

# A Study of Influence of Yoga on the Mental Health of Adolescents

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## ABSTRACT

Mental health refers to an individual's overall adjustment in behaviour which is socially desirable to achieve a maximum of satisfaction and happiness, enabling ability to face and deal with the daily life situations effectively. The present research paper explored to comparative study the level of mental health among adolescents who are routinely performing Yoga. The present study consisted sample of 120 subjects divided in two groups (Boys and Girls), each group has 60 subjects, considered for six different parameters. These all subjects came from class IX from four local english medium schools. No group was further subdivided. **Mental Health Battery (ISBN 93-87452-59-X) authored by Dr. Arun Kumar Singh & Dr Alpana Sen Gupta of National Psychological Corporation, Agra**, was used as tool for the assessment of mental health. For statistical analysis and hypothesis testing, mean score and t-test were applied. The findings show that there was no significant difference in the influence on the mental health of adolescent of both sexes. On the basis of the findings in the presented study, it may be concluded that in adolescents who were performing Yoga routinely, gender has no influential factor in mental health.

**Keywords:** Yogaasan, physical fitness, strong strength, uneasiness, mental health, emotional stability, overall adjustment, autonomy, security-insecurity, self-concept, intelligence.

## INTRODUCTION

Mental health is a positive concept that covers those socially desirable behaviours, perception and feelings that brings out a persons overall satisfactory integration of society without hampering individual's happiness. Mental health can be seen as a persons capability to achieve one's own potential while dealing with drudgeries of daily life. Mental health generally refers to an individuals well being while transacting across the different cultural layers of society.

Mental Health among Adolescents : Students at senior secondary level of education, who are at the onset of coming across new social situation quite frequently while progressing in gaining their own adulthood, find it difficult to merge and mix in society with a feeling of their own happiness besides heightened emotionality, interests, role changes etc.

World Health Organization in the past decades prompted that adolescents are at the verge of mental health issues with a higher degree of disorders.

## RELATED RESEARCH WORK

**Ghosh** highlighted that parental deprivation has significant influence on mental health. She also found that non deprived adolescents had better mental health than parentally deprived adolescents. Similarly

**Hinshaw** stated that friends and family plays an important role in maintaining stability and mental health among adolescents. On the other hand **Mallikarjun** revealed that locus of control produces significant differences in mental health of students. **Hinshaw** undercover that friends and family members plays a vital role in maintaining and stability mental health of children. While as **Dhuria** et al., researched that psychological problems were present more among boys than girls. Another study conducted by **Sibnath** et al., also shows that boys to be more anxious than girls. Findings also show that found that adolescents belonging to the middle socio economic group are more anxious than adolescents of high and low socio economic groups. Results also reported that adolescents with working mothers are also more anxious. **Chabbra** and **Sodhi** also found that psychological problems were significantly higher in middle adolescence (14-16 years). On the other side **Singh** et al., found that stress was more among adolescents belonging to nuclear families.

## OBJECTIVES

- To study the gender-wise influence of Yoga on Emotional Stability of adolescents.
- To study the gender-wise influence of Yoga on Overall Adjustment of adolescents.
- To study the gender-wise influence of Yoga on Autonomy of adolescents.
- To study the gender-wise influence of Yoga on Security-Insecurity of adolescents.
- To study the gender-wise influence of Yoga on Self-concept of adolescents.
- To study the gender-wise influence of Yoga on Intelligence of adolescents.

## HYPOTHESIS

- There is no gender-wise significant effect of Yoga on the Emotional Stability of adolescents.
- There is no gender-wise significant effect of Yoga on the Overall Adjustment of adolescents.
- There is no gender-wise significant effect of Yoga on the Autonomy of adolescents.
- There is no gender-wise significant effect of Yoga on the Security-Insecurity of adolescents.
- There is no gender-wise significant effect of Yoga on the Self-concept of adolescents.
- There is no gender-wise significant effect of Yoga on the Intelligence of adolescents.

## METHODOLOGY

### Variable

In this study independent variables are routine adolescent performer of Yoga and dependent variable is mental health.

### Sample

Surveys were conducted on students of only class IX studying at four different co-ed schools in Indore, covering 120 adolescents of both sexes. Data was divided on the basis of gender and no other parameter like parental social status, maintaining randomness of the sample.

### Psychological Test Used

Presented research “A study of influence of Yoga on the mental health of adolescents” is a work based on survey method, followed under “Mental Health Battery”, ISBN : 93-87452-59-X published by “National Psychological Corporation, Agra 282007”.

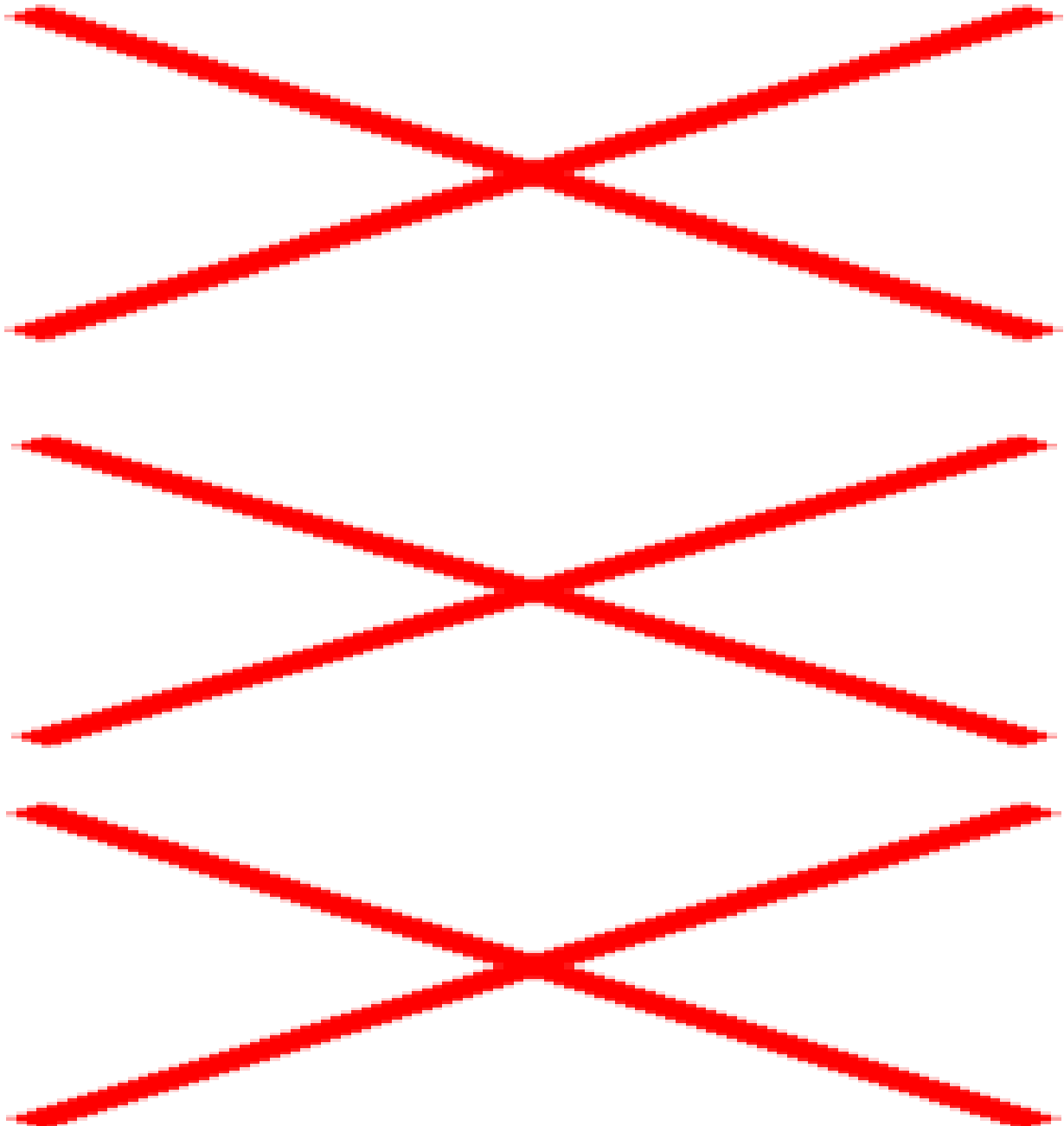
### Procedure

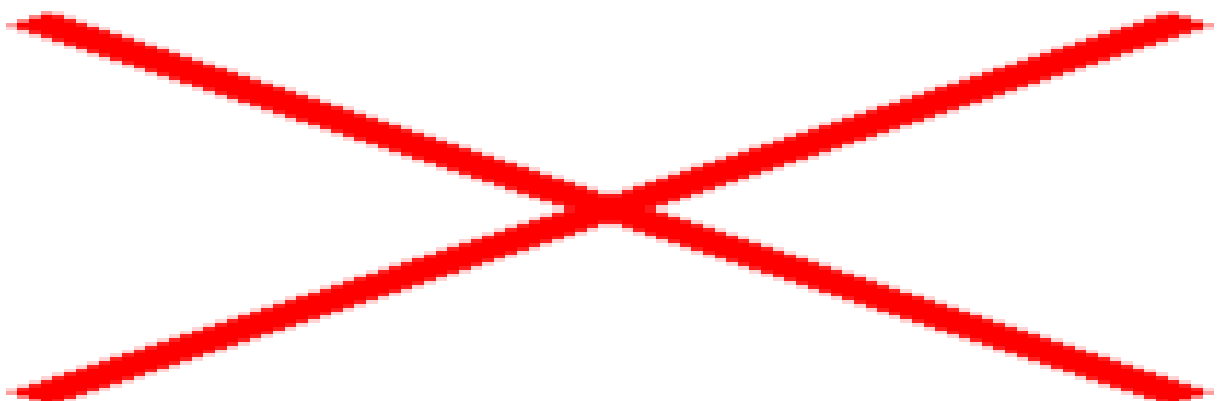
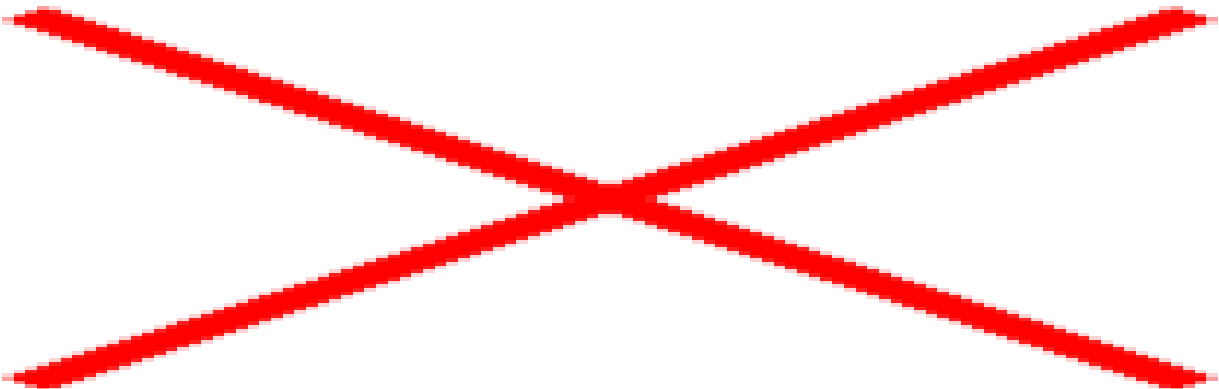
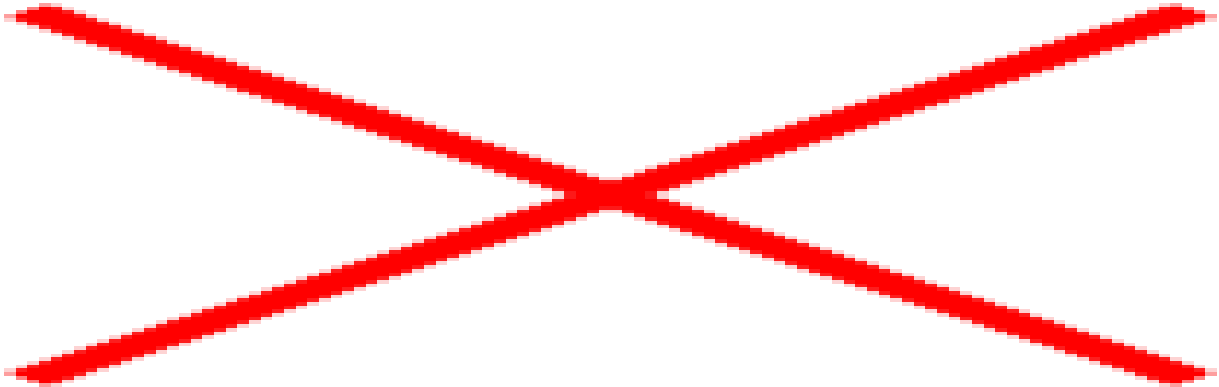
At the beginning of the test, students were adequately explained the purpose, procedure, duration of test, nature of questions being asked in the survey / test. The questionnaire was sub-divided in six sections

related to the six parameters viz. Emotional Stability, Overall Adjustment, Autonomy, Security-Insecurity, Self-concept and Intelligence. Each section of the questionnaire had specific time allocation to finish. During the surveys, personal care was taken to see that adolescent students answer or choose their response closest to the relevance of question, keeping integrity of data high, collected in the process.

### Findings

Evaluation of answers were done in strict accordance with the manual, mentioned in the abstract. Data was then tabulated, primary statistical parameter viz. mean, std. deviation were calculated. Subsequently,  $t$  test were applied. Critical value of  $t$ , was taken from table commonly available, at value of significance 0.05, for a degree of freedom 118. Each null hypothesis was evaluated against the calculated  $t$  value for each parameter, and conclusion were drawn.





## **CONCLUSION**

Presented research paper approaches to conclude after detailed study that Yoga exercises done as a routine by adolescents does not influence mental health significantly.

## **ACKNOWLEDGEMENT**

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## CONFLICT OF INTEREST

The author declared no conflict of interests.

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