

International Multidisciplinary Research Journal

Golden Research Thoughts

Chief Editor
Dr.Tukaram Narayan Shinde

Publisher
Mrs.Laxmi Ashok Yakkaldevi

Associate Editor
Dr.Rajani Dalvi

Honorary
Mr.Ashok Yakkaldevi

Golden Research Thoughts Journal is a multidisciplinary research journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double - blind peer reviewed referred by members of the editorial board. Readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

Regional Editor

Dr. T. Manichander

International Advisory Board

Kamani Perera
Regional Center For Strategic Studies, Sri Lanka

Mohammad Hailat
Dept. of Mathematical Sciences,
University of South Carolina Aiken

Hasan Baktir
English Language and Literature
Department, Kayseri

Janaki Sinnasamy
Librarian, University of Malaya

Abdullah Sabbagh
Engineering Studies, Sydney

Ghayoor Abbas Chotana
Dept of Chemistry, Lahore University of
Management Sciences[PK]

Romona Mihaila
Spiru Haret University, Romania

Ecaterina Patrascu
Spiru Haret University, Bucharest

Anna Maria Constantinovici
AL. I. Cuza University, Romania

Delia Serbescu
Spiru Haret University, Bucharest,
Romania

Loredana Bosca
Spiru Haret University, Romania

Ilie Pinteau,
Spiru Haret University, Romania

Anurag Misra
DBS College, Kanpur

Fabricio Moraes de Almeida
Federal University of Rondonia, Brazil

Xiaohua Yang
PhD, USA

Titus PopPhD, Partium Christian
University, Oradea, Romania

George - Calin SERITAN
Faculty of Philosophy and Socio-Political
Sciences Al. I. Cuza University, Iasi

.....More

Editorial Board

Pratap Vyamktrao Naikwade
ASP College Devrukh, Ratnagiri, MS India Ex - VC. Solapur University, Solapur

Iresh Swami

Rajendra Shendge
Director, B.C.U.D. Solapur University,
Solapur

R. R. Patil
Head Geology Department Solapur
University, Solapur

N.S. Dhaygude
Ex. Prin. Dayanand College, Solapur

R. R. Yaliker
Director Management Institute, Solapur

Rama Bhosale
Prin. and Jt. Director Higher Education,
Panvel

Narendra Kadu
Jt. Director Higher Education, Pune

Umesh Rajderkar
Head Humanities & Social Science
YCMOU, Nashik

Salve R. N.
Department of Sociology, Shivaji
University, Kolhapur

K. M. Bhandarkar
Praful Patel College of Education, Gondia

S. R. Pandya
Head Education Dept. Mumbai University,
Mumbai

Govind P. Shinde
Bharati Vidyapeeth School of Distance
Education Center, Navi Mumbai

G. P. Patankar
S. D. M. Degree College, Honavar, Karnataka

Alka Darshan Shrivastava
Shaskiya Snatkottar Mahavidyalaya, Dhar

Chakane Sanjay Dnyaneshwar
Arts, Science & Commerce College,
Indapur, Pune

Maj. S. Bakhtiar Choudhary
Director, Hyderabad AP India.

Rahul Shriram Sudke
Devi Ahilya Vishwavidyalaya, Indore

Awadhesh Kumar Shirotriya
Secretary, Play India Play, Meerut (U.P.)

S. Parvathi Devi
Ph.D.-University of Allahabad

S.KANNAN
Annamalai University, TN

Sonal Singh,
Vikram University, Ujjain

Satish Kumar Kalhotra
Maulana Azad National Urdu University



A COMPARATIVE STUDY OF ACADEMIC ANXIETY BETWEEN YOGA AND PHYSICAL EDUCATION STUDENTS OF DEVI AHILYA UNIVERSITY, INDORE

Dr. Vivek B. Sathe¹ and Dinesh Kaithwas²

¹Assistant Professor, School Of Physical Education DAVV Indore.

²Research Scholar, School Of Physical Education Indore.

ABSTRACT:

Background: Physical education is an integral part of general education. It involves those activities which help to achieve the goals of education. Yoga is recognized as one of the most important and valuable heritage of India. Today, whole world is looking towards yoga for answering various problems. Objectives of the study: 1) To characterize the level academic anxiety of in male physical education students and male yoga students. 2) the objective of the study was to find out the comparison of academic anxiety between the male physical education students and male Yoga students of DAVV Indore (M.P). Materials and Methods: Sixty (60) male students were taken as subject for the study, thirty (30) from school of physical education and thirty (30) from school of yoga,

from DAVV Indore. The age range of the subjects was between 18-30 years. Results: insignificant difference was found between physical education students and yoga students in case of academic anxiety ($t = .841$) as calculated t was less than tabulated t at .05 level of significance. Conclusions: 1) Insignificant difference was found between Physical Education students and Yoga students in relation to academic anxiety.

Key Words: Academic anxiety, yoga, physical education.

INTRODUCTION

Physical education is an important part of general education. It involves those activities which helpful to achieve the goals of education. It helps in the development of both body and mind. It also helps to develop the total personality. It is different from other subjects and has an important position in educational process. Physical education helps to develop overall development of a personality. It is natural that physical development goes side by side with mental and emotional development. If a body is healthy, mind also remains healthy. It is a saying i.e. sound body makes a sound mind. To bring overall development in a balanced way is recognized as an integral part and the main objective of physical education. Yoga is one of the most important and valuable heritage of India. Yoga is a 5000-year-old Indian philosophy that combines exercise, breathing, diet, relaxation and



meditation. It is a combination of physical and mental disciplines which make the body stronger and healthier and the mind calmer and more controlled, helping towards self-realization. Physical education students do yoga everyday along with conditioning because yoga is compulsory for B.P.E.first Sem. But in case of yoga, yoga students do practice yoga but they do not take participation in conditioning programs. I as A researcher want to know that is any differences between yoga students and physical education students in relation to academic anxiety.

OBJECTIVES OF THE STUDY

- To characterize the level of academic anxiety of physical education students and yoga students.
- The objective of the study was to find out the comparison of academic anxiety between the physical education students and Yoga students of DAVV Indore (M.P).

MATERIAL AND METHODS

In order to conduct this study, the Sixty (60) male students were taken as subject for the study, thirty (30) from school of physical education and thirty (30) from school of yoga, from DAVV Indore. The age range of the subjects was between 18-30 years. The criterion measures for testing the hypothesis in this study were the scores obtained from academic anxiety scale. Scale developed by Prof.S.K.Pal, Dr. Karuna Shanker Mishra and Dr. Kalplata Pandey. The Academic Anxiety scale contained 35 items related to bodily and psychological manifestation of the subject's behavior due to fear of failure and stresses of low academic performance during the whole session and for the annual examination.

RESULTS, DISCUSSION AND CONCLUSIONS

The data pertaining to academic anxiety scale of physical education students and yoga students of DAVV Indore (M.P) was analyzed by Descriptive Statistics and comparison was made by independent t-test.

Table-1
MEAN DIFFERENCE AND 't'Ratio of OF ACADEMIC ANXIETY PHYSIAL EDUATION AND YOGA STUDENTS OF DAVV INDORE (M.P)

Group Mean		DM	SE _{DM}	't'ratio
Physical Education	Yoga Students			
8.633	7.33	1.300	1.546	.841

*Significant at .05 level with df (58)=2.02

Table 1:- Indicates that the calculated t-ratio is .841 where as the tabulated value of 't' at .05 levels is 2.021. Hence the calculated value is lesser than tabulated value. It indicated that there is no significant difference found in Academic Anxiety between Physical Education and Yoga Students.

The Graphical Representation of difference of means of Academic Anxiety for Physical Education and Yoga students of DAVV Indore are presented in Fig 1.

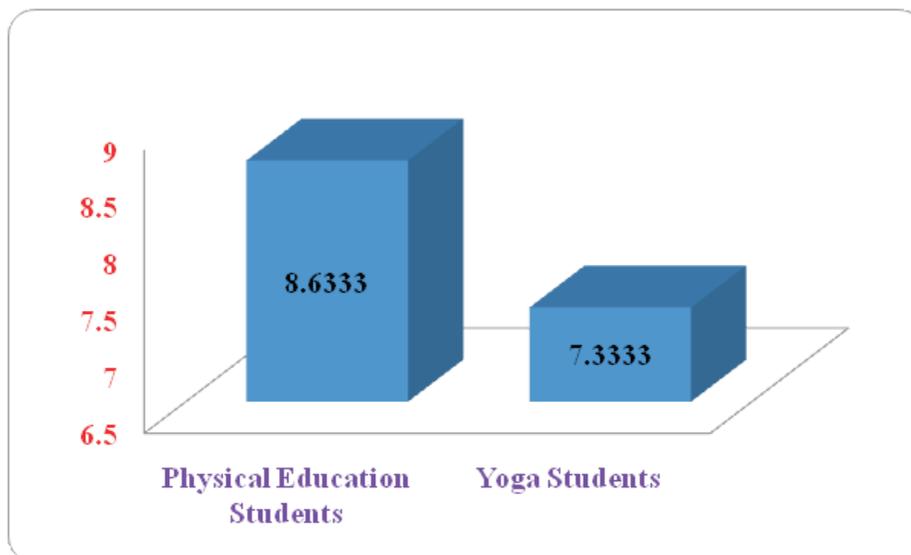


Fig 1. Mean scores of Academic Anxiety of Physical Education and Yoga Students.

DISCUSSION OF FINDINGS

The findings of the study clearly indicated that there was insignificant difference between mean of the academic anxiety of physical education students and yoga students. It shows that there were no differences found in academic anxiety of yoga and physical education students.

CONCLUSIONS

Insignificant difference was found between Physical Education students and Yoga students in relation to academic anxiety therefore the result of the study revealed that level of academic anxiety of Yoga and Physical Education students of Devi Ahilya University was same.

REFERENCES

1. Bucher, Charles A, "Foundations of Physical Education" 8th Edition.
2. Atkinson, R.L., Atkinson, R.C., Smith, E.E. and Bem, D.J. (1993). Introduction to Psychology, 11th edn.
3. Charabose, A., (1993). "Effect of Yoga Training on Reaction Time, Respiratory Endurance and Muscular Strength", Indian Journal of Physiological Pharmacology.
4. Singh Ajmer et.al, (2012). "Essentials of Physical Education," (Fourth Edition) Kalyani Publishers, New Delhi, India.
5. Tiken, L., Kosana, K., Joy, A.K. and Inaobi. T. (2002). "Influence of Specific Yoga and Aerobic Exercise on Physical Fitness of SAI (NERC IMPHAL) STC Athletes" Journal of Sports and Sports Sciences
6. Uppal A.K., Physical Fitness and Wellness Edition 2004.



Dr. Vivek B. Sathe

Assistant Professor, School Of Physical Education DAVV Indore.

Publish Research Article

International Level Multidisciplinary Research Journal For All Subjects

Dear Sir/Mam,

We invite unpublished Research Paper, Summary of Research Project, Theses, Books and Book Review for publication, you will be pleased to know that our journals are

Associated and Indexed, India

- * International Scientific Journal Consortium
- * OPEN J-GATE

Associated and Indexed, USA

- EBSCO
- Index Copernicus
- Publication Index
- Academic Journal Database
- Contemporary Research Index
- Academic Paper Database
- Digital Journals Database
- Current Index to Scholarly Journals
- Elite Scientific Journal Archive
- Directory Of Academic Resources
- Scholar Journal Index
- Recent Science Index
- Scientific Resources Database
- Directory Of Research Journal Indexing

Golden Research Thoughts
258/34 Raviwar Peth Solapur-413005, Maharashtra
Contact-9595359435
E-Mail-ayisrj@yahoo.in/ayisrj2011@gmail.com
Website : www.aygrt.isrj.org