

## Psychological Study on Attitude of Collegiate Students towards Sahaja-Yoga Meditation.

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### Abstract:

To know the attitude of college students towards Sahaja Yoga we did this search. A sample of only 100 students from various colleges of Umred tehsil was randomly selected for this study and all strengths of Arora (1989) were tested through this standardized attitude towards yoga criteria used by the researcher for the present study. Data were analyzed by mean, SD and t-ratio. The study shows that there is no difference in perception of Sahaja Yoga between college male and female and college arts and science streams and the results also show that there is a significant difference in perception of Sahaja Yoga between rural and urban area colleges.

**Keywords:** yoga, Mind, Health, Personality

### Preface:

The earliest proof of yoga is found in the oldest deity book of India "Rig Veda". According to ancient texts, the word "yoga" is attained from the Sanskrit word "yuj", which means "to meet" or "to join". Yoga was also born in India about 5000 thousand years ago and due to its effectiveness. It gradually spread throughout the world. Nowadays many new forms of yoga, asanas and techniques have been developed and are known as "yoga" in western countries. Yoga is an ancient form of physical and mental activity Improves mental and physical health by focusing on body flexibility, strength and breathing. The main components of yoga are postures and special breathing techniques. Yogasanas are called yogasanas, which are special body postures and gestures. These physical asanas or yogasanas are constructed in such a way that when practiced regularly, they increase flexibility and strength in the body. Yoga has grown in popularity worldwide in the last few years. Some people practice asanas to increase body flexibility and strength, while others resort to yoga to relieve mental disorders such as stress and anxiety. Yoga does not carry to any particular religion, belief, or community. It is always seen as an art for inner health. Anyone who practices yoga with devotion can benefit from it irrespective of religion, caste or culture. Traditional Schools of Yoga: These different philosophies, traditions, genealogies and teacher-disciple traditions of yoga give birth to these different traditional styles of yoga, for example Jnana Yoga, Bhakti Yoga, Karma Yoga, Dhyana Yoga, Patanjali Yoga, Kundalini Yoga. , Hatha Yoga, Mantra Yoga, Lay Yoga, Raja Yoga, Jain Yoga, Buddha Yoga etc. Each style has its own principles and practices that lead to the ultimate goals and objectives of yoga.

### Sahaja Yoga:

Sahaja Yoga was discovered by Smt. Nirmala Srivastava, also known as (Sri Mata ji Nirmala Devi). In Sahaja Yoga, Kundalini awakening and non-vicar samadhi, mental peace helps people gain self-realization and help them to know themselves. Developed by Mother Nirmala Devi, this yoga is very beneficial in terms of mental and physical health. During meditation, people who practice it feel a cold air from their heads to their hands. Doctors have also told about other effects of Sahaj Yoga. By doing this yoga, people get relief and relief from physical and mental stress. Sahaja Yogais not just a name for an activity, it is also a technique to make people aware of it. It is mainly the promotion of self-realization through which the Kundalini is awakened through

which the individual's personality is enhanced. It is a subtle technique in every human body from birth. In which there are three nadis, seven chakras and the given power of God. This energy of God, known as Kundalini Shakti, lies dormant in the lowest part of our spinal cord. Through Sahaja Yoga by Shri Mataji Nirmala Devi, the awakening of Kundalini Shakti becomes easy, and man attains the state of Yoga.

➤ **For general health**

Sahaja Yoga strengthens physically, mentally and emotionally. Along with this, the root of the diseases in the body can be eliminated.

➤ **Stress relief**

Sahaja Yogagives the mind the power to withstand stress. It also improves your sleeping habits. This yoga makes it easier for a person to control the stress of the surroundings, the tiredness of the day and his anger.

➤ **Get rid of bad habits**

It can be studied to give up any bad habit or addiction like smoking, temple consumption etc.

➤ **Communication skills**

By regular practice of Sahaj Yoga, people are well prepared. It also helps to connect better relationships with others.

➤ **Concentration**

People can easily concentrate on yoga, and they can do whatever they want to achieve in life.

**Concept of Attitude:**

An important concept in social psychology Although the definition of attitude has always been somewhat flexible, it can be broadly said that an attitude is a person's propensity or tendency to respond in a particular way to a person, object, situation, event, idea, etc. Attitudes are largely permanent. It is not a constantly changing mood or a momentary wave. Attitudes can be positive or negative to a lesser extent. Although it is generally believed that they are developed through the personal experiences and perception process of individuals and can sometimes change through this process, it has also been suggested that they are inherited from our genes. A person moves through many groups from the beginning of his life. E.g. family, neighbors, peers, friends, different religious, ethnic, cultural groups etc All of these have a more or less impact on the individual's life and the person has the possibility to absorb their attitudes. However, while accepting the values and beliefs that come to the person from such sources of experience, the person can also think about his psychological or other types of personal needs or which values are of central importance in his view. She will also learn some values from it. It is through such acceptance or rejection that the individual's attitude and unique personality is formed.

**Objectives:**

1. To study the attitude of collegiate students appurtenant Sahaja Yogain relation to their gender.
2. To study the attitude of collegiate students appurtenant Sahaja Yogain relation to their location.
3. To study the attitude of collegiate students appurtenant Sahaja Yogain relation to their stream.

**Hypotheses:**

- There is no quantum difference between the attitudes of collegiate students towards Sahaja Yogain co-relation to their gender.
- There is no quantum difference between the attitudes of collegiate students towards Sahaja Yoga in co-relation relation to their locale.
- There is no quantum difference between the attitudes of collegiate students towards Sahaja Yoga in co-relation relation to their stream.

**Sample of Study:**

100 collegiate students were selected randomly from different colleges of Tahasil Umred. Some of them were rural boys and girls and some boys and girls were selected from Arts and Science stream

**Tool Used:**

Standardized scale of attitude towards yoga by sarv Shakti arora (1989) was used.

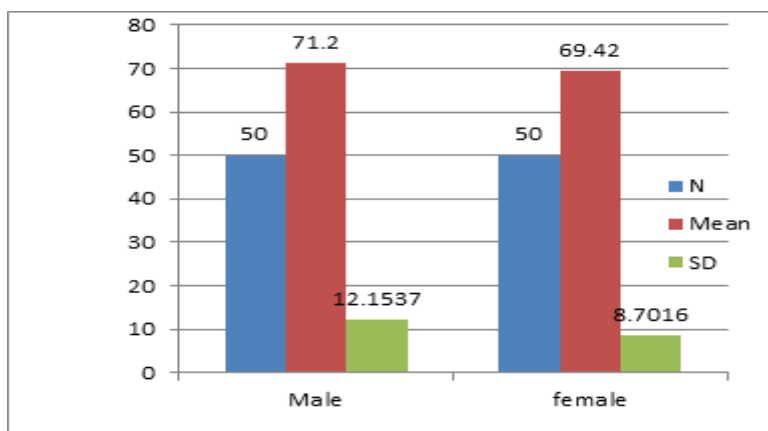
**Statistical Techniques:**

The investigator used descriptive and also inferential statistical techniques to analyze the data.

**TABLE-1** Showing attitude of collegiate students in relation to their gender

Group	N	Mean	SD	SED	t-ratio	Level of Significance
Male collegiate	50	71.2	12.1537	2.1134	0.842	Not Significance
Female collegiate	50	69.42	8.7016			

Table-1 indicates that the t-ratio (0.842) is not significant at 0.01 and 0.05 levels of significance, so it can be concluded from this table that there is no significant difference in the attitude of male and female graduate college students towards yoga. . Therefore, the hypothesis that there is no significant difference in the attitudes of undergraduate students in relation to their gender is accepted

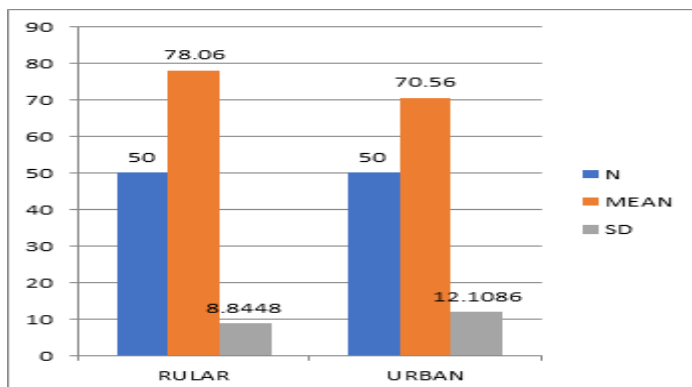


**Graph 1** Showing attitude of collegiate students in relation to their gender

**TABLE -2** Showing attitude of collegiate students in relation to their locale

Group	N	Mean	SD	SED	t-ratio	Level of Significance
Rural collegiate	50	78.06	8.8448			
Urban collegiate	50	70.56	12.1086	2.1203	3.537	Significant

Above Table-2 reflects that t-ratio (3.537) is importance at 0.01& 0.05 level of significance hence Therefore from the table it may be concluded that there is significant difference between the attitude of rural and urban Undergraduate students towards sahaj yoga. Hence null hypotheses there were no significant difference between the attitudes of collegiate students in relation to their locale.

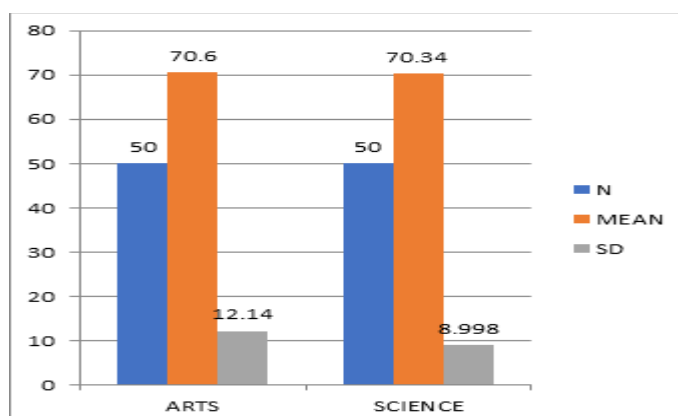


**Graph 2 Showing attitudes of collegiate students in relation to their locale**

**TABLE -3 Indicates attitude of collegiate students in relation to their stream**

Group	N	Mean	SD	SED	t-ratio	Level of Significance
Arts	50	70.6	12.140	2.13	0.122	Not Significance
Science	50	70.34	8.998			

Above Table-3 shows that t-ratio (0.122) is not remarkable at 0.01& 0.05 level of significance Therefore from the table it may be concluded that there is no significant difference between the attitude of science and arts Undergraduate students towards yoga. Hence, null hypotheses there are no significant difference between the attitudes of collegiate students in relation to their stream is accepted.



**Graph 3 Indicates attitudes of collegiate students in relation to their stream**

**Results and Discussion:**

Table1 shows that there is no significant difference in the attitude of male and female graduate college students towards yoga. Table no 2 shows that it may be concluded that there is significant difference between the attitude

of rural and urban Undergraduate students towards Sahaja Yoga and table 3 indicates that there is no significant difference between the attitude of science and arts Undergraduate students towards yoga. A sense of negativity is created in the feelings, thoughts and actions of many children. Fear, anxiety, anger, hatred, lies, lust etc. start taking root in children. In short, failure leaves children exhausted, suicidal thoughts instilled in them. Since there is no joint family system, there are no elders to make the children aware of right and wrong, that's why inculcating interest in 'Yoga Sadhana' in children, making children Yogis is the need of the day. Because a brilliant mind resides in a healthy body. Therefore, a good yoga practice along with a healthy diet is essential.

### **Conclusion:**

The present study shows that the attitude of the students towards Sahaja Yoga is positive. Gender, stream or location does not make any difference to their approach to Sahaja Yoga, as there is a strong awareness that by doing sahad yoga, not only diseases can be kept away, but mental stress can also be relieved. Yoga is like nectar especially for the students. Students who include yoga regularly in their lives not only keep on topping studies, but also have no competition in other activities.

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