

# Use of Yoga as A Tool for Betterment of Physical and Mental Health of School Children

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**Abstract**— *As a matter of fact, yoga is a way of connecting a person to the greater community and to the global consciousness. While yoga has its roots in India, where it has been practised for thousands of years. As we live in an age of information, it was important for this research to fill in any knowledge gaps concerning yoga's relationship to mental health issues. In terms of emotional and physical well-being, people who practised yoga and those who did not were compared to each other. A randomised, double-blind, controlled trial examining the impact of a school yoga programme included qualitative observational research as well. Students were given surveys after completing a yearlong Yoga curriculum to gain feedback. A total of 500 kids between the ages of 9 and 15 were included in the research. Their parents had to sign a permission document before they could communicate with one other. This article summarises the available evidence on the favourable benefits of yoga therapies on mental and physical health by focusing on review papers. Taking these studies together, it seems that yoga may have health advantages in a variety of areas, but additional study is required to prove this across the board.*

**Indexed Terms**— *Mental, Physical, Health, Students, Yoga.*

## I. INTRODUCTION

There is a lengthy history of yoga, but scant scientific proof of its efficacy. The term 'yoga' means 'to combine' in Sanskrit. Yoga is a metaphor for bringing the body and mind together. A healthy body and mind may be achieved via the practise of yoga. When it comes to the pursuit of spirituality, however, yoga has been left out of the equation. Yoga's appeal is largely due to the prevalent assumption that it may enhance one's physical well-being. When it comes to the WHO's definition of 'health,' it's not only the absence of sickness that counts. You may quantify the value of health in a number of ways. "A person's emotional and intellectual well-being may be measured by their capacity to detect and regulate their emotions." A spiritually healthy person is able to maintain a good

relationship with both himself and others. The capacity to enjoy one's job and have a good effect on the environment around you is referred to as occupational wellbeing. Socially healthy people are able to perform their social duties without offending others. Maintaining a healthy body via correct diet, frequent exercise, avoiding bad behaviours and participating in activities that assist prevent sickness are just few of the physical well-being traits that one should keep in mind while making choices regarding one's health.

Human existence is growing increasingly like a mechanical system, making it more difficult to obtain pleasure and health. In this setting, new-age institutions dedicated to the study of yoga have emerged. In order to obtain optimal mental and physical well-being, it is vital to study and practise science as well as yoga.

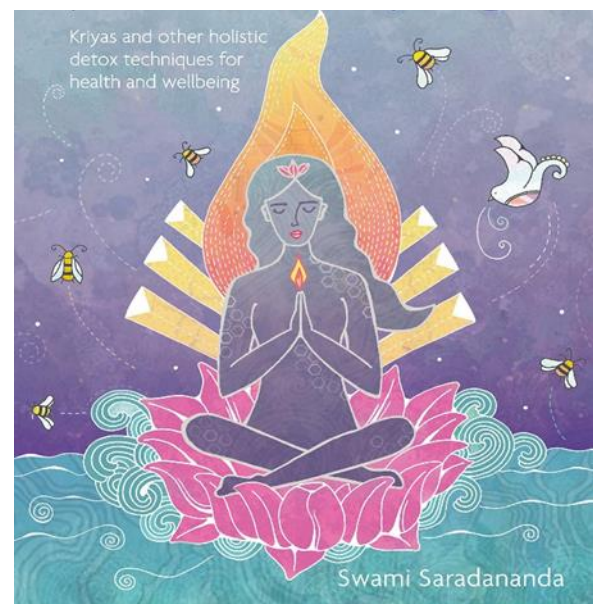


Figure 1: Significance of Yoga for physical and mental health

A cessation of all mental activities (cittavrittinirodha) is described by Patanjali, whereas Vyasa defines yoga as absorptive focus (samadhi). Mastering yoga can only be achieved through practise and detachment (vairagya). Yoga has been discussed by ancient Rishis, Saints, and Sages for the past 50,000 years. However, yoga isn't new, but the way it's being seen in the world has changed.

It is possible to trace the origins of yoga's philosophy back to the ancient Indians. Many current schools of yoga emphasise asanas and exercises (asanas), breathing methods (pranayama), profound relaxation, and meditation practises that foster awareness and ultimately higher levels of consciousness (e.g., Iyengar, Viniyoga, Sivananda). yoga's psychophysiological effects originally emerged in the early twentieth century, when it was first utilised as a method of treatment. Apart from the physical advantages of asanas, breathing exercises and meditation may help patients gain more awareness and reduce their anxiety, resulting in a better living experience. These additional favourable benefits may also lead to an increase in resilience, mood, and metabolic balance.

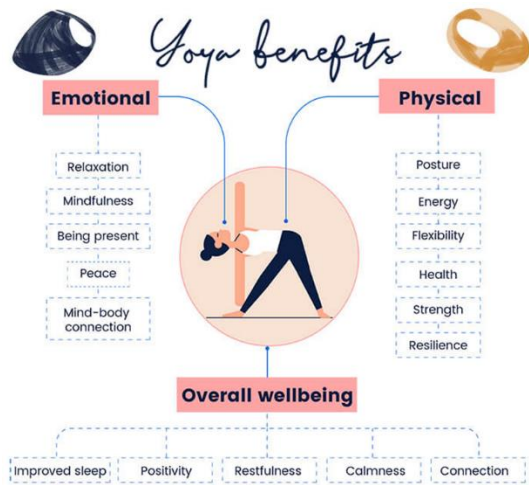


Figure 2: Benefits of Yoga

- Physical health benefits: Our muscles are progressively stretched, enabling us to increase our range of motion in different sections of the body via yoga poses/asanas. Strengthening the body from within out is the fundamental purpose of most yoga asane positions. Weight loss, improved posture,

vigour and metabolism are just a few of the many benefits of yoga that may be gained with regular practise. Yoga has been shown in several studies to have considerable health benefits, including improved breathing and heart rate control, reduced chronic back and joint pain, and other benefits that can be directly measured.

- Mental health benefits: With yoga, you may improve your mental health and well-being in a variety of ways. Regular Yoga practise may help alleviate symptoms such as anxiety or tension, as well as improve attention, relaxation, and peace of mind. Meditation and yoga must be practised on a regular basis in order to reach such mental clarity and tranquillity. A strong resolve and tolerance for adversity may help you overcome sadness and keep a happy attitude in general via yoga practise (towards self and others).

## II. REVIEW OF RELATED STUDIES

Stec, Krzysztof. (2020) Throughout this essay, we'll look at yoga's function in preventing and treating illness. Yoga, on the other hand, provides a more holistic approach that does not depend on mechanical fragmentation of the human body. The prevalence of illnesses caused by one's way of life is rising. According to the Globe Health Organization, diabetes, hypertension, atherosclerosis, cancer, mental disease, and obesity are on the increase across the world. Even in nations with a more conservative heritage of living, this is the case today. "People's health all around the globe are suffering as a result of the rapid pace, stress, and lack of physical exercise of modern life." There is a growing need for antidotes in Western society as a result of these circumstances. As a result, Westerners have turned to classical yoga, which has been heavily changed. Yoga's basic nature is a non-religious, psychosomatic system founded on natural principles, inspired by science to impact the body in a manner that is in harmony with nature. As a holistic approach, yoga and Ayurvedic medicine compliment each other. Yoga asanas (yogic postures) and other aspects of the practise may enhance psychosomatic functioning in a variety of ways. Asanas (poses) in yoga are designed to calm and strengthen the spine, as well as other joints

and muscles. As a bonus, it's a terrific technique to maintain mental equilibrium. Yoga has been used to cure cancer and other contemporary ailments, to slow down the ageing process of the body, and to improve overall well-being because of these qualities. Suryanamaskar, an ancient kind of physical exercise, has been demonstrated to be useful in the treatment and prevention of heart and lung disease, among other illnesses.

Chandan Singh et al., (2020) Humanity may profit from a broad range of yoga's advantages. In the same way that the aspirations and aims of yoga practise are unique to each practitioner, so too are the demands and challenges of daily life. Consequently, the positive effects of yoga vary greatly from person to person. As a means of bringing peace and tranquilly to the mind, as well as bringing balance to the body-mind-soul complex; iii) to explore and uncover latent talents by controlling nature, both external and internal, annihilating evils within; iv) to attain sound health, and v) to be free from all mental and bodily ailments. Atman (the individual self) and the Universal Consciousness (Paramatman) are said to be the ultimate goals of yoga, according to yogis, and this union is said to lead to liberation (Moksha or Kaivalya) from the burdens and concerns, physical and emotional suffering of everyday life. Bliss-Absolute. In order to accomplish so, one needs have a clear image of one's self. To do this, one needs cleanse their thoughts (chitta). That is why the initial objective is the eradication of mental tendencies, or Chitta Vritti nirodha.

Rita Domingues (2018) As a supplemental treatment for mental health disorders, research on the effectiveness of yoga has yet to begin. Positive mental health (PMH) indices may be improved by contemporary postural yoga (heavy focus on physical postures) in both clinical and non-clinical groups. Personality Disorders and Mental Health topped the list of measures of resilience and well-being (PMH). To sum up, favourable impacts on outcome variables were found across all 14 investigations, although none of the effects on baseline levels or control groups was statistically significant. There is little doubt that yoga practise has a good impact on PMH markers. Because yoga therapies raise severe methodological issues,

more research and improved experimental designs are required to fully assess their effects on PMH markers. Jane Hartley and Marion Henderson (2018) The mental health of young people is worsening. Mental health may be negatively impacted by stress. Young individuals are more likely to suffer from ACEs (adverse childhood experiences), which may lead to a stressful adulthood. Stress may take many forms, and the methods in which people cope with it can lead to bad behaviours. Text's main body: Yoga delivers a safe, scientifically-supported stress-reduction toolset that is efficient and effective. Private yoga classes are now the only way to learn yoga. Integrating yoga into school curricula following carefully developed and assessed interventions might lower the high incidence of prescription medicine and provide a preventive method to support young people's healthy mental health. School-based yoga programmes may have long-term positive effects on decreasing students' stress levels both now and in the future.

Farah Shroff and Mani Asgharpour (2017) Since global mental health issues are on the rise, and existing allopathic treatment regimens fail to get individuals to a level of mental well-being, the need for effective population mental health promotion techniques is crucial. (citation). It is possible to improve one's health and well-being by reducing one's stress levels. Due to its accessibility, tolerance, and cost, yoga is becoming more popular as a mind-body workout. Self-treatment rather than professional intervention; a perception that yoga is more helpful than medicine; less side effects; and a lack of response to medication are just few of the reasons individuals are turning to yoga for mental health improvement. Drugs and psychotherapy have more adverse effects and are more costly, while yoga has less of both. Yoga also has the added advantage of enhancing physical fitness and instilling a feeling of personal responsibility in its practitioners. In this short essay, the evidence supporting yoga as a method of mental health promotion, sickness prevention, and therapy for depression is discussed.

Hariom Sharma and P. Singh (2017) Everyone is entitled to a healthy lifestyle. For many years, yoga has been promoted as a beneficial exercise. This research evaluated the mental and physical health condition of yoga practitioners and non-yoga practitioners (N=100, age 18-35 years) from Punjab state in India. In order

to determine the health status of all participants, we used the WHOQOL (World Health Organization Quality of Life Scale). The acquired data was analysed using one-way ANOVA statistics. Those who practise yoga say they sleep better, have greater stamina, and feel better all over. The results of the scoring revealed that there were large discrepancies. ( $F(1,98)=70.37, p = 0.001$ )

Usha Nayar and Ingunn Hagen are the authors of this paper. (2014) As a way to assist kids deal with stress and control their emotions, yoga is discussed in this article. Yoga may help people attain emotional balance. Using these tools, we believe that children and young people can better understand their bodies and minds. A healthy lifestyle, self-confidence, and a positive impact on society may all be achieved via yoga. Today's children and teenagers are continuously assaulted with expectations and stimuli from the Internet and other media and communication technologies. Stress and mental health difficulties among children are strongly linked to the growth of globalisation. There is a higher feeling of urgency for pupils to succeed in school because of increasing competition and a bigger number of possibilities accessible to young people in today's society. It is also important to note that contemporary culture is rife with diversions and temptations tied to new media technology. The ubiquitous and overwhelming presence of multimedia gadgets in the lives of this generation reveals a significant change in their priorities and way of life. "As beneficial as modern media technologies are to children and young people, they also create a continual competition for the youngster's attention." We think that yoga may assist children and adolescents manage with stress, which in turn can have a good influence on mental health and well-being. Studies have demonstrated that yoga may enhance children's physical and emotional well-being. Students' emotional and mental well-being may be improved via participation in school yoga programmes that target resilience, mood, and self-regulation.

III. MATERIALS AND METHODS

More than 500 kids were randomly chosen from a variety of public schools (Government Primary and High Schools) to participate in a study on yoga and physical activity. Yoga Awareness Questionnaire was

completed by all participants in the research, ranging in age from 6 to 15. The research further split men and females.

Participation in the study was only allowed for those

- between the ages of 6 and 15
- who were willing to participate.
- hadn't been hospitalized in the last three months.

The following items were omitted from consideration:

- In addition to the disease's physical difficulties and possible neurological or psychiatric issues,
- any known learning disabilities should also be considered. (i.e., slow learner).

IV. RESULTS AND DISCUSSION

We've tested the effects of yoga on high school students in our current experimental setup. – Our qualitative studies were conducted by handing out questionnaires to 250 students in each group: those who practiced yoga, as well as those who didn't, were split into two groups. Table 1 and 2 shows the demographic characteristics of selected respondents.

Demographic Profile

Table 1: Gender of respondents

Gender	Frequency	Percentage
Male	275	55.0%
Female	225	45.0%
Total	500	100.0%

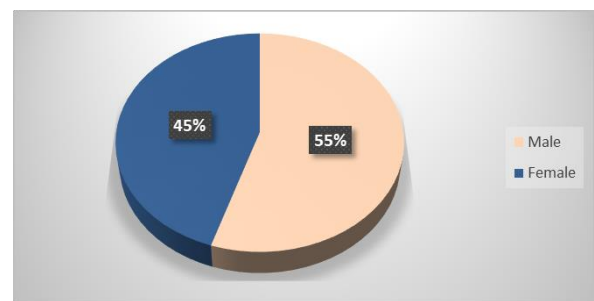


Figure 3: Graph showing Gender of respondents

From the above table and graph, it is clear that the majority of the respondents i.e. 55% are male and the remaining 45% are female respondents

Table 2: Age of respondents

Age	Frequency	Percentage
6-9 years	135	27.0%
9-12 years	210	42.0%
12-15 years	155	31.0%
Total	500	100.0%

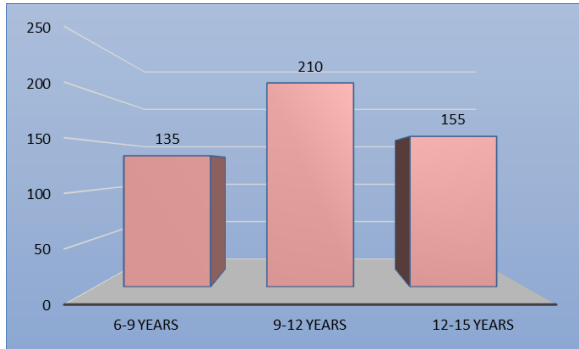


Figure 4: Graph showing Age of respondents

When we talk about the age of respondents 42% comprises of the age group of 9-12 years, 31% from a group of 12-15 years while remaining 27% are from 6-9 years age group.

• Analysis based on Questionnaire

Adding yoga to the everyday routines of school students may enhance their health, according to these research. More than 97% of men and women who practise yoga say that their memory has improved, but just 38% of men and 44% of women who don't practise yoga believe that their memory has improved, according to our study. Stress reduction was reported by 94.6 percent of males and 87.56 percent of women who practised yoga.

Table 3: Questionnaires based on results from Yoga and Non-Yoga groups

Attributes	Response	Yoga group		Non - Yoga group	
		Boys	Girls	Boys	Girls
Do yoga make you	Yes	97.9	99.31	72.29	63.72

feel physically healthier/fit	No	1.7	0.73	9.19	12.15
	No response	0	0	18.51	24.18
Do you think/feel that Yoga has improved your memory?	Yes	97.44	98.05	38.46	45.45
	No response	0	0	7.69	15.15
Does yoga reduce study-related stress and other types of stress?	Yes	94.6	87.56	75.41	63.59
	No	5.4	12.44	16.92	18.18
	No response	0	0	7.69	18.18
By doing Yoga, did your overall performance in school be good?	Yes	98.27	94.58	81.61	84.88
	No	1.7	5.37	16.92	12.12
	No response	0	0	1.54	3.03
Does yoga bring good thoughts to your mind?	Yes	99.22	99.31	84.62	84.85
	No	0.85	0.73	12.31	6.06
	No response	0	0	3.08	9.09
Do you think Yoga is helpful in your mental and physical development/improvement?	Yes	96.31	100	64.69	76.92
	no	3.69	0	35.29	23.8
	No response	0	0	0	0



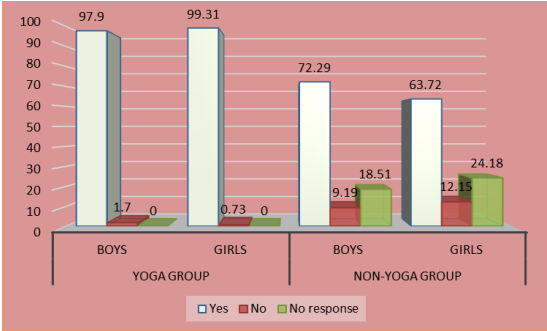


Figure 5: Comparative status of physical fitness in yoga and non-Yoga practitioners

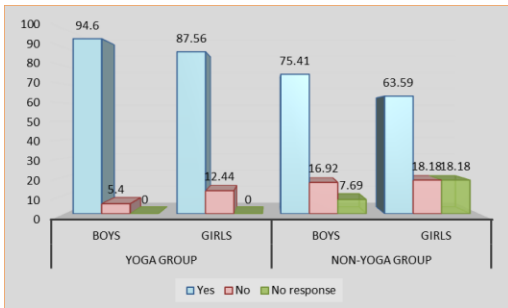


Figure 6: Comparative status of stress in yoga and non-Yoga practitioners

To better understand the benefits of yoga on children's mental health, attitude on life, and academic achievement, we conducted a study. A whopping 97% of men and 99.31% of women who participated in the yoga study said that they felt better as a result of their efforts. In the non-Yoga group (physical education), 72.29 percent of males and 63.72 percent of females reported some improvement, whereas 9.19 percent of males and 12.15 percent of females reported no change. A total of 18.51% of men and 24.18% of women were unable to provide any kind of response to the question. As seen in (Figure 5).

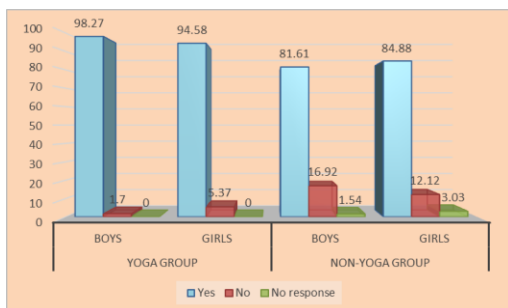


Figure 7: Comparative status of school performance in yoga and non-Yoga practitioners based on Questionnaire.

In the non-Yoga practising group, the results were identical for 75.41 percent of males and 63.59 percent of women (Figure 7). Study participants who had been practising Yoga for at least a year said that their grades and test scores had improved as a consequence of their efforts. 81.61 percent of men and 83.88 percent of women said they felt the same way about yoga, regardless of whether they practised it or not. It was found that 99% of the yoga practitioners and 99% of the non-yoga practitioners could think more favourably as a consequence. "There are more non-responsive men and females in the non-yoga-practicing group than there are in the yoga-practicing group." The correlation coefficient between the two groups is  $r=0.81$ . For students' emotional and physical well-being and social status, it may be concluded that yoga has a favourable effect.

## V. CONCLUSION

Yoga has a positive impact on one's physical and mental well-being. The mental health of yoga practitioners is superior than that of non-yoga practitioners. However, yoga practitioners were shown to be in better physical condition than those who did not practise yoga. Yoga's health and well-being advantages have been proved to have a long-term impact. Ancient Indian science yoga attempts to enhance one's physical, mental, social, and spiritual well-being in a holistic way. Yoga originated in India. It is possible to investigate the impact of yoga on a broad variety of health markers and demographic variables. Regular yoga practise may help keep your immune system strong, both mentally and physically. Numerous yoga movements have been shown to provide a range of health advantages, including both mental and physical wellness. To establish the favourable benefits of yoga on mental and physical health, additional research is required, according to this study.

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