

# An Analytical Study of the Impact of Yoga on the Mental Health of Youth

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## Abstract

“During the course of study, the youth go through a process of development where the leader of success and failure has to be crossed. When youth fail, they face mental health problems.” (Denver 2020). The similarly family and social pressure also create problem in mental health. At present, polluted environment, vitamin-free food and drink have affected our overall health in the changing environment. Yoga gives us mental strength also with physical prosperity. Yoga gives relief from mental stress. “By combining breath and awareness, the mind can be kept alert.” (Saraswati 2015). Yoga is helpful in development for the youth. Regular practice of yoga makes the brain strong. The above study aims to know the effect of yoga on the mental health of the youth. Mental Health Battery of Singh and Sen Gupta (2019) was administered on the final sample of 60 participants, as hypothesized positive effect of yoga on the mental health of youth has been observed.

**Key Word:** - Youth, Mental Health, Yoga.

## Introduction

Maharshi Patanjali to the glory of ashtanga yoga asserted that yoga is important for a healthy life. Yamniyamasanapranayamapratyaharadharnadhya nasamadhayosashtauagni //29// Pantajal yoga Pradeep (*sadhan pad*) He suggested Ashtang yoga includes Yama, niyam(rules), asana, pranayama pratyahara, dharana, meditation, samadhi. Asana is the name of sitting comfortably for a long time. Pranayama is the name of removing obstruction in the movement of breath and exhalation after the asana is perfected. The importance of yoga is increasing in the modern era, if the mind of the youth is not stable then there is difficulty in learning and working. Unless a man is engrossed in his subject and work, he finds it difficult to get success. While thinking about any subject or doing any work, the mind should remain focused on it or it is difficult in the beginning, but by practicing yoga, it starts changing in nature. Yoga gives a feeling of joy and helps in reaching the goal. Practicing yoga regularly makes the brain strong.

## Objective of the Study

To study the impact of yoga on mental health of youth.

## Hypothesis

Yoga would exert a positive effect on mental health of youth.

## Limitation of the study

The study is limited to Mahasamund district of Chhattisgarh state only.

Youth aging 18-22 years will be considered for the study.

## Review of Related Literature

**Bhutekar (2020)** found in their study that practicing yoga reduces stress and enhance there mental health in student.

**Singh (2022)**. studied the effect of yoga on the mental health of higher secondary level students and found that yoga has a special positive effect on adolescents' mental health.

**Govendra (2015)**. evaluated the impact of pronunciation of OM and NadiShodhan Pranayama on psychological health of students. It was found that the pronunciation of om and nadishodhan pranayama had positive impact mental health of students.

**Pareek and Sharma (2022).** studied the role of yoga in personality development of youth in the context of Jaipur district and found that Yoga had a significant impact on the sociability of the youth. It was also found that yoga had positive effect on the decision-making capacity of the youth.

**Mishra, Maheshwari, Gupta (2014).** conducted a study on the management of anxiety disorder by psychologic approach and found that yogic approach was significantly effective in reducing anxiety level.

**Yadav, V.K. and Yadav, P. (2019).** In their study, yoga practice found a significant effect on the mental health of secondary school students.

**METHODOLOGY**

**Population**

In the presented study, the researchers had selected youths of mahasamund district of Chhattisgarh, as the population.

**Sample**

An incidental sample of 60 youths had served as the final sample.

**Table # 1 Details of the Final sample**

Total number	Control Group (no yoga practice)	Experimental group (yoga practice)
n=60	n=30	n=30

Out of these 60 youths included incidentally were further divided into two groups of 30 participants each randomly One group served as the control group and another group served as the experimental group.

**Tools**

Mental Health Battery constructed and standardized by Singh and Sen Gupta (2019) was used for assessing Mental Health of youth.

**Experimental design and procedure**

Initially 60 youths aging 18-22 years were selected incidentally from Mahasamund District of Chhattisgarh state. These finally selected participant youths were further divided into two-group control and experimental randomly. The participant youths of the group were firstly administered a mental health battery. The participants of the control group were readministered the mental health battery after a silent period of one month while those in the experimental group were readministered the mental health battery after practicing of yoga for a month.

This yoga practice included.

**Tadasana:** The youth were made to practice 10 Chakra Tadasana daily. Rest for a few moments before starting the second cycle. This asana develops physical and mental balance.

**Vrishasan:** This asana creates a sense of balance inside the body. This sharpens the mind. Stay in Vrikshasana for 5 to 10 seconds and come back to Tadasana.

**Butterfly Asan:** - This asana relieves muscle tension and periods are regular with this asana. The practice of butterfly asana was given for 15 to 20 times.

**Pawan Muktasana:** -The problem of gas and constipation is removed by Pawanmuktasana. The youth were made Pawanmuktasan 8 to 10 times.

**ChakkiChalanasan:** -This asana is beneficial in massaging the nerves and there and in regularizing menstruation.

**Bhujangasan:**-This asana is beneficial in massaging the nerves and there and in regularizing menstruation. It was practiced for 3 to 5 cycles.

**Surya Namaskar:** -This asana improves digestion and constipation and increases physical strength.

**Shavasan:-** The body gets relief from this asana. Stress and fatigue go away. The mind becomes calm. The funeral was done for 15 minutes.

**Sheetali Pranayama:** - Body temperature can be reduced by this pranayama. Relieves stress anxiety. SheetliPranayam was practiced for 5 minutes.

**KapalBhati:** - Kapalbhati maintains the energy level in the body. This exercise was done daily for 5 to 10 minutes.

**AnulomVilom:** - AnulomVilom keeps the mind and body calm. AnulomVilom was practiced 5 to 10 times in the morning. The standard scores served as the basis of further computation

**Table # 2. obtained numbers percent of participant youths in five cases different categories of Mental health. Along with numbers and percent of cases of improvement in control condition**

Pre-Test (Before 1 Month)			Post Test (After 1 month)		Total cases of Improvement
Number		Percentage (%)	Number	Percentage (%)	
Excellent Mental Health	0	0%	0	0%	3(10%)
Good Mental Health	0	0%	1	3.33%	
Average Mental Health	17	56.67%	19	63.33%	
Poor Mental Health	13	43.33%	10	33.34%	
Very Poor Mental Health	0	0%	0	0%	
		100%		100%	

It is clear that from Table 2 that there were 0%,0%,56.67%, 43.33% and 0% participant in pre testing respectively Excellent in Mental Health, Good Mental Health, average Mental Health, poor Mental Health and Very poor Mental Health, categories.

In post testing that there were 0%,3.33%, 63.33%, 33.34% and 0% participant in post testing in respectively Excellent Mental Health, Good Mental Health, average Mental Health, poor Mental Health and Very poor Mental Health, categories.

**Table # 3. obtained numbers percent of participant youths in five cases different categories of Mental health. Along with numbers and percent of cases of improvement in experimental condition**

Pre-Test (Before 1 Month yoga)			Post Test (After 1 month yoga)		Total Cases of Improvement
Number		Percentage (%)	Number	Percentage (%)	
Excellent Mental Health	0	0%	0	0%	16(53.33%)
Good Mental Health	1	3.33%	17	56.67%	
Average Mental Health	23	76.67%	13	43.33%	
Poor Mental Health	6	20%	0	0%	
Very Poor Mental Health	0	0%	0	0%	
		100%		100%	

$\chi^2 = 8.94, df=1, p<.01$

It is clear from Table 3 that there were 0%, 3.33%, 76.67%, 20% and 0% participant in pre testing respectively Excellent Mental Health, Good Mental Health, average Mental Health, poor Mental Health and Very poor Mental Health, categories.

In post testing that there were 0%,56.67%, 63.33%, 43.33% and 0% participants respectively Excellent Mental Health, Good Mental Health, average Mental Health, poor Mental Health and Very poor Mental Health, categories.

$\chi^2 = 8.94, df=1, p<.01$

The obtained  $\chi^2$  value is significant at .01 level of confidence for 1 df. It indicates genuine difference between control and experimental group in regard its improvement in mental health.

In other words, it can be concluded that in experimental yoga group there was significant higher number. Of participants whose mental health enhanced after yoga practice

It is also clear from tables 2 and 3 that in the control group only 10% participant youths showed enhanced mental health after the silent period of one month while 53.33 % youths showed enhanced mental health after a month of yoga practice the computed  $\chi^2$  for this difference is found its by 8.94 (df=1, p<.01)

### **Conclusion**

In this research, a positive effect of yoga on the mental health of the youth was found.

That is, yoga greatly promotes mental health.

### **Educational Implications**

Yoga is necessary to create harmony in different areas and situations of life and it has importance in every field.

### **Educational Importance**

Regular practice of yoga keeps the brain strong and balanced. The body remains disease-free and concentration increases. Through yoga, the youth can move towards the future goal of life by creating harmony in different areas and circumstances of life.

### **Suggestion**

Positive changes can be brought in the mental state of the youth through Pranayama and meditation. To make more and more people aware of Yoga. To conduct yoga exercises so that more and more people can take advantage of yoga.

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