SUMMARY

This study examined the effect of yogic practices on teachers’ attitude towards corporal punishment in relation to their self concept and mental health. The present study was an experimental study in which pretest-posttest equivalent group design was used employing 2X2X2 factorial design. The yogic practices were used as an intervention programme, self concept and mental health as an independent variables and teachers’ attitude towards corporal punishment was the dependent variable. The study included 200 teachers from the senior secondary schools of Jalandhar city. The whole sample was given pre-test and on the basis of the score in teachers’ attitude towards corporal punishment two equivalent groups (each of 100) were formulated which were named as experimental and control groups. The experimental (treatment) group was exposed to yogic module consisting of yoga asanas, pranayams and suryanamaskar for three months. The attitude towards corporal punishment, test by Batra and Mukherjee (2007), Self concept list by Deo (1998) and Teacher employee mental health inventory by Jagdish were used. The results showed that there was a significant difference between pre-test and post-test gain scores of attitude towards corporal punishment of secondary school teachers of experimental and control groups. This showed that experimental group performed significant better when exposed to yogic practices. Further it was concluded that if proper training is provided to the secondary school teachers after testing their self concept and mental health, then these variables can play an important role in the modification of attitude towards corporal punishment.