



YOGA AND PSYCHOLOGICAL WELLBEING: A study among teenagers in Kerala

Name of 1st Author,

ALBERT. K. C, Ph. D, Research Scholar, Department of Physical Education, University of Madras, Tamil Nadu, India

Name of 2nd Author

Dr. V. MAHADEVAN,

Director of Physical Education, University of Madras, Tamil Nadu, India

Abstract: This study aims at the impact of yoga on the psychological realm of teenagers in Kerala in this Covid19 pandemic situation. The influence of yoga on the mindfulness of the teenager is specifically selected as the matter of study. Mindfulness scale is used to measure it. The yoga programme has brought reliable effect on the mindfulness of the teenagers.

Key words: Yoga, Yogic Practices, Psychological Well-being

1.INTRODUCTION

Yoga is a science which helps in the co-ordination of the mind and body (Yatendra Kumar Sharma, 2018). Hence yoga is very much important of the psychological wellbeing of a person. The psychological wellbeing means positive psychological functioning. Mindfulness is a moment by moment awareness which leads to psychological freedom. Therefore yoga has an important role to play in reaching the state of mindfulness which leads to psychological maturity. Literature on well-being and positive health, including mental health, is relatively less when compared with the wealth of literature on disease, disability and disorders (Sell H, 1992).

2. PSYCHOLOGICAL WELLBEING

According to the studies it is proved that yoga is effective in reducing depression, depressive symptoms and promotion of well-being (Hagen, 2018). It is effective not only for depression but also for the positive functioning of the person. This helps to reduce auto immune diseases and lessen the risks of psychopathology. Yoga not only helps to bring harmony in mind-body functioning but also it can be also adopted by the existing psychological practice. Thus it will help to enhance the effect of psychotherapy. Yoga further helps to control multiple physical, emotional and social sufferings holistically. We know that the result of any psychological therapy is determined by factors either in the environment or in the attributes of the client or therapist but not by highly acclaimed theory-based techniques. Slowly the need for eclectic and intuitive therapeutic approaches is on rise. As a result the yoga practices as an adjunct to other forms of psychotherapy, is frequently reported (Singh, 2017). It is observed that the practice of yoga helps for the prevention as well as the treatment of mental and physical disorders. Yoga practices in the clinical and non-clinical setting bring positive effect in the treatment of anxiety and depressive symptoms. It is further observed that yoga helps for subjective well-being as confirmed by neuronal correlates in the brain.

3. YOGIC PRACTICES

In modern medicine these days holistic approach to human beings gets an important concern. In the observation of World Health Organization almost 37% of healthy working years are lost due to psychological imbalances. In this juncture it is good to find out more about the functional mechanisms which cause the positive effects of complementary and alternative methods such as yoga for psychological well-being (L. Gaiswinkler a, 2016). Yoga is one of the methods by which a goal of positive mental health can be achieved (LP., 1984). The philosophy and practice of yoga has assumed importance in improving the quality of life and the treatment of number of psychiatric and psychosomatic disorders in the last decades. In the practice of psychotherapy in India the Philosophy of yoga has been inculcated. Practice of yoga has become increasingly popular in India as well as in Western countries as a method for coping with stress and improving quality of life. The present study was undertaken with the aim to study the effect of regular practice of yoga on subjective well-being (RJ, 1985). According to yoga scholars breath is the bridge between mind and body. Slow, steady and full diaphragmatic breathing is common in all forms of yoga. It helps to control and quieting the mind. It further helps to achieve mental stability, calmness and tranquility through slow and deep breath. This stillness and silence helps the practitioners to connect internally. There is a popular maxim in yoga that flexible body leads to a flexible mind. It means that yoga helps people to become more patient, forgiving, less prone to anger and sadness. Furthermore it helps the yoga practitioners to be at home with their natural selves (Farah M Shroff, 2017). Yoga also helps quieting the SNS-HPA axis in response to stress. In this case the exact mechanism of action has not been found but it has been hypothesized that some yoga exercises cause a shift toward parasympathetic nervous system dominance. Anyone who practices yoga will have immediate psychological effects such as decreasing anxiety and increasing feelings of emotional, social, and spiritual well-being (Alyson Ross, 2010).

4. Data and source of data

The data is collected from the teenagers in Kerala. The sample of the data was collected by selecting teenagers from different districts of Kerala. They were given three weeks of yoga practice along with the awareness meditation. The age group is in between 12-17.

5. Theoretical Framework

The mindfulness scale of Freiburg is a self-reported questionnaire which helps to measure the traits of mindfulness. Compared to the 30 item form of mindfulness assessment the short form seems to be more effective in relation to statistical features. The long version seems to raise misunderstanding in some items especially for individual without meditation practice. FMI is structured with 14 items with a rating between 1 (rarely) and 4 (always). The 30 item form was developed in 2001 and in 2006 the 14 item final form was developed by Harald Walach and his Turkish speaking colleagues. It was developed like a one factor unidimensional scale. Extensive mindfulness and insight meditation literature, interviews with experts and validation analysis in a sample of Buddhist meditators were made before finalizing all the 14 items.

6. PROCESS OF DATA ANALYSIS

The purpose of this study was to find out effect of yogic practices on psychological wellbeing among teenagers in Kerala. To achieve the purpose of this study 40 teenagers were randomly selected from Kerala, within the age group of 12 to 17 years. The selected subjects were randomly assigned into two equal groups of 20 each, such as experimental and control group. Subjects of the control group did not go for any specific training programme during the period of study at the same time the experimental underwent the selected yogic practices for the period of 12 weeks. Five days in a week. One session per day with duration of one hour practice that is from 6 a.m. and 7.00 a.m. The emotional regulation and mindfulness was measured by questionnaire. The subjects of two groups were tested on selected variables prior and immediately after the training period. The collected data were analyzed statistically through analyze of covariance (ANCOVA) to find the significance difference. The 0.05 level of confidence was fixed to test the level of significance difference.

6. RESULTS, DISCUSSION AND CONCLUSION

TABLE – I
ANALYSIS OF COVARIANCE FOR PRE AND POST DATA ON
PSYCHOLOGICALWELLBEING

Test	EX	CG	Source of variance	Sum of Squares	df	Mean square	F
Pre-test mean	42.30	43.13	Between	7.22	1	7.23	0.16
			Within	1688.75	38	44.44	
Post-test mean	48.50	42.65	Between	342.22	1	342.23	8.51*
			Within	1527.55	38	40.19	
Adjusted mean	48.86	42.28	Between	431.430	1	431.430	58.29*
			Within	273.859	37	7.402	

*significant.at 0.05 level.

The obtained F value on pre test scores 0.16 was lesser than the required F value of 4.09 to be significant at 0.05 level. This proved that there was no significant difference between the groups at initial stage and the randomization at the initial stage was equal. The post test scores analysis proved that there was significant difference between the groups as the obtained F value at 8.51 was greater than the required F value at 4.09. This proved that the differences between the post-test mean at the subjects were significant. Taking into consideration the pre- and post-test scores among the groups, adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value at 58.29 was greater than the required F value at 4.09 to be significant at 0.05 levels and hence it was accepted that there was significant difference among the adjusted post-test means on the psychological wellbeing of the subjects. The result of the study showed that systematic yoga practice improved the psychological wellbeing teenagers. Yoga practices will enable the teenagers to develop their psychological wellbeing and emotional resilience.

REFERENCES

- ALYSON ROSS, M. R. (2010). THE HEALTH BENEFITS OF YOGA AND EXERCISE:. *THE JOURNAL OF ALTERNATIVE AND COMPLEMENTARY MEDICINE*, 3-8.
- Farah M Shroff, M. A. (2017). Yoga and Mental Health: A Review. *Journal of Physiotherapy & Physical*, 1-8.
- Hagen, I. a. (2018). Yoga for psychological wellbeing in modern life and contexts. In I. K. Hagen, *Research-Based Perspectives on the Psychophysiology of Yoga* (pp. 316-318). USA: IGI Global.
- L. Gaiswinkler a, H. U. (2016). The relationship between yoga involvement, mindfulness and. *Elsevire*, 1-5.
- LP., V. (1984). Yoga, meditation and mysticism. In D. S. DA, *Psychiatry in India* (pp. 21-52). Bombay: Bhalani Book Depo.
- RJ, L. (1985). An evaluation of subjective well being measures. In E. R. Diever E, *Social Indicators Research* (pp. 1-17). New Delhi: TPI.
- Sell H, N. R. (1992). *Assessment of subjective well being*. New Delh: World Health Organisation.
- Singh, A. P. (2017). Yoga for mental health: opportunities and challenges. *Med Crave*, 1-7.
- Yatendra Kumar Sharma, S. S. (2018). Scientific benefits of Yoga: A Review. *RESEARCH REVIEW International Journal of Multidisciplinary*, Vol 3, 1.