



Yoga-Based Strategies For Enhancing Well-Being Among Adolescent Students

Manjula. R^{1*}, Dr. K.A. Sheeba²

¹Ph.D. Scholar, Stella Matutina College of Education Ashok Nagar, Chennai.600 083, Mobile No.+91 96008 80528, E-mail ID: manju82_rama@yahoo.co.in

²Associate Professor, Stella Matutina College of Education Ashok Nagar, Chennai.600 083.Mobile No.+91 99400 40904, E-mail ID: kasheebababu@gmail.com

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ABSTRACT

Today it is strongly believed that maintaining good health and keeping fit in all aspects are the important priorities in this challenging world for all people with special reference to adolescent students. These students are always considered and treated as pillars of the sustainable development. In this context, it was recommended by all the faculties that yoga would definitely play a key active role in terms of developing all-around health in physical, mental, emotional, social and spiritual well-being. It was believed that yoga is considered as science handling various techniques to promote the realization of supreme health. The aim of the investigator of the research work was to check the effectiveness of yoga programmes among the adolescent students for good improvement to lead a happy life with good health and achieve academically in their career. The experimental design was adopted and the students were administered with yoga practices daily for about three months. The objectives and significance of the study were clearly spelt out prior to the commencement of the research. The findings of the study revealed that practicing yoga was really beneficial to the adolescent students to keep good health and to live in harmony. The research reviews provide a platform to influence yoga for the benefit of the students to maintain a healthy lifestyle.

Keywords: well-being, yoga, good health, adolescent students.

Introduction

In this world, people are expected to live in harmony and it is the expectation of every human being especially the adolescent students. It is always considered that keeping good health is the best wealth to lead a happy and the quality of life. It is often described that well-being is a type of feeling goodness and absence of illness leading to all factors of good living. In this process, yoga plays an important role in providing techniques and methods for the attainment of good health through physical activities, breathing and meditation techniques to ensure peace of mind. The adolescent students have to take a lead role in respect of health which is an essential aspect for better performance in their career. Yoga provides a means for such students to find their own way to lead a true life.

Well-being

It is defined as dynamic state built by a good amount of harmony among the persons' abilities, needs and expectation, environmental demands and opportunities. It is also defined as a collective method of functioning at maximizing the potential of persons' capabilities.

The word well-being denotes that a sound mind exists in soul and body emphasizing the importance of physical exercises, mental stability and ability to get the fruits of life. It is the prediction of happiness about the pleasant current mood to achieve quality of life. A good well-being is meant as soundness of body, freedom from disease or disability and to lead an optimal pleasant life. The physical health of the students is also called as physical distress.

Yoga

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Yoga is a system of exercises for mental and physical health. Yoga is basically the most important ancient art that aims at the building of healthy body. It is considered to be the harmonizing system which rejuvenates the body, mind as well as soul. It enhances the physical, spiritual and mental status of the human body which will lead to the positive feeling towards life.

The book of Bhagwat Gita clearly explains and defines that “Through constant practice of yoga one can overcome all difficulties and eradicate all weaknesses. Pain can be transmitted into bliss, sorrow into joy and failure into success and sickness into perfect health. Determination, patience and persistence can lead us to our goal”.

Need and significance of the study

In the current scenario of the modern world, our society is faced with lot of problems of indisciplined way of life, deterioration in health, sedentary life, obesity and lack of sufficient resources to keep fit. In the earlier days, the students were restricted to face the competitive environment. Now the priorities of the students had a tremendous change in their focus and to face the tough competitive academic environment. Physical health and good well-being are the supportive factors to achieve this task.

Yoga would be a desirable element to provide holistic teaching to keep the body and mind healthy and free from disease either on physical or mental and healthy interaction among all the aspects of human development. With the availability of limited resources and time at their disposal, the students are expected to have a great control on their health and yoga paves the way for deciding factor in this aspect of health. Yoga can influence much more to get back the normal biological and mechanical activities of the body system thereby leading to congenial atmosphere in the world of health.

Objectives of the study

The objectives of the study would include to understand the components of wellness of the adolescent students of higher secondary schools. This would also include the evaluation of the effect of yoga on the enhancement of components of well-being among the adolescents studying in the higher secondary schools.

Hypothesis of the study

- There is no significant difference in Well-being between boys and girls of Experimental group before yoga practices.
- There is no significant difference in Well-being between boys and girls of Experimental group after yoga practices.
- There is no significant difference in Well-being and its dimensions between pre and post-tests among adolescent students of Experimental group.

Review of Related Literature

The review of related literature on the topic earlier done by other scholars would be a stepping stone for any research work and it would be considered very useful to investigate further. With the above points keeping in mind, the investigator had referred to various related literature and two such reviews are discussed below:

Erbe and Lohrmann (2015) had initiated to check the effect of mindfulness meditation programs among adolescents. The report was based on the review of current literature which had effect of mindfulness meditation programs. The results of the report had indicated that the mindfulness meditation programs affect the identified outcomes in both clinical and school setting. It was recommended to implement the above program to the schools within the framework of co oriented school health program. This process would definitely help the adolescents who are vulnerable to the negative effects of stress due to various developmental factors.

Saroja (2012) had undertaken the study to examine the effects of complex training, combined effects of complex training and yogic practices on physical and physiological variables among students". The researcher had selected 45 students in the age group of 18 to 25 years. They were divided into 3 batches such as complex training group, complex training and yogic practices group and control group. The results indicated that the students of the complex training group and yoga practices group had very good improvements in the physical and physiological variables compared to the other two groups.

Methods and procedures

The research methodology is the backbone of any research work. It was clearly spelt out the various procedures and methods to be adopted to carry out the research work in a methodical manner to get the fruits of hard labour involved in this work to achieve valid and reliable results for further rigorous analysis of the data. The investigator had decided to adopt experimental method which is considered to be the blueprint of the

procedures to be followed in testing the hypothesis with the valid conclusions about the relationships between the independent and dependent variables.

The sample size of the study involved 50 students of boys and girls who were studying in higher secondary school in Chennai. The one-group pre-test post-test research design was used for this study. The students were imparted with yoga practices for about 45 minutes daily which lasted for 3 months.

Tools of the study

The Well-being Scale was constructed and developed by the investigator and supervisor for this study.

Analysis and Interpretation

H1: There is no significant difference in Well-being between boys and girls of Experimental group before yoga practices.

Table 1 showing the Mean comparison in Well-being between boys and girls of Experimental group before yoga practices

Well-being Before Yoga Practices				
Gender	Mean	SD	t-value	P value and Significant Level
Boys	131.07	11.556	0.070	0.944 P > 0.05
Girls	131.35	16.005		

The above table shows the mean and standard deviation scores of boys and girls in Well-being. The significant value in Well-being (0.944) is greater than 0.05 which is not significant at 5% level. So, null hypothesis is accepted. Hence it is evident that there is no significant difference in Well-being between boys and girls of experimental group before yoga practices.

H2: There is no significant difference in Well-being between boys and girls of Experimental group after yoga practices.

Table 2 showing the Mean comparison in Well-being between boys and girls of Experimental group after yoga practices.

Well-being After Yoga Practices				
Gender	Mean	SD	t-value	P value and Significant Level
Boys	177.56	12.831	3.312	0.002 P < 0.05
Girls	164.83	14.339		

The above table shows the mean and standard deviation scores of boys and girls in Well-being. The significant value in Well-being (0.002) is less than 0.05 which is significant at 5% level. Hence it is evident that there is significant difference in Well-being between boys and girls of Experimental group after yoga practices.

H3: There is no significant difference in Well-being and its dimensions between pre and post-tests among adolescent students of Experimental group.

Table 3 showing the Mean comparison in Well-being and its dimensions between pre and post-test among adolescent students of Experimental group

Well-being and its Dimensions	Pre Test		Post Test		t-value	P value and Significant Level
	Mean	SD	Mean	SD		
Physical well-being	32.14	3.938	40.64	4.313	10.776	0.000 P < 0.05
Mental well-being	27.12	4.689	35.12	3.993	9.581	0.000 P < 0.05
Emotional well-being	23.36	3.663	29.74	4.911	7.886	0.000 P < 0.05
Social well-being	24.30	3.598	32.56	4.036	10.353	0.000 P < 0.05
Spiritual well-being	24.28	3.892	33.64	3.746	12.649	0.000 P < 0.05
Overall Well-being	131.20	13.634	171.70	14.857	14.737	0.000 P < 0.05

The above table shows the mean and standard deviation scores of pre and post-test among adolescent students in Well-being and its dimensions. The table indicates that the significant values (Physical well-being

0.000, Mental well-being 0.000, Emotional well-being 0.000, Social well-being 0.000 and Spiritual well-being 0.000) are less than 0.05 which is significant at 5% level. Hence it is evident that there is significant difference in the dimensions of well-being between pre and post-test among adolescent students of Experimental group.

Further, the significant value in Well-being (0.000) is less than 0.05 which is significant at 5% level. So, null hypothesis is rejected. Therefore, it indicates that there is significant difference in Well-being and its dimensions between pre and post-test among adolescent students of Experimental group.

Findings of the study

- The analysis describes that the adolescent students of boys and girls of the Experimental group had shown improvement in the Well-being after yoga practices.
- It was also observed that the score of the well-being of the boys was on a higher side in comparison with the girls of the experimental group after yoga practices.
- The Well-being of adolescent students of the Experimental group had improved a lot after yoga practices.
- It also reveals that the score of physical, mental, emotional, social and spiritual of the post-test is significantly greater than the pre-test of the Experimental group.

Suggestions for further research

The investigator gained a lot of experiences while conducting the research work in all aspects in a true manner and would like to outline the following suggestion for the study:

- To involve more number of schools to have a wider coverage to get the desired results.
- The period of yoga practices can be extended to six months to feel the pulse of the real effectiveness of the yoga practices.
- In this research design, the quantitative methodology was adopted. It was felt and necessary that interview method would be a better tool to understand the impact of yoga through the required information in a more appropriate manner. The future studies may need a mixed methodology in this aspect for a better evaluation report.

Conclusion

The research work done by the investigator had proved that yoga practices were helpful to maintain good health among the adolescent students which was considered to be an asset and advocate for the inclusion of Yoga in the school curriculum. The students and all the stakeholders would feel the relevance of yoga for their sustenance in life.

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