

Effect Of Selected Yogic Practices On Mental Wellbeing Among School Going Children

Dr. Deepak Raghav^{1*}, Mrs. Deepika Chaudhari²

^{1*}Assistant Professor, Department of Physical Education, F.O.E, Swami Vivekanand Subharti University Meerut.

²Assistant Professor (Physical Education), Tikaram Girls Degree College Raja Mahendra Pratap Singh State University, Aligarh

*Corresponding Author: Dr. Deepak Raghav

*Assistant Professor, Department of Physical Education, F.O.E, Swami Vivekanand Subharti University Meerut.

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Abstract

The objectives of this study were to investigate the effect of yogic practices on mental well being among school children. The subjects of the study were 40 male students (20 subjects were kept on Experimental group and 20 subjects were kept in Control group) from D.S.INTER COLLEGE, Aligarh. Age ranged the student between 14-17 years. Criterion measures for this study was Mental Well-being Scale (WEMWBS) (in rating) was administered. To find out significant difference between two groups i.e. control and experimental groups Paired sample t-test was employed. The result of the data reveals the significant difference was found in experimental group insignificant difference was found in control group.

Keywords: Mental well being, control, experimental.

INTRODUCTION

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence is said to be in yoga, and is termed as a yogi, having attained to a state of freedom referred to as mukti, nirvana or moksha. Thus the aim of Yoga is Self-realization, to overcome all kinds of sufferings leading to 'the state of liberation' (Moksha) or 'freedom' (Kaivalya). Living with freedom in all walks of life, health and harmony shall be the main objectives of Yoga practice. "Yoga" also refers to an inner science comprising of a variety of methods through which human beings can realize this union and achieve mastery over their destiny (Basavaraddi, 2015).

Yoga is also commonly understood as a therapy or exercise system for health and fitness. While physical and mental health is natural consequences of yoga, the goal of yoga is more far-reaching. "Yoga is about harmonizing oneself with the universe. It is the technology of aligning individual geometry with the cosmic, to achieve the highest level of perception and harmony."

Khalsa (2004), stated in his research on yoga as therapeutic interventions were conducted in India and that yoga has been assumed to be important in treating a number of psychiatric and psychosomatic disorders and therefore, helps in improving the quality of life.

Malathi et al, (2000) Definition of everyday life has gone through drastic change in the 21st century. Stress, tension and work pressure definitely feature in an average student's everyday life. A number of yoga postures are aimed at improving the functions of several body parts leading to overcome the disorders. Palming of eyes is an ancient yoga technique that promotes optic nerve relaxation and helps in improving vision. In this posture, the practitioner rests his palm on his eyes in order to completely block the light from entering the eyes. This promotes complete relaxation of the eyes. Several eye yoga focus on healing different eye problems including the short sightedness or myopia or long sightedness or hyperopia, and further facilitating normal functioning of the eyes. The eye yoga movements are meant to ensure the proper functioning of ocular muscles. Yoga focusing on eyes can even be beneficial in curing cataract and glaucoma. Besides healing the external postures, yoga cures a plethora of diseases suffered by our internal organs. Regular practice of yoga and adoption of the philosophy of yoga improves the feelings of subjective well being.

"Mental health is not just the absence of mental disorder. It is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community." **Taryn Ozorio 2011.**

Yoga improves our psychological/mental well being. The help of yoga, we can definitely put throw those unhealthy feelings on the wayside. According to the British Psychological Society, yoga involves concentration on the breath and body, which makes it a great way to soothe a person’s mind and relieve worries. By helping discharge tension and stress, yoga poses and breathing exercises keep a person freeform such negative elements. As a result, a person who does yoga is better able to achieve the pink of psychological health.

Yoga helps with anxiety and depression. Consisting of activities such as relaxation, meditation, socialization, and exercise, yoga has been proven helpful in reducing your anxiety and depression. According to a Harvard University article, yoga is able to accomplish this by helping regulate a person’s stress response system. With its ability to lower blood pressure and heart rate as well as improve respiration, yoga provides us with the means to deal with and resolve anxiety and depression without resorting to expensive medications.

METHODOLOGY

The subjects of the study were selected randomly 40 students (20 subjects were kept on Experimental group and 20 subjects were kept in Control group) from D.S.INTER COLLEGE, Aligarh. Age ranged the student between 14-17 years. Necessary data were collected for mental well beings by The Warwick-Edinburgh Mental Well-being Scale (WEMWBS) (in rating). To compare mental well being in each group (control and experimental) among school children, Paired sample t-test was computed. To find out the significant the level of significant was set at level of .05.

Training Programme

S. No.	Name of the activity	1 to 4 Weeks (REPITATION)	5 to 8 weeks (REPITATION)	9 to 12 Weeks (REPITATION)
1.	Trikonasana	2	3	4
2.	Ardhchandrakarasana	2	3	4
3.	Tadasana	3	5	7
4.	Veeerbhdrasana	2	3	4
5.	Dhanurasana	2	3	5
6.	Chakrasana	2	3	5
7.	Paschimottanasana	2	3	5
8.	Suptavajrasana	1	2	3
9.	Pavanmuktasana	2	3	4
10.	Vajrasana	2	3	3
11.	Bhujangasana	2	3	4
12.	Kapalbhati	30stroke	50stroke	80stroke
13.	Modified trataka (gazing & pin pointing)	3 to 4 Min	4 to 6 Min	6 to 8 Min
14.	Jal- neti	30sec with each nostril	45sec with each nostril	60sec with each nostril
15.	Anulom- Vilom (Pranayama)	4	4	5
16.	Brahmari (Pranayama)	4	4	5
17.	Yog nidra	5mit	5mit	6mit

Training Schedule

Subjects were supposed to do practice of Asanas for forty minutes. The final posture of each asana was maintained according to the training program or as per the capacity of individual.

RESULTS OF THE STUDY

The data pertaining to the variables in this study were examined by using paired sample t-test to find out result in order to determine the differences if any among the pre and post test means. The level of significance was fixed at 0.05 level of confidence for all the cases.

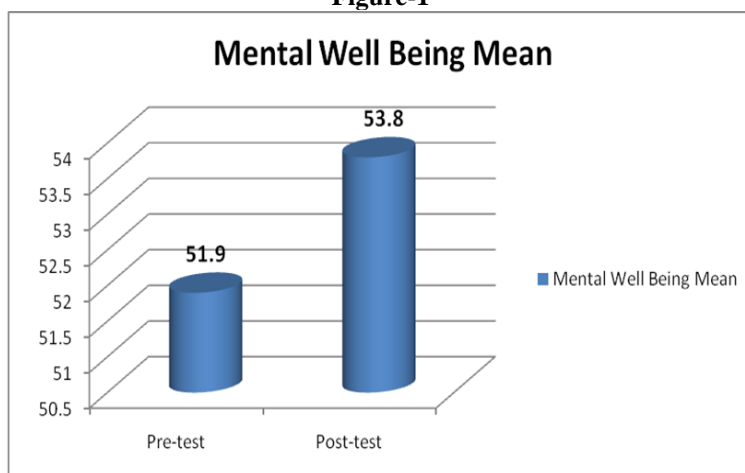
Table-1 Pre- Test and post Test mean of Control group on Mental well being.

Mental well-being	Mean	N	Std. Deviation	Std. Error Mean	Mean difference	t	P
Pre-test	51.90	20	4.667	1.044	1.900	1.433	.168
Post-test	53.80	20	6.420	1.436			

*significant at 0.05 level,[tabulated value = 2.093,df =19]

Table 1 shows that the mean of mental Well being pre-test and post-test of Control group was 51.90 and 53.80, respectively, The paired sample “t” value in case of mental Well being Control group was 1.433, the table value required for insignificant difference with df 19 at .05 level 2.093 .

Figure-1



Difference between pre and post test mean of control group on Mental Well Being.

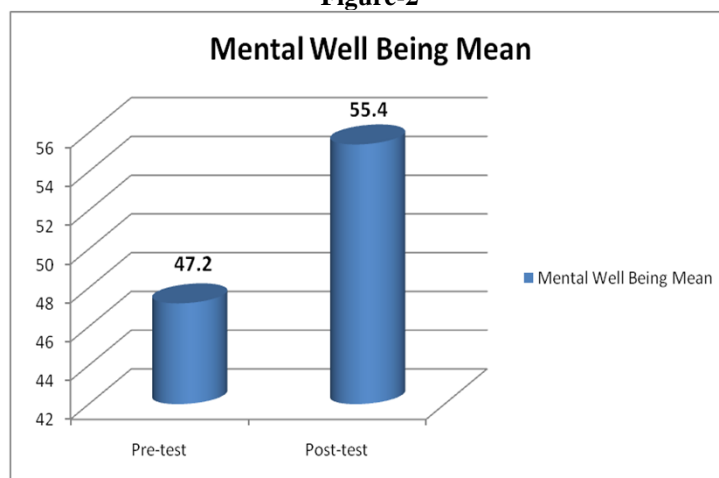
Table-2 Pre- Test and post Test mean of Experimental group on Mental well being.

Mental well- being	Mean	N	Std. Deviation	Std. Error Mean	Mean difference	t	p
Pre-test	47.20	20	6.748	1.509	8.200	5.619	.000*
Post-test	55.40	20	5.734	1.282			

*significant at 0.05 level, [tabulated value = 2.093,df =19 ,]

Table 2 shows that the mean of mental Well being pre-test and post-test of experimental group was 47.20 and 55.40, respectively, The paired sample “t” value in case of mental Well being experimental group was 5.619, the table value required for significant difference with df 19 at .05 level 2.093 .

Figure-2



Difference between pre and post test mean of experimental group on Mental Well Being.

DISCUSSION OF THE RESULTS

The present study was done to find out the effect of yogic practices on mental well being among school going male students’ age group 14-17 years. The analysis of data through paired sample t test shows that the 12 weeks yogic practices significantly improve in height, eye vision and mental well being.

In the present study the experimental group was provided Anulom-Vilom, Brahmari and Yog nidra which results to improve the mental well being of an individual, such as decrease the stress level, anxiety level, mental fatigue, stabilize emotional turmoil and secrete the feel good hormones like endorphins and encephalins. These feel good hormones make an individual feel better, pleasant and happy. This present study is supported by (Bhavanani, 2013). He concluded that yogic practise *Swadhyaya* (introspectional self analysis), *Pranayama* (breathing techniques for control of vital energy), *Pratyahara* (sensory withdrawal), *Dharana* (intense concentration), *Dhyana* (meditational oneness) and *Bhajana* (devotional music) bring an excellent sense of emotional balance in relation to the stress, mental fatigue and emotional turmoil i.e. vital for good health.

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