

CHAPTER III

RESEARCH METHODOLOGY

Methodology signifies a body of methods used in a particular branch or activity in a research work. Research methodology is the pivot of any research project. Effective findings are possible only when the researcher uses appropriate research methodology. Research methods are of utmost importance in a research process. They describe the various steps of the plan of study to be adopted in solving a research problem.

3.1 Research Method:

In the present study "*The Descriptive Method*" is applied which enables one to know about what exists at present by determining the nature and degree of existing conditions. Because of the methods apparent ease and directness, descriptive method has undoubtedly been the most popular and most widely used research method in education. Descriptive research studies are designed to obtain pertinent and precise information concerning the current status of phenomena and, whenever possible, to draw valid general conclusions from the facts discovered. They are restricted not only to fact finding but may often result in the formulation of important principles of knowledge and solution of significant problems concerning local, state, national and international issues.

The type of Descriptive Research Method applied in the present study is the 'Normative Survey Method'. The word 'survey' indicates gathering of data regarding current conditions. Normative Survey Method is employed for the present study on the consideration of the following facts –

- i) Normative Survey Method gathers data from a relatively large number of samples.

- ii) It is concerned not with the characteristics of the individuals but with the generalized statistics of a representative sample.
- iii) It deals with clearly defined problem and has definite objectives.
- iv) Descriptions resulting from surveys may be either verbal or expression of mathematical symbols.
- v) It is essentially a cross-sectional study and fits appropriately into the total research scheme.

Thus, Normative Survey Method has proved beneficial for the present study.

3.2 Sample:

In the present study the investigator employed Stratified Random Sampling technique to draw the representative sample because it is necessary to make certain that the units included in the sample are selected in proportion to their occurrence in the population. When the units in a sample are proportional to their presence in the population, the sample is said to be stratified. While employing the method of Stratified Random Sampling, the researcher divided the population into different strata by some characteristics and from each of the smaller homogenous groups falling in each strata, she extracted randomly a predetermined number of units. Thus in addition to randomness, stratification introduced a second element of control as a means of increasing precision and representativeness.

The population for the present study comprised of Students and Principals of the Secondary Schools of Guwahati. A relatively small portion of the population is selected as sample for the study. Only the secondary schools of Greater Guwahati are selected for the purpose of sampling.

The numbers of persons contacted for data collection are as follows –

Total Number of Students – 120 students (schools where Yoga education is imparted).

Total number of Principals – 13 Principals. The number of Principals are further divided into two parts –

- a) Principals belonging to Schools, imparting Yoga education – 6
- b) Principals belonging to Schools, not imparting Yoga Education – 7

3.3 Tools:

The selection of tools for a particular study depends upon various considerations. These are – the objective of the study, availability of time at the disposal of the investigator, availability of the suitable tools and personal competency of the investigator to administer them. The investigator used the Questionnaire and Interview as the tool for the study.

A. Questionnaire:

A Questionnaire is a device consisting of a series of questions dealing with some psychological, social, educational, etc. topic(s) sent or given to an individual or a group of individuals, with the object of obtaining data with regard to some problems under investigation. A Questionnaire can be defined as a systematic compilation of questions that are administered to a sample of population from which information is desired.

The Questionnaires administered by the investigator were of two types i.e. Open-form and Closed-form Questionnaires.

- Open-form or unrestricted Questionnaires calls for a free response in the respondent's own words.

- Questionnaires that call for short, check-mark response are known as restricted of Closed0form type (i.e. YES/NO type).

On the basis of these criteria, three sets of Questionnaires have been developed by the investigator.

The three sets of Questionnaires developed by the investigator are as follows -

- Questionnaire No.I** – Questionnaire for the Principals of Schools imparting Yoga education.
- Questionnaire No.II** – Questionnaire for the students of schools having Yoga education.
- Questionnaire No.III** – Questionnaire for the Principals of Schools not having Yoga education.

The Questionnaires have been developed to meet the demands of all the objectives of this study as mentioned earlier.

The models of the Questionnaires are attached in the Appendix-I.

Though no rigid time limit was fixed for completing the Questionnaire, it was assumed that the respondents were able to complete the Questionnaire within 10-15 minutes.

B. Interview:

When 'Interview' is applied as a tool to collect data for the research in order to test hypothesis then it is referred to as 'research interview'. The interview is a process of communication or interaction in which the subject or interviewee gives the needed information verbally in a face-to-face situation. The interview provides an opportunity to

the interviewer to question thoroughly certain areas of inquiry. The interview permits greater depth of response which is not possible through any other means. It also enables an interviewer to get information concerning feelings, attitudes or emotions in relation to certain questions.

In Schools where the Principals refused to respond to the Questionnaires, the Interview – as a tool was applied to extract the required information's regarding the research work.

3.4 Procedure for Data collection :

The investigator at first selected the Secondary Schools on the following basis-

- i) Secondary Schools where Yoga education is imparted – 6 nos.
- ii) Secondary Schools where Yoga education is not imparted to the students – 7 nos.
- iii) The Government and private schools of Guwahati were selected.
- iv) The secondary schools belonging to SEBA, CBSE and ICSE Boards were selected.
- v) The Girls', Boys' and co-educational schools were selected.
- vi) English, Assamese and Bengali Medium Secondary schools were selected.

Secondly, the investigator visited each and every institution and distributed the Questionnaires and conducted the Interview. The Questionnaires were distributed among the students and Principals. The investigator requested them to fill it up and again re-

visited those schools to collect the filled-up Questionnaires. The List of schools visited to conduct the study is provided in Appendix-II.

3.5 Problems Encountered:

During the Data collection procedure all the Government Schools responded. Some Private Schools mostly under SEBA course and few under CBSE course pattern responded positively.

Two schools, both having the provision of Yoga education refused to respond to the Questionnaires due to the lack of Departmental Permission letter to conduct research work in their institutions. Even the Principal refused to meet the investigator. These were newly established Private, English Medium Schools of Greater Guwahati.

So, the number of schools for study, imparting Yoga education was reduced to 4 nos. from 6 nos. and the number of students was reduced to 100 nos. from 120 nos. for conducting the research work.

The Provision of Yoga education was confirmed through Interview. So in cases where Questionnaire as a tool was unable to gather information, Interview was conducted.

3.6 Administration of the tool :

The Questionnaires were administered in the following ways –

Questionnaire No.I : The Questionnaire was meant for the Principals of Schools having Yoga education. The investigator met the Head of the institutions and requested him/her to fill up the Questionnaires and asked permission to meet the students. Most of the Principals responded. Only few of them did not respond.

Questionnaire No.II : This was meant for the students of Class- VIII, IX, X. With the cooperation of the School Authority the Questionnaires were distributed to the students both boys and girls and the study was conducted smoothly.

Questionnaire No.III : This Questionnaire was meant for the Principals of Schools not having Yoga education. The investigator met the Head of the institutions and requested him/her to fill up the Questionnaire. Few responses were given on the spot. Many Principals asked the investigator to collect the filled-up Questionnaires on the next day.

3.7 Follow-up Procedures :

Some respondents were slow in returning the Questionnaires. To increase the number of returned Questionnaires, a rigorous follow-up procedure was undertaken. The investigator had to personally visit the institutions and residences of many students and Principals several times.

3.8 Treatment of the Data :

The Treatment of the Data involves the process of classification, sorting and tabulation of the raw data collected during field survey. For the smaller projects as the present one had-sorting and hand-tabulation was employed.

The collected raw data was sorted down and classified in the tabular form for simplicity in drawing conclusions. For analyzing and interpreting the data, *Simple percentage and Graphical Representation* was applied.