

AWARENESS OF YOGA EDUCATION SCALE CONSTRUCTION AND VALIDATION

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Abstract

Yoga education helps in self-discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness. The value of yoga is no doubt immeasurable, and now- a- days yogic training is being more and more recognized especially as India's unique contribution to physical Education activities, yoga is a scientific and systematic discipline for a successful organization of all the energies and faculties of internal human being with a view to attaining the highest ecstatic communion with the cosmic reality of god. Yogic practices helped to deal with delinquency and criminal behavior and improved academic performance. Yoga was helpful to deal with headache, meditation intake and symptoms of stress perception. Yoga helped to solve the confusion between self-ideal disparity and ideal self. Yoga helped to decrease anxiety level in the gymnastic group. It helped to improve the mental health and emotional maturity of adolescent girl's hatha yoga improved and fastened a psychophysical balance. Yoga and meditation enhance self-esteem, self-disclosure, improves emotional intelligence and enhances social adjustment of jail inmates, and helped to decrease depression. Hence the investigators have decided to construct and validate a scale to determine the Awareness of yoga education Scale and succeeded in it.

Keywords: Yoga Education and Awareness.

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INTRODUCTION

Broadly speaking, education refers to any act or experience that has a formative effect on the personality of an individual. The role of Education is to make growth and development in the individual's life. It includes that all the influence which acts upon an individual during his passage from cradle to grave. In other words, Education is life and life are Education. It is not giving of facts and detain alone, but it is a man making process.

Yoga is one of the gifts of our rich heritage. Dr. Radhakrishnan said, "Yoga is a way of life". It is a system that makes us cultured human beings. The value of yoga is not doubt immeasurable, and now – a – days yogic training is being more and more recognized especially as India's unique contribution to physical Education activities, yoga is a scientific and systematic discophile for a successful organization of all the energies and faculties of internal human being with a view to attaining the highest caustic communion with the cosmic reality of god. Yoga is an ancient practice combining meditation with training the body which originated in India five thousand year ago.

The main aim of yoga is integrating the body mind and thoughts, so as to work for good ends. In our modern life style the human body is easily affected by many diseases, mostly due to our food habits, daily routines, and also because of air and water pollution, etc. through systematic and regular yoga practices our body may be made healthier and its

resistance power to fight against the diseases could be enhanced mind gets sharpened, and the concentration and memory power may be developed.

NEED AND IMPORTANCE

It is vital to effectively educated man regarding his relationship to the total environment, the relationship which is based on than on superior-subordinate relationship. Hence major goals of yoga education should be to help individuals acquire. The basic responsibility of the society and government to work for solving yoga problems. Development of yoga ethics which will motive people to participate in the decision-making process and to demand protection of the yoga so as to advance human welfare and dignity. Hence, the study has the need an importance.

DEVELOPMENT OF THE SCALE

As there is no suitable scale available to study the awareness of yoga education the investigator has decided to construct and validate a scale to measure the awareness of yoga education. As the first step the investigators collected varieties of information from various sources like website search, Journals, Books, experts in colleges and in universities. The correction for chance success was made using the following formula developed by Lindman (1971).

$$CS = R - \frac{W}{N - 1}$$

Where,

CS - Corrected score

R - Right answer (response)

W - Wrong answer (response), and

N - Number of distracters (alternatives).

The awareness of yoga education scale scores for all the 100 subjects were arranged in the descending order from the top-most scorer to the bottom-most scorer. Then they were subjected to item analysis. Item analysis is an important step in the validation of any test. The two criterion groups - the upper group consisting of 25 papers (top 25%) and the lower group of 25 papers (bottom 25%) were formed.

“The difficulty of an item may be defined as the proportion of the examinees that marked the item correctly. The level of difficulty is indicated by a numerical term, the difficulty index (Remmers *et al.*, 1967). Arbitrarily the difficulty of an item may be given by a panel of experts. But there is a standard and dependable method for it. “The difficulty index of each item is found by averaging the percents correct in the upper and lower groups. This percentage is approximate but is accurate enough for most purposes and has the great advantage of easy computation” (Garrett, 1979). The investigator followed the procedure outlined by Ebel (1966) in computing the indices of item difficulty and discrimination. “Individuals are discriminated when they obtain different scores and are not discriminated when they obtain identical scores” (Guilford, 1954).

In the present investigation, the upper group has 25 papers (25%) and the lower group has 25 papers (25%). For each item, the counts from the upper and lower groups to the correct response were added and then divided by the sum of the number of papers in the upper and the lower groups. The resultant decimal fraction was multiplied by 100 in order to express the quotient in percentage.

$$\text{Index of difficulty} = \frac{RU}{NU} + \frac{RL}{NL} \times 100$$

Where,

RU = Right response in the upper group

RL = Right response in the lower group

NU = Number of subjects in the upper group

NL = Number of subjects in the lower group

The measure of item difficulty is an inverse measure. The higher the numerical value of this index of difficulty, the easier the item. In order to find out the index of discrimination for an item, the total number who gave the correct response for that item in the lower group was subtracted from the total number who gave the correct response for that item in the upper group and this difference was divided by the number of subjects either in the upper group or lower group and the quotient expressed as a decimal fraction is the index of discrimination.

$$\text{Index of discrimination} = \frac{UR - LR}{NU \text{ (or) } NL}$$

Where,

UR=Correct responses in the upper group.

LR=Correct responses in the lower group.

NU (or) NL = Number of subjects in the upper group or lower group.

The index of difficulty and the index of discrimination for all the 40 statements in the awareness of yoga education scale for students administered for the purpose of pilot study were thus computed (vide: Table -1) Any item whose difficulty index is lower than 10% or higher than 90% should be considered as worthless for measurement (Remmers, et.al., 1967). Any item whose index of discrimination is above 0.30 should be considered as reasonably good item (Ebel, 1966). In the present study, only such of those items having the difficulty indices range from 30% to 90% and whose indices of discrimination ranging above 0.30 were

selected. Thus 6 items were deleted on the above principle and only 34 items were retained in the final form of the awareness of yoga education scale, (vide: table-1). The final form of the awareness of yoga education scale contains as many as 34 statements choice items for 34 marks and needs 30 minutes for a student to answer.

TABLE-1

**INDEX OF DIFFICULTY AND INDEX OF DISCRIMINATION VALUES OF
AWARENESS OF YOGA EDUCATION SCALE**

Statement Number	IDIF	IDIS	Selection of Statements
1	0.84	0.6	SELECTED
2	0.8	0.32	SELECTED
3	1.64	0.12	NOT SELECTED
4	0.76	0.44	SELECTED
5	1.64	0.2	NOT SELECTED
6	0.8	0.48	SELECTED
7	0.64	0.32	SELECTED
8	0.64	0.56	SELECTED
9	0.84	0.6	SELECTED
10	0.56	0.32	SELECTED
11	0.84	0.36	SELECTED
12	0.64	0.32	SELECTED
13	0.88	0.48	SELECTED
14	0.84	0.36	SELECTED
15	0.76	0.36	SELECTED
16	0.88	0.32	SELECTED
17	0.88	0.4	SELECTED
18	0.76	0.36	SELECTED
19	0.8	0.08	NOT SELECTED
20	0.68	0.44	SELECTED
21	0.8	0.64	SELECTED
22	0.88	0.8	SELECTED

Statement Number	IDIF	IDIS	Selection of Statements
23	0.8	0.4	SELECTED
24	1	0.36	NOT SELECTED
25	0.4	0.32	SELECTED
26	0.88	0.48	SELECTED
27	0.8	0.48	SELECTED
28	0.8	0.4	SELECTED
29	0.76	0.44	SELECTED
30	0.72	0.48	SELECTED
31	0.68	0.36	SELECTED
32	0.56	0.32	SELECTED
33	0.88	0.64	SELECTED
34	0.84	0.36	SELECTED
35	0.88	0.64	SELECTED
36	0.84	0.6	SELECTED
37	0.68	0.6	SELECTED
38	0.92	0.68	NOT SELECTED
39	1.48	-0.04	NOT SELECTED
40	0.84	0.68	SELECTED

The level of the Awareness of yoga education Scale (AwOYES) was given below:

Level	Range of Scores
Low level of awareness of yoga education	Up to 17
High level of awareness of yoga education	Above 17

VALIDITY AND THE RELIABILITY OF THE AWARENESS OF YOGA EDUCATION SCALE

The awareness of yoga education scale has construct validity as the items were selected following rigid item analysis procedure described above. Its intrinsic validity was found to be

0.93. The reliability of the scale has been formed by test – retest method was 0.87. Thus, the awareness of yoga education scale has validity and reliability.

CONCLUSION

Thus, the investigators constructed and validated an Awareness of yoga education Scale (AwOYES) and contributed it to the field of education.

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