



# A Comparative Study of Moral Judgement between Yoga Doers and Yoga Non-Doers

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## Abstract

The moral ideas, spiritual values, the aspiration of the nation and its cultural heritage are transferred from one generation to another generation. With the progress of industrialization globalization. Urbanization, modernization, besides better standard of living, people are deprived of health and peace of mind due to increasing tension. Hence the purpose of this study was to search out the effect of yoga-doers and yoga non doers on moral judgment by school going children.

## I. Introduction

Education is the total development of the personality. Only through education, moral ideals, spiritual values, the aspiration of the nation and its cultural heritage is transferred from generation to another. Education is that conductive process which develops one's individuality in all aspects physical, mental, moral, emotional, social, cultural and spiritual etc.

The word moral comes from the Latin word 'mores' which means custom, practice, a way of accomplishing things. It is the internalization of a set of virtues, ideas and values sanctioned by society which become an integral part of the individual self through the process of development.

Fifteen boys and girls of 6 to 14 years age group were selected from each of three schools in two groups as yoga-doers and yoga-non doers, keeping as total number 45 of each group. These 90 students of three institutions of Agra, Mathura and Shikohabad districts were judged on the basis of fourteen cardinal values prevalent in the Indian society, such as Ahinsa, Respect, and Betrayal of faith, Punya, Forgiveness, Greed, Anger, Duty, Purity, Lie, Revenge, Stealing, Truth and Sin.

Moral judgement involves the cognitive capacity and insight to see the relationship between an abstract principle and concrete cases and judge the situations as right or wrong.

The test items were especially designed for the fourteen cardinal values prevalent in the Indian culture. The fourteen values are 'Ahimsa', 'Duty', 'Respect, Betrayal of faith; 'Purity. "Forgiveness', 'Greed, 'Anger, 'Punya', 'Lie', 'Revenge', 'Stealing, 'Truth' and 'Sin'.

The universe of the study consists of students of both sexes of Agra, Mathura and Shikohabad city between the age ranges of six to twelve years. They are 90 in number. Out of which 45 are yoga doers and 45 are non-doers.

Sr.No.	Name of the Institution	No. of the Students
<b>Yoga Doers</b>		
1	Asha Ram Bapu School, Agra	15
2	Servodya J.H., Agra	15
3	Krishna Public School, Mathura	15
		<b>45</b>
<b>Yoga Non-Doers</b>		
1	Holy Public School, Agra	15
2	Ratan Lal Public School, Mathura	15
3	Nav Jagriti School, Shikohabad	15
		<b>45</b>
	<b>Total</b>	<b>90</b>



### Need of the study

With the progress of industrialization, globalization, urbanization, modernization, man has achieved very much. But there is increasing tension, as a result man is being deprived of health and peace of mind. P.T. and physical training are already the part of the school curriculum.

Therefore a curiosity emerged within the researcher to know-Is Yoga has an impact in moral development? Are the yoga doers better in taking the aim of "A Healthy mind in a healthy body"? Therefore, the researcher has taken yoga doers and yoga non-doers as the groups in taking judgement.

### Yoga Doers

The children who practice Yogasanas, Pranayamas, meditation in their daily routine, called yoga doers.

### Yoga Non-doers

The children who do not practice Yogasanas in their daily life, called yoga non-doers.

### Objectives of the study

- To compare moral judgement between yoga doers and yoga non-doers.
- To compare the 14 values related to moral judgment between two groups of students of Yoga doers and non-yoga doers

### Hypothesis

- There is no significant difference between the moral judgement of yoga doers and non-doers
- There is no significant difference between the 14 values related to moral judgment of yoga doers and no-yoga doers.

### Methods to be followed:

The present research project is descriptive survey method. The universe of the study consists of students of both sexes of Agra, Mathura and Shikohabad. They are go in number. The selected scale for the present study is this.

Moral judgement test (MCT) of Prof. Durganand Sinha and Dr. Meena Verma. This test consists of 50 items with six dimension i.e. discrimination, Incomplete sentence, analogies, best moral answer, moral reasoning and definition.

The test items were especially designed for the fourteen cardinal values prevalent in the Indian culture. The fourteen values are -'Ahimsa,'Duty,'Respect, Betrayal of Faith', Purity, 'Forgiveness,'Greed','Anger,'Punya,'Lie', 'Revenge,'Stealing,'Truth' and 'Sin'.

**Table-1 Mean distribution of yoga doers and yoga non-doers in various moral values**

	Moral Value Class	Yoga-Doers	Yoga-Non doers	't' at 5%
1.	Ahinsa	2.31	2.24	0.53NS
2.	Respect	4.93	4.68	1.68 NS
3.	Betrayal of Faith	3.22	3.00	1.052 NS
4.	Anger	3.15	2.47	4.44 NS
5.	Punya	3.24	3.13	0.50 NS
6.	Stealing	3.22	3.00	0.88 NS
7.	Truth	2.46	2.33	0.659 NS
8.	Sin	3.13	3.22	0.371 NS
9.	Lie	4.64	4.44	0.73 NS
10.	Duty	2.28	2.28	0.00 NS
11.	Purity	2.31	2.22	0.511 NS
12.	Forgiveness	0.92	0.85	0.371 NS
13.	Greed	1.68	1.60	0.371 NS
14.	Revenge	2.42	0.40	9.528 NS
	<b>Overall</b>	<b>39.89</b>	<b>38.53</b>	<b>0.136 NS</b>

The data given in table-1 reveal that there is no significant difference between yoga-doers and yoga non-doers in case of Ahinsa, Respect Betrayal of faith, Punya, Stealing, Truth, Sin, Lie, Duty, Purity Forgiveness and Greed. Whereas significant

difference is noted between yoga doers and yoga non-doers regarding anger and revenge attitude showing mean 3.15 and 2.47 and 4.40 respectively. Overall the mean values of yoga doers and yoga non-doers could be computed as 39.89 and 38.53



showing non-significant difference. The yoga-doers are involved in physical exercise and meditation which are helpful to relieve tension, anxiety and frustration, hence they perform better tolerance against anger and revenge as compared to yoga non-doers.

In general, children of this group do not playing important role in taking decision with regard to moral judgement, except relief from anger and revengeful attitude in case of yoga - doers.

#### **Educational Implication**

Yogic practices help to improve physical health, reduce anxiety, depression and stress. People all over the world, such as America and the western countries have adopted yoga enthusiastically. Male and female both can practice yogasanas. It can be performed by anybody in the age range of 6 to 80-85 years. Yoga should be included as a compulsory practice in the schools for the harmonious development of all students (body, mind and soul) which is the ultimate aim of education.

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