



## Impact of yogic practices on Adolescents' mental health

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### Abstract

**Objective:** The present study aims to present the effect of manomaya kosh-sadhana on adolescents' mental health. The Element of this Manomaya kosh-sadhana are meditation, tratak, Jap and tanmatra sadhana.

**Subject:** The sample consisted of 30 adolescents (female, which are from High Socio Economic) status and age range 13-19 yrs studied in Swami Satyamitrananda Giri higher secondary school, haripur kalan dist. Dehradune, Uttarakhand.

**Method:** In this study Quota Sampling has been used to collect the sample. Pre-post research design has been used. The duration of practice was 90 days (except Sunday and Holidays) and practice time was 30 minutes in the morning. After 90 days again the post-test has been taken for the experimental group.

**Result:** The result of t-test revealed that these Yogic practice has significant effect at 0.01 level on mental health of the adolescents.

**Conclusion:** With this study we know that Manomaya kosh sadhana is significantly effective for mental health of adolescents.

**Keywords:** manomaya kosh-sadhana, adolescents, mental health

### 1. Introduction

Adolescence is a very important phase during which several of the mental health disorders and emotional problems of adulthood appear. Adolescent and young adults reported foregoing mental health care in the past year, despite self-reported mental health needs. That's why their academic performance also is not good. Yogic education is an excellent aid in such an education for its attempts to remedy the defects. It brings discipline into the life of the adolescents, at the level of the physical, mental and emotional, social, spiritual and makes one aware of one's strength as well as of one's weakness and after that to cultivate the good in oneself.

Yoga means union and we can say the system of yoga unites the spiritual, mental and physical training systems. Yoga is regarded as a science, as well as, a method that allows man to live a harmonious life with spiritual progress. Physical exercise alone cannot produce the expected results unless supported by mental discipline or mental practices. The mind is strong enough to influence the body in every possible way. The yogic practices played supreme role in the maintenance of physical, mental health and efficiency has been known to mankind for many centuries.

In the modern day, it becomes necessary for us to examine whether our great Science of yoga can in any way help the individuals suffering from different problems of emotional, social and other aspects of behavior (Ramamurthi, 1989) [1]. A study by Telles (1995) [2] and Iyengar (1997) [3] shows that integrated yoga practices viz. meditation, pranayama, physical posture and cleaning practices are the most effective in bringing about improvement in attention, concentration and relaxation and also positive effect on cognitive performance with significant increase in intelligence and memory power. (Vani *et al.*, 1997) [4] Also reported the same results in their findings.

Yoga offers a great help in improving one's attention and concentration, which ultimately helps in better academic

performance and achievements. Ganguly, Bera, and Gharote (2003) [5] shows in their research findings that positive effect of yoga training programs on the scholastic achievement of the adolescents. They suggested the inclusion of yoga training in the school curriculum; these researchers emphasized the importance of yoga in physical fitness and the academic achievement of the school boys through their findings. Anand (2003) [6], Ghosh (2003) [7], Raghuraj, Telles, (2004) [8] and Bhushan, (2004) [8] found in their research that depth perception, mental health and physical fitness of the school children significantly improved through yogic practices which eventually contributed to their academic performance.

Manomaya kosh sadhana is given by Acharya (1998) [10] who was patron founder of all World Gayatri Pariwar. It Sadhana is a group of yoga practices which can enhance mental health. The parts of this sadhana like tratak, Jap, meditation and tanmatra sadhana are meditative yoga practices. Meditation increases concentration and will power, therefore meditation preceded by self-knowledge and it is capable of bestowing total relaxation of all mental tensions.

Tratak (TK) is one of the six cleaning processes which is called Shatkarma, mentioned in Hathayoga by Swami Digambarji (2001) [11]. Vecente (1984) [12] has found that in research a total of three month yoga training including tratak on emotion and heart-rhythm. He included Kriyas in his stimulus with a thought that they activate some sensitive areas which are related to ANS.

Mental health generally refers to individual's thoughts, feelings and actions, particularly when faced with life's challenges and stresses. So we can say that mental health refers to the overall well-being of an individual. It is about the balance of the social, physical, spiritual and emotional aspects of life. Mental health refers to the full and harmonious functioning of the total personality which gives satisfaction and a sense of fulfillment (Butcher, 2006) [13]. According to Nietzel (1998) [14] mental disorders as disturbances of an

individual’s behavioral or psychological functioning that are not culturally accepted and that lead to psychological distress, behavior disability and impaired overall functioning. Yogic practices help the individual to activate or evolve out positive emotions. When intensity of these emotions increase, it directly affects the mental health.

**2. Material & Methods**

**Research Design:** For the present research Pre-Post experimental design was used and Quota sampling had been used for sampling. Total 30 adolescents selected (age range was 13-19 yrs) from Swami satyamitrananda Giri higher secondary school Haripur kalan distt. Deharadun, Uttarakhand. Before starting the practice pre-test has been taken. After 90 days of completing the practice again the post-test has been taken. To assess the impact of manomaya kosh sadhana on the adolescents' mental health, Mental Health Battery by A.K. Singh and Alpana Sen Gupta had been applied.

**Duration and procedure of the intervention**

The yogic practice was done for thirty minute in the morning

from 7:00 to 7:30 am. Practice starts with Tratak for two min. The technique was used for tratak that essentially consists of placing of a lighted candle with a steady flame at a distance of 1 meter from the eyes of the subject and at the level of the eyes and gaze at the flame without blinking the eyes, till tears rolled down the cheeks and immediately. After Tratak, upanshu Japa was applied for Gayatri Mantra Jap for 10 min. and then Roop Tanmatra sadhana for 05 min. in which the practitioner has to thoroughly look at the selected object that is image of Gayatri Mata and try to visualize the with closed eyes. In last practice was meditation for 13 min. had been practiced. During which meditates on any God or Guru with the feelings that person enlightened all body and mind with divine light.

**Statistical Analysis**

t- Test has been used to analysis the data.

**3. Results**

Hypothesis - There is no significant difference between practicing group and non-practicing group of Manomaya kosh sadhana and mental health of the adolescents.

**Table 1**

Group Low SES		N	Mean	SD	r	SED	t-value	Significance level
Practicing Group	Pre	30	43.53	8.07	0.94	0.49	11.01	P<0.01
	Post	30	48.93	7.78				
Non Practicing Group	Pre	30	43.46	8.49	0.98	0.30	0.44	P>0.05
	Post	30	45.60	8.46				

df=29

Hypothesis has been rejected at the 0.01 level of significance. This proves the effectiveness of Manomaya kosh sadhana on adolescents' mental health.

**4. Interpretation & Discussion**

It is clear that yogic practices of Manomaya kosh sadhana has significant effect on adolescents' mental health because all practices are related to mind and mental activity.

Gore, Bhogal and Rajapurkar (2008) [15] found that psychological parameters such as Emotional stability, pleasant-unpleasant feeling and degree of relaxation were studied before and immediately after Tratak. The physiological parameters such as EEG (Alpha), Heart Rate (HR), Respiration Rate (RR), Finger Pulse Volume (PTG), Galvanic Skin Resistance (GSR) were studied before, during and immediately after Tratak. It was observed that the degree of relaxation, the emotional balance and a feeling of pleasantness was increased after Trataka. A shift of autonomic balance from sympathetic to parasympathetic predominance was indicated by the changes in HR, RR, GSR and PTG during and after Tratak respectively. We can say as same about Roop tanmatra sadhana that it also enhance the concentration.

Physiologically meditation slows down the activity of sympathetic nervous system which helps to increase E.E.G. and G.S.R. (Desiraju, 1989) [16], Udupa (2000) [17]. It indirectly increases mental health and reduces stress. Many scientific researchers have shown that meditation has improving sleep, increasing blood flow to brain making it as a smarter better memory. Like Gaur *et al.* (2003) [18] revealed that who

practiced the *preksha* meditation for 25 days increased their ego strength, confidence self-assurance, spontaneity & they became emotionally more stable, calm, and were able to face their reality and reduced their jealousy etc.

According to Gharote (1982) [19] the meditation is accompanied by decreases in neuroticism, depression, anxiety and irritability and increases in internal self-control, self-actualization and happiness. All the results indicate that manomaya kosh sadhana leads to a mental relaxation and a pleasant state of mind. So these practice are very effective for good mental health.

**5. Conclusion**

We can conclude that Manomaya kosh sadhana is significantly effective for mental health of adolescents. So it could be said that if one will practice the yogic practice of Manomaya kosh sadhana then there would be significant improvement of positive feeling, positive attitude, personality which improves the mental health.

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