</sup> is below.

**(B) Boy:** The data showed that the level of awareness regarding yoga as cure is equal for both 6<sup>th</sup> and 7<sup>th</sup> classes i.e. 63.6 percent and for 8<sup>th</sup> class, it is 86.7 percent. The combined response is 73 percent which is higher than 6<sup>th</sup> and 7<sup>th</sup> class response and lower than 8<sup>th</sup> class response on “yoga as a cure” front. The level of awareness of class 8<sup>th</sup> is far better than class 6<sup>th</sup> and 7<sup>th</sup>. The lower level of awareness of class 6<sup>th</sup> and 7<sup>th</sup> is a cause of concern. However, the overall response is in favour of awareness which is a good signal for future of yoga in schools. There may be various reasons for low awareness level of class 6<sup>th</sup>, in general and boys of class 6<sup>th</sup> and 7<sup>th</sup> in particular. The reasons may be:

- Social interaction of 6<sup>th</sup> class students is lower than class 8<sup>th</sup> students.
- At the level of 6<sup>th</sup> class, students rarely think or talk about disease.
- Biologically female get mature much earlier than male. So, female awareness regarding disease better than male.

Whatever be the reasons for low awareness level in 6<sup>th</sup> class and of boys, the school management should endeavour to impart benefits of yoga among students of different classes in general and class 6<sup>th</sup> and boys in particular because this is the time when male student starts to indulge in bad habits like smoking, gutkha etc.

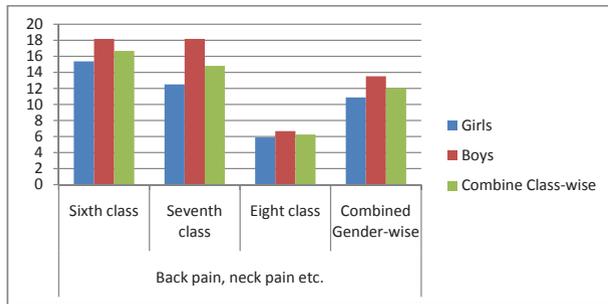


Fig. 3: Class and Gender-wise percentage representation regarding findings of yoga as a cure

## CONCLUSION

Children are the future of any nation and to know about their health status is the basis for formulating strategy to achieve better life for present and future generation. We live in the age of information and the information and awareness regarding health of our school- students are utmost relevant. It emerges from present study that some students suffer from back, neck pains or respiratory problems. It is not a good signal for a nation which is on the path of development. However, the percentage is low, but it is dangerous. The government and other stakeholders must come together and devise a comprehensive plan to accomplish the goal of healthy school. Nothing is far if one is ready to follow the right path.

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