CHAPTER III
RESEARCH METHODOLOGY

3.1 Introduction
3.2 Aim of the study
3.3 Variables
3.4 Sample
3.5 Tools use for data collection
3.6 Design
3.7 Procedures
3.8 Statistical Analysis
CHAPTER III

RESEARCH METHODOLOGY

3.1 INTRODUCTION:-

In this chapter information regarding the research method and their characteristics in general is explained. It also contains the various tools that can be undertaken for the educational research.

Concerning to the present problems under study the research tried to bring in front the sample of the study and the procedure that was adopted for carrying out the work.

➢ MEANING OF RESEARCH

R- Rational way of thinking

E- Education skill – effective solutions

S- Simplistic / search & solutions

E- Effectiveness / exactness

A- Analysis for source available

R- Role played achieving goals

C- Critical observation of the various research data

H- Honesty & hard work
RESEARCH PROCESS

1) EXPERIMENTAL RESEARCH :-

Describes what will be? When certain variables are carefully controlled or manipulated. The focus is on variable relationship. Experimental method is based upon the low of the single variable. Experimental method provides for much control and therefore, establishes a systematic and logical association between manipulated factors and observed effects.

The researcher finally selected the experimental Research Method for the present research study.

Experimental method is the mainstay of social science necessary in general because it is considered to be the most appropriate method. Keeping in view the methodological requirements to behavioral research, over the past few decades, scientists have developed a variety of experimental designs which vary along dimension simplicity-complexity, and data yielded by these designs required different types of statistical analysis. Experimental design as an important part of research methodology in educational science.

In the present study, aim to find out the effect of a development variable, that is yoga on mental health. According to the variables level and investigate the effect on other variables put out from sophisticated research design and sophisticated methodology was used. And also used the suitable statistical techniques were used. The statistical techniques were used. The statistical techniques carried out through the spss software.
3.2 AIM OF THE STUDY:-

The aim of the present study was to find out the effect of Yoga on mental health of primary teachers. Second aim of the study is prepare the yoga package (exercise) and third aim of the study was to conduct the Yoga program and fourth aim of the study was to measure the effect of yoga on mental health of primary teachers.

3.3 VARIABLE:-

In the present study there were two variables included. Namely yoga and mental health, Yoga was dependent variables and mental health was independent variables.

<table>
<thead>
<tr>
<th>Variable</th>
<th></th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Yoga</td>
</tr>
<tr>
<td></td>
<td>Mental Health</td>
</tr>
<tr>
<td>(Dependent)</td>
<td>(Independent)</td>
</tr>
</tbody>
</table>

3.4. SAMPLE:-

The random sampling method was adopted to select the sample of the study. The study was carried out on a sample of 65 primary teachers of Aurangabad District. The sample of the present study is shown as below.

The subject selected in the sample were in the age group of 18 to 22 who were working as a Zilla Parishad primary teachers of Aurangabad District.
3.5 TOOLS USE FOR DATA COLLECTION:-

A standardized tool has been used to collect the data; the specification of tool has given below- MENTAL HEALTH BATTERY developed by Dr. Arun Singh (Patana) and Dr. Alpana Singh (Patana).

MENTAL HEALTH BATTERY

The concept of mantel health is as old Ashman beans in recent years clinical psychologists as well as educationists have started giving proper attention to the study of mental. However, in India, relatively very few works has been conducted.

Mental health as defined as by kornhauser (1965) commutates those behaviors, perceptions & Feelings that determine a person’s overall level of personal effectiveness, success, happiness & excellence of functioning as a person. It depends on the development & retention of goals that Are neither too high nor too low to permit realistic successful maintenance of belief in one ‘s self as a worthy, effective human-being (Lakshminarayanan & Prabhakaran, 1993). So a mentally healthy person is firm in his intentions & is least disturbed by stresses on day-today life.

Thus the concept of mental health takes a “gestalt” view of the ideal. It inculpates the concepts of personality characteristics & behavior all in one. It may also be understood as the behavioral characteristics of person. A mentally healthy person shows a homogeneous organization of desirable attitudes, healthy values & righteous self-concept & a scientific perception of desirable attitudes, several psychologists like Erickson (1936), Rogers (1969), Hurlock (1972) have expressed their view in a similar tine. A mentally sound or healthy person should also be understood as a dynamic & conscientious Peron who is found be
reasonably rational in the choice of means for the realization of his pious ends (Amend, 1988). So mental health is an attitudinal concept toward ourselves & others (Leaner & kubs, 19962). It al serpent a humanistic approach towards the understanding & assessment of the self. Positive feeling, attitudes towards self & others.

After reviewing the literature in this field (jarhead, 1959; Maslow & mitterman;1951; Rogers,1961 whittaker,1970), following six popular indices of mental health were finally selected for inclusion in the present battery

1. Emotional stability.
2. Overall Adjustment.
3. Autonomy.
5. Serif-concept.
6. Intelligence.

A brief description of these indices is as under:

3.6 DESIGN:-

In this present study the researcher used single group pre-test- post-test design.
3.7 PROCEDURE:-

1. Pre-Test and Post-Test

In the present study the test was administrated in total 65 primary teachers. The subjects be seated Comfortably at some distance from each other and all within such distance that every subjects all can clearly here the voice. The directions printed in the tested booklet be read loudly and properly explained. The subjects were told that there were no fixed time limit for the first five parts. However, generally a normal examinee having average mental health takes about 25 minutes in giving complete answers. Part VI was a speed test. The total allotted time for the first five this part was 10 minutes. Therefore all examinees must start start answering the items and stop at the time instructor by the examiner. The work required to work as fast as possible. Every subject. After the subject
finish marking there responsible, the test booklet be collected along the answer sheet.

The test has five parts, there parts are areas of mental health. There are emotional stability, over all adjustment, Autonomy, Security-insecurity self concept, intelligence. The first part has 15 items, second past has 40 items, third, forth, fifth, parts have 15 items and sixth part has 30 items of questions.

Total 130 items of questions are there first five parts have two alternatives but sixth parts has four alternatives of answers. The answers given in the scoring key words be given a score of. If they don’t tally they will be given a score of zero.

After the completion of scoring appropriate list and tables were prepared for recording the scores and their totles. Data sheet for mental health battery were prepared for statistical analysis.

1. Implementation of Yoga Package

<table>
<thead>
<tr>
<th>Type</th>
<th>Name of Asans</th>
<th>Time</th>
<th>Effect</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starting</td>
<td>Prayer</td>
<td>2 Min</td>
<td>Concentration</td>
</tr>
<tr>
<td>Asan</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Suryanamaskar</td>
<td>10 Min</td>
<td>Flexibility</td>
<td></td>
</tr>
<tr>
<td>2. Tadasan</td>
<td>3 Min</td>
<td>Physical &amp; Mental Fitness</td>
<td></td>
</tr>
<tr>
<td>3. Vrikshasan</td>
<td>3 Min</td>
<td>Physical &amp; Mental Fitness</td>
<td></td>
</tr>
<tr>
<td>4. Halasan</td>
<td>3 Min</td>
<td>Physical &amp; Mental Fitness</td>
<td></td>
</tr>
</tbody>
</table>
5. Hastpadasan  | Physical & Mental Fitness
6. Sarvangasan  | Physical & Mental Fitness
7. Bhujangasan  | Physical & Mental Fitness
8. Pacchimottasan  | Physical & Mental Fitness
9. Shirhasan  | Physical & Mental Fitness
10. Shavasan  | Physical & Mental Fitness

Pranayam
- Anulom-Vilom 5 Min Mental Health
- Bhramari 5min Mental Health
- Kapal Bhati 5min Mental Health
- Yog Nidra 5 Min Mental Health

Dhyan Dhyan 5 Min Mental Peace

3.8 STATISTICAL ANALYSIS

The total data sets obtained for mental health Battery prepared scoring. Pretest and post test were separately tabulated by employing t test and correlation with the help of SPSS software.