

Effect of yoga and meditation on well-being of adolescents in modern life

¹ Dr. Avanish Kumar, ² Sween, ³ Partibha Sharma, ⁴ Dr. Neelam Sharma

¹ Assistant Professor (Guest Faculty), University Institute of Fashion Technology and Vocational Development, Punjab University, Chandigarh, Punjab, India

² Professor, Department of Life Long Learning & Extension, Punjab University Chandigarh, Punjab, India

³ Research Scholar (Ph.D.), Department of Education, Punjab University, Chandigarh, Punjab, India

⁴ Cluster Resource Coordinator (CRC), SSA, U.T. Chandigarh, Punjab, India

Abstract

Yoga and meditation has importance for improving mental health and quality of life in the treatment of a number of psychiatric and psychosomatic disorders. The main objective of the present investigation was to study the effect of Yoga and Meditation on Well Being of Adolescents. The study was experimental in nature based on Single Group Pre Test - Post Test Design. A Sample Pool of 50 students was drawn randomly out of 150 students of 11th grade. A Pre Test was administered on well-being before the start of the experiment. The Same test was administered as Post Test after the completion of the experiment. The results showed that the well-being scores of the students after the treatment of yoga and meditation were significantly higher than the well-being scores before the treatment.

Keywords: yoga, meditation and well being

Introduction

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. There is a broad variety of Yoga schools, practices, and goals in Hinduism, Buddhism, and Jainism. The origins of yoga have been speculated to date back to pre-Vedic Indian traditions, it is mentioned in the Rigveda, but most likely developed around the sixth and fifth centuries BCE, in ancient India's ascetic and śramaṇa movements. The chronology of earliest texts describing yoga-practices is unclear, varyingly credited to Hindu Upanishads and Buddhist Pāli Canon, probably of third century BCE or later. The Yoga Sutras of Patanjali date from the first half of the 1st millennium CE, but only gained prominence in the West in the 20th century.

Many studies have tried to determine the effectiveness of yoga as a complementary intervention for cancer, schizophrenia, asthma, and heart disease. Yoga may reduce risk factors and aid in a patient's psychological healing process.

Meditation is a practice where an individual trains the mind or induces a mode of consciousness, either to realize some benefit or for the mind to simply acknowledge its content without becoming identified with that content, or as an end in itself.

The term meditation refers to a broad variety of practices that includes techniques designed to promote relaxation, build internal energy or life force and develop compassion, love, patience, generosity, and forgiveness. A particularly ambitious form of meditation aims at effortlessly sustained single-pointed concentration meant to enable its practitioner to enjoy an indestructible sense of well-being while engaging in any life activity.

The word meditation carries different meanings in different contexts. Meditation has been practiced since antiquity as a component of numerous religious traditions and beliefs. Meditation often involves an internal effort to self-regulate the

mind in some way. Meditation is often used to clear the mind and ease many health concerns, such as high blood pressure, depression, and anxiety. It may be done sitting, or in an active way for instance, Buddhist monks involve awareness in their day-to-day activities as a form of mind-training. Prayer beads or other ritual objects are commonly used during meditation in order to keep track of or remind the practitioner about some aspect of that training. Meditation is that which gives you deep rest. Meditation is an activity in which the practitioner just sits and allows the mind to dissolve. The rest in meditation is deeper than the deepest sleep that you can ever have. When the mind becomes free from agitation, is calm and serene and at peace, meditation happens.

Review of Related Studies

Hatchard (2000) ^[4] studied improvements in economy and quality of life in New Zealand, Norway, USA, Mozambique, and metropolitan Merseyside, UK through the Maharishi effect created when 1% of a population practiced the Transcendental Meditation. Maharishi Vedic economy theory is explored as a prescription for balanced and sustained growth for society, health and well-being for the individual. A literature review of over 250 studies of the impact of the Transcendental Meditation program on health shows that all categories of quality of life measures used by health economists have improved.

Sagula (2000) ^[5] studied effects of meditation programme on depression and other health problems. The result showed that the treatment group experienced less on depression than the counter group.

Malathi *et al.* (2000) ^[7] investigated forty eight healthy volunteers who participated in the practice of yoga over a period of 4 months were assessed on Subjective Well Being Inventory (SUB!) before and after the course in order to

evaluate the effect of practice of yoga on subjective feelings of well-being and quality of life. A significant improvement in 9 of the 11 factors of SUBI was observed at the end of 4 months, in these participants. The study, reiterates the beneficial effects of regular practice of yoga on subjective well-being.

Harinath et.al. (2004) [3] studied the effects of Hatha yoga and Omkar meditation on cardio respiratory performance, psychologic profile, and melatonin secretion. Thirty healthy men in the age group of 25-35 years volunteered for the study. They were randomly divided in two groups of 15 each. The result showed that Yogic practices for 3 months resulted in an improvement in cardio respiratory performance and psychologic profile. The plasma melatonin also showed an increase after three months of yogic practices. The systolic blood pressure, diastolic blood pressure, mean arterial pressure, and orthostatic tolerance did not show any significant correlation with plasma melatonin. However, the maximum night time melatonin levels in yoga group showed a significant correlation ($r = 0.71, p < 0.05$) with well-being score.

Crupi (2005) [1] described Yoga and stretching exercise that can quickly restore order and bring a sense of calm in class-room. Just a few minutes of Yoga in the morning, between classes, or in the afternoon can certainly help to create a calmer, more tranquil and increased level of well-being among students in classroom.

Newsome et al. (2006) [8] few counseling programs directly address the importance of self-care in reducing stress and burnout in their curricula. A course entitled mind/ body medicine and the Art of self-care was created to address personal and professional growth opportunities through self-care and mindfulness practice (Meditation, Yoga).

Kapoor & Shukla (2006) [6] studied the impact of Meditation on mental health. They selected 40 subjects and divided them into two groups i.e, meditation practitioners ($n = 20$) and non-practitioners of meditation as control group ($n = 20$). Cornell Medical Index Health questionnaire was administered on both the groups. Results reveal that average score of these those persons who meditate is low, and average score of those persons who did not meditate is high. Low score on Cornell Medical Index Health Questionnaire indicates sound mental health, and high score indicates poor mental health. Thus, it is clear that the effect of meditation is positive on mental health. Meditation helps in reducing stress and anxiety and in improving overall psychological health of a person.

Sharma et al. (2008) [9] investigated the effect of yoga based lifestyle intervention on subjective well-being. The study was a prospective controlled study to explore the short-term impact of a comprehensive but brief lifestyle intervention, based on yoga, on subjective well-being levels in normal and diseased subjects. The outcome measures were 'subjective well-being inventory' (SUBI) scores, taken on the first and last day of the course. The inventory consists of questions related to one's feelings and attitude about various areas of life, such as happiness, achievement and interpersonal relationship. There was significant improvement in the subjective well-being scores of the 77 subjects within a period of 10 days as compared to controls.

Galante et al. (2014) [2] Kindness-Based Meditation showed evidence of benefits for the health of individuals and

communities through its effects on well-being and social interaction.

Objective of the study

To study the effect of Yoga and Meditation on Well Being of Adolescents

Hypothesis of the study

The effect of Yoga and Meditation will be Positive and Significant on Well Being of Adolescents.

Design of the study

The study was experimental in nature based on Single Group Pre Test - Post Test Design.

Sample

The study was conducted on a Single Group of Adolescents of class 11th in the Senior Secondary Schools. The sample size was 50 students.

Procedure of the study

- A Sample Pool of 50 students was drawn randomly out of 150 students of 11th grade it consisted of both boys and girls' student.
- The services of a Yoga Teacher of the School were acquired for giving them training in Yoga and Meditation in the Zero Period of the Class Time Table for the duration of 35 minutes each day. The investigator accompanied the yoga Teacher for the entire duration of the programme.
- The experiment was conducted for the duration of One Month (23 working days of July, 2015).
- A Pre Test was administered on well-being before the start of the experiment. The Same test was administered as Post Test after the completion of the experiment.
- The significance of difference between the Pre Test and Post Test scores was computed by using t Test.

Yoga & Meditation Programme Schedule

<u>Sr. No</u>	<u>Programme</u>	<u>Duration</u>
1	Basic Yogic Jogging & Asana	10 Minutes
2	Kapal Bhati	10 Minutes
3	Anulom Vilom	5 Minutes
4	Bhramari	2-1/2 Minutes
5	Udgit	2-1/2 Minutes
6	Meditation	
	i) Concentration on Candle light	3 Minutes
	ii) Silent Prayer	2 Minutes
	Total	35 Minutes

Results and discussion

Table 1: t- ratio showing differences between Pre Test and Post Test Scores of Adolescents on Well Being

Test	N	Mean	SD	t ratio
Pre Test	50	49.30	11.27	6.39
Post Test	50	68.06	17.39	

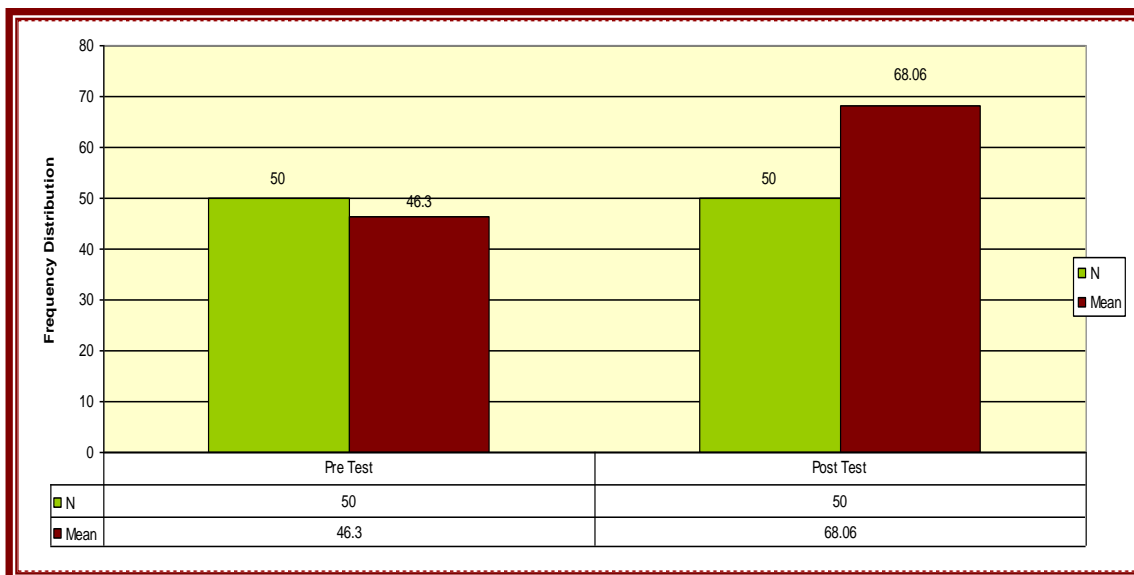


Fig 1: Bar Diagram Showing the Effect of Yoga and Meditation on Well Being of Adolescents

The significant t ratio shows that the well-being scores of the students after the treatment of yoga and meditation were significantly higher than the well-being scores before the treatment. This shows that yoga and meditation have significant effect on well-being of students.

Researches done earlier in the field of Yoga and Meditation have shown that Yoga and Meditation have significant effect on Well Being of Adolescents in Modern Life. It is evidenced by the research studies by Hatchard (2000) [4], Sagula (2000) [5], Malathi *et al.* (2000) [7], Harinath *et al.* (2004) [3], Crupi (2005) [1], Newsome *et al.* (2006) [8], Kapoor & Shukla (2006) [6], Sharma *et al.* (2008) [9], Galante *et al.* (2014) [2] which showed significant effect of Yoga and Meditation on the Well Being of Adolescents.

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