

An analysis of the barriers of introducing yoga educational program for school students in Sri Lanka

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Abstract

It is very important to investigate the barriers of introducing yoga educational program for school students in Sri Lanka. Yoga practice is the world trend in recent years among the people. Yoga is mind and body exercises. Yoga could improve student's mental and physical fitness as well as academic performances. Education and health are interdependent. There is a critical synergic relationship between learning and the health states of the children. School children are a vehicle through which health concepts can be transferred to the community. Therefore the concept of promoting health through the school system is an effective strategy. Due to modern educational pattern, now a day, students are in very busy and stressful condition and they are more prone to suffer from Obesity, Gastritis, Stress and Type 11 Diabetes Mellitus etc. Yoga is concern as Alternative and Complementary medical system. Yoga seems to be a modern way of healing and relieving stress. It could be a beneficial intervention for educators to try. Yoga education and practice is very important to children to keep their mind and body healthier. According this condition, this is the time to implementation of yoga educational program for school students in Sri Lanka. First of all, have to identify barriers of it. In this study, School teachers are taken as population. 356 Teachers who are working in Government Secondary school in Kegalle District in Kegalle educational zone, in Sabaragamuwa province is taken as sample. Sampling technique will be stratified random sampling. The teachers selected from each school on random basis and data is collected by using questionnaire. This study examine the variable of top management support for yoga education, Teacher's Knowledge on the yoga exercises, Time allocation for yoga exercises, Teacher's attitude about the yoga and Interest of the students about yoga.

Keywords: Yoga, Barriers, Yoga educational program. School students

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