



Impact of Yogic Practices on Mental Health of Adolescents: A Cross-Sectional Study

Yogesh¹, Dr. Rupam²

¹Research Scholar, ²Professor & Head of Department (HOD),

¹Department of Psychology, Patliputra University, Patna

²Department of Psychology, TPS College, Patliputra University, Patna

Abstract: Today people not only in India but all over the world are suffering from various mental health problems like depression, anxiety, schizophrenia, bipolar disorder, etc., with depression and anxiety disorder being the most common mental health problems in India. Yoga is known to be an ancient Indian science that helps in improving physical, mental, social, and spiritual health. The objective of this study was to assess the impact of yogic practices on the mental health of adolescents. A total of 100 adolescents (50 male and 50 female) in the age group of 15 to 20 years were selected as a sample through a simple random sampling technique from the different government schools/colleges of the Munger district of Bihar. A cross-sectional survey was conducted. The first test was done before yoga practice and the second test after 45 days of yoga practice on the same respondents. Data were collected using the “Mental Health Battery (MHB)” constructed and standardized by Singh and Sengupta (2000). The obtained results revealed that; (i) the level of mental health of male respondents before and after yogic practices was better than that of female respondents, and (ii) the practice of yoga had a direct positive effect on the mental health of adolescents. There was a positive association between yoga practice and the level of mental health of adolescents.

Key Words: Adolescents, Mental Health, Yogic Practices.

I. Background

Adolescence is the most important formative period in a person's life. Adolescence has been described as a period of “storm and stress” during which the individual experiences rapid changes in his physical, mental, moral, emotional, and social context. Adolescence is the period of the year during which boys and girls progress from childhood to adulthood mentally, emotionally, socially, and physically¹. Adolescence is typically characterized by issues such as rebellious behaviour, lying, cheating, school performance problems, sibling rivalry, drug and alcohol abuse, depression, and sexuality issues. Children between the ages of 12 and 18 are the main victims of the problem of maladjustment. During this period, they experience various internal and external changes in their body. During this period some type of hormone is secreted which causes physical as well as emotional changes within the individuals. Such physical and emotional changes also affect adolescents' relationships with society and family. Such factors create stress in the life of adolescents. Moreover, due to the increasing population and limited opportunities, adolescents face stiff competition with their peer groups in the field of education as well as at a family, social and economic level. High aspirations and stiff competition sometimes make them depressed. Tension about a good future, worry about getting good marks in exams, worrying about passing competitive exams, etc. cause more stress and depression in adolescents.

Mental health includes our emotional, psychological, and social well-being. Which is important at every stage of life from childhood and adolescence to adulthood. Good mental health helps in coping with bad habits, resilience, and good judgment. It helps adolescents to achieve overall wellness as well as develop positive mental health in adulthood for balanced growth of adolescents, channelizing their energy in the proper direction with full care and attention. Maintaining this balance requires the proper balance between

body, mind, and spirit. Yoga is the science of living the right way, as it is intended to be incorporated into daily life. It works on all aspects of the person such as physical, mental, emotional, and spiritual^{2,3}. The impact of poor mental health on the development of adolescents can be widespread, leading to the development of many social evils such as alcohol addiction, tobacco use, delinquent behaviour, etc.

The word yoga means “unity” or “unity” and is derived from the Sanskrit word “Yuj” which means to join or join this unity. In spiritual terms, it is described as the union of individual consciousness with universal consciousness. On a more practical level, yoga is a means of achieving balance and harmony in body, mind, and emotions⁴. In yoga, it is believed that human is a mental, physical, and spiritual beings. Yoga helps in the balanced development of these three. Yoga has also been shown to be beneficial for teenagers as it has been suggested. Certain techniques for dealing with unique issues such as the overwhelming pressure to fit into stressful schedules and uncertainty about the future, to cope with insecurities about their changes in the body. According to yoga principles, the disease develops due to an imbalance in the psycho-somatic and pranic systems. Yoga practice balances the human body and removes toxins from inside the body and promotes a healthy life. A majority of studies in this area show beneficial effects of meditation and yoga practices in managing anxiety^{5,6}, depression⁷, and other types of neurotic disorders^{7,8}. Their study found that selective yoga practices are beneficial in the management of drug addiction and alcoholism. It has been also observed in some studies that yoga practices are able to reduce aggression and negative thoughts and help in calming the mind. Several studies have highlighted the psychological benefits of integrative yoga practices on anxiety, neurosis, and depressive illness⁹.

Today not only in India but all over the world people especially teenagers are suffering from various mental health problems like depression, anxiety, etc. Depression and anxiety disorders are the most common mental health problems in India. Yoga is known to be an ancient Indian science that helps in improving physical, mental, social, and spiritual health. Therefore, this study was designed to explore the impact of yogic practices on the mental health of adolescents.

II. OBJECTIVE OF THE STUDY

The objective of this study was to assess the impact of yogic practices on the mental health of adolescents.

III. HYPOTHESIS OF THE STUDY

- i. The level of mental health of male respondents before yoga practice would be better than that of female respondents.
- ii. The level of mental health of male respondents after 45 days of yoga practice would be better than that of female respondents, and
- iii. The practice of yoga will have a positive impact on the mental health of adolescents.

IV. METHOD OF THE STUDY

4.1 Sample and Universe

The geographical area of this study was the Munger district of Bihar. The universe of study is all adolescents in the age group of 15 to 20 years. A total of 100 adolescents (50 male and 50 female) were selected as a sample through a simple random sampling technique from the different government schools/colleges of the Munger district of Bihar. A cross-sectional survey was conducted. The first test was done before yoga practice and the second test after 45 days of yoga practice on the same respondents.

4.2 Tools of Data Collection

Data were collected using the “*Mental Health Battery (MHB)*” constructed and standardized by Singh and Sengupta (2000)¹⁰. This scale consists of 130 items having six groups (i-emotional stability, ii-over-all adjustment, iii-Autonomy, iv-security and insecurity, v-self-concept, and vi-intelligence). A low score indicated “very poor mental health”, and a high score indicated “excellent mental health”. It is found very appropriate, suitable, valid, and reliable for measuring the level of mental health in the Indian-cultural context. Reliability: Split half (odd-even) reliability coefficient by using the Gutman formula was found to be 0.725 to 0.792 (domain wise) significant at <.01 level, and the Criterion validity coefficient was found to be 0.681 to 0.601 significant at <.01 level of this scale. To obtain the background information like name, age, name of school/college, class, religion, gender, family income, caste, residential area, etc. was obtained through a self-prepared Personal Interview Schedule (PIS).

V. RESULT AND DISCUSSION

It was found that the level of mental health of female respondents before the yoga practices had the lowest mean score (85.2) at the level of the mental health measure compared to the male respondents (87.4). The obtained lower-upper 95% confidence limits for the mean (for males 84.48-90.32, and for females 82.64-87.76) were found significant at <.05 level of confidence (Table-1). It means that there is a 95% chance that if we collect and analyze the data again using the same scale on the same respondent, the mean value of both males and females on the mental health scale will fall in the same range. If we compare the mean of both, then it will be clear that before yoga practices then the mean score of the female respondent is less compared to the male respondent. It can be said that the level of mental health of male respondents before yoga practice was better than that of female respondents. It means that 1st hypothesis is accepted.

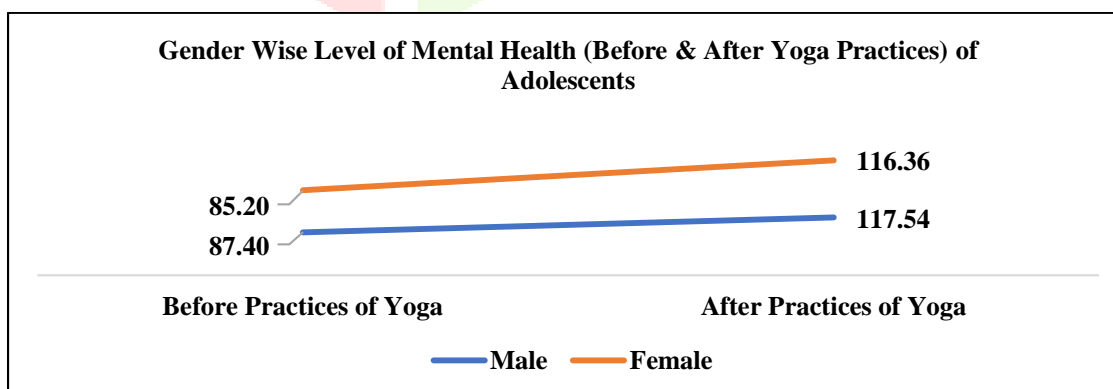
Further, it found that the level of mental health of female respondents after 45 days of the yoga practices had the lowest mean score (116.36) also at the level of the mental health measure compared to the male respondents (117.54). The obtained lower-upper 95% confidence limits for the mean (for males 115.24-119.84, and for females 114.17-118.55) were found significant at <.05 level of confidence (Table-1). If we compare the mean of both, then it will be clear that after 45 days of yoga practice then the mean score of the female respondent is less compared to the male respondent. But there is very little difference in the mean score of both male and female respondents. It can be said that the level of mental health of male respondents after yoga practice was better than that of female respondents. It means that 2nd hypothesis is also accepted.

Now, if we discuss the relationship between yoga practice and the level of mental health of adolescents, it was found that the level of mental health of both the respondents (male and female) before yoga practice had the lowest mean score (male 87.4, and female 85.2) at the level of the mental health measure compared to them after 45 days of yoga practices (male 117.54, and female 116.36). It means that the practice of yoga had a direct positive effect on the mental health of adolescents (Table-1 and Graph-1). We can say that there was a positive association between yoga practice and the level of mental health of adolescents. It means that 3rd hypothesis is also accepted.

Table-1
Gender of the Respondents and Level of Mental Health

Gender of the Respondents	N	Level of Mental Health					
		Before Practices of Yoga			After Practices of Yoga		
		Mean	SD	Lower- Upper 95% CL for Mean	Mean	SD	Lower- Upper 95% CL for Mean
Male	50	87.4	10.27	(84.48-90.32)	117.54	8.09	(115.24-119.84)
Female	50	85.2	9.00	(82.64-87.76)	116.36	7.71	(114.17-118.55)
Total	100						

Graph-1



VI. CONCLUSIONS

To conclude it may be said that:

- The level of mental health of male respondents before and after yoga practice was better than that of female respondents, and
- The practice of yoga had a direct positive effect on the mental health of adolescents. There was a positive association between yoga practice and the level of mental health of adolescents.

VII. SUGGESTIONS

According to the above results, it may be suggested that today adolescents are suffering from various mental health problems like depression, anxiety, etc. The practice of yoga has a direct positive effect on the mental health of adolescents, which significantly improves their physical, mental, social, and spiritual health. Therefore, the government, civil society, health department, education department, etc. should pay special attention to the adolescents. There will be a need to ensure the regular practice of yoga in schools, especially for adolescents.

References

- [1] A.T. Jersield. 1963. "Psychology of Adolescence" Health and physical education, Book, (P:103), Saraswati House Pvt. Ltd.
- [2] Saraswati Satyananda. 2000. "Four Chapters of Freedom: Commentary on the Yoga Sutras of Patanjali", Yoga Publication Trust, Munger, Bihar.
- [3] Saraswati Satyananda. 2006. "Dynamics of Yoga: The Foundation of Bihar Yoga", 2nd edition, Yoga Publication Trust, Munger, Bihar.
- [4] Saraswati Satyananda. 2002. "Asana Pranayama Mudra Bandha", 3rd revised edition, Yoga Publication trust, Munger, Bihar.
- [5] Sarason and Agnihotri R. K. 1982. "Beneficial Effects of Meditation and Yoga Practices in Managing Anxiety", Yoga Publication Trust, Munger, Bihar.
- [6] Sushil Kumar Jangid. 2019. "The Effectiveness of Yoga in Alcohol De-Addiction and Rehabilitation", Publisher- IJERT, Paper ID: IJERTV8IS100097, Volume 08, Issue 10, pp. 56-80. <https://www.ijert.org/the-effectiveness-of-yoga-in-alcohol-de-addiction-and-rehabilitation>
- [7] Telles S, Nagarathna R, Nagendra HR. 1994. "Breathing through a particular nostril can alter metabolism and autonomic activities". Indian Journal of Physiology and Pharmacology, 38: 1337.
- [8] H Kumar Kaul. 1993. "Yoga and drug addiction", eBook, Publisher- B.R. Pub. Corporation, Delhi, pp. 94-101. <https://www.worldcat.org/title/yoga-and-drug-addiction/oclc/622724178>
- [9] Richard P Brown, Patricia L Gerbarg. 2005. "Sudarshan Kriya Yogic Breathing in the Treatment of Stress, Anxiety, and Depression: Part I—Neurophysiologic Model", Journal of alternative and complementary medicine (New York, N.Y.) 11(1):189-201, PMID: 16131297, DOI: 10.1089/acm.2005.11.711, Source PubMed. https://www.researchgate.net/publication/7984597_Sudarshan_Kriya_Yogic_Breathing_in_the_Treatment_of_Stress_Anxiety_and_Depression_Part_I-Neurophysiologic_Model <https://pubmed.ncbi.nlm.nih.gov/16131297/>
- [10] Singh, Arun Kumar, & Sengupta, Alpana. 2000. "Mental Health Battery (MHB)", National Psychological Corporation, Bhargava Bhawan, 4/230, Kacheri Ghat, Agra, 282004.