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YOGA FOR DEVELOPMENT OF MENTAL HEALTH OF SCHOOL GIRLS



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INTRODUCTION

Yoga is a very ancient practice that originated in India. The term refers to union or communication. Yoga is an ancient system of relaxation, exercise, and healing with origins in Indian philosophy. Early descriptions of yoga are written in Sanskrit, the classical literary language of India. The first known work is "The Yoga Sutras," written more than 2,000 years ago, although yoga has been practicing 5000 years ago. The initial concepts have been adapted over time through translation and scholarly interpretation, but the fundamental principles describing the practice of yoga in the quest of the soul remain largely intact. For many, yoga is viewed as a physical, mental, and spiritual discipline that confers a sound body and a sound mind. Many studies are conducted by various researchers on yoga and studied its effects on physical function and mental function but less attention has been paid to Mental, mental health abilities and well-being by yoga practitioners. It was, therefore, assumed that similar impact of yoga may also be experienced by the school girl's student of Mumbai.

Due to the hectic school schedule, lot of home works, extra classes and hard academic competition, the students found under psychological stress and stressful mental health condition. Therefore the researcher was undertaken and quasi experimental study, with the help of evident information available in the literature. The researcher sought specially design a standard yoga exercise module, to determine the effect of selected yogic training programme on Mental Health Abilities on girls with age group of 13 to 15years.

METHODOLOGY

Hundred (N = 100) girls students, age ranged from 13 to 15 years, from Maharashtra Education Society’s Chhatrapati Shivaji Vidyalaya Dharavi, Sion, Mumbai., were randomly selected for this experiment.

Pretest-Posttest randomized-Group Design (Thomas & Nelson, 2001) under the **True Experimental Research** was used for this experiment. The researcher was selected the school by using the Lottery Method of randomized Sampling method to select the school. Random Number Table of Sampling was used to select the sample of aged 13 to 15 years from the school, then again the selected sample was randomly assigned into two equal groups viz., one experimental group (Group A; n1= 50) and one control group (Group B; n2 = 50). Experimental group was given ‘Yogic Practices’ for the period of 12 weeks whereas control group was restricted to participate in the ‘Yogic Practices’. Both groups were participated in pre-test and post-test of Mental Health the selected variables of the experiment. These groups were allowed to participate in school curricular activity.

STATISTICAL PROCEDURE

As per the research design and method of selection of sample the standard statistical technique One Way ANCOVA was appropriate and the was used to compare the adjusted mean scores of Mental Health Abilities of Slum Area School Girls of the experimental group and control group by taking Pre Test as Covariate in order to see the efficacy of Yogic Practices.

RESULTS ON MENTAL HEALTH

A one way ANCOVA presented in **Table – 1** shows that the F ratio **26.08** with **df1/97** when pre-test of Mental Health of Slum Area School Girls was taken as covariate, the effect of the treatment on post-test of Mental Health is statistically significant (**p=0.001**). It can be seen in **Table – 2** when pre-test of Mental Health of Slum Area School Girls was taken as covariate, the adjusted mean score of Experimental group was **23.50** and the adjusted mean score of Control group was **20.34**. The values of adjusted mean score of experimental and control group are not equal and differ statistically significant. The obtained result helpful to interpret that ‘Yoga’ training programme is effective in improving Mental Health of Slum Area School Girls. The same results have been presented in the following Table – 1 and Table -2.

Table – 1 One-Way Analysis of Covariance for Mental Health

Source of Variance	SS	df	MS	F	Sig.
Group	231.543	1	231.543	26.08	.000
Error	861.304	97	8.879		
Total	49148.000	100			

Table – 2 Adjusted Mean Score of Experimental and Control group of Mental Health

Groups	Mean	Std. Error
Experimental	23.50	.429
Control	20.34	.429

DISCUSSION OF THE RESULTS

The investigator came across the research studies carried out in multiple directions towards the development of different exercises and yoga programmes for improvement of children's Mental Health. Many studies were conducted for investigate the efficacy of Yoga Intervention; many of them reported that yogic practices were effective for mental health. Significant improvement was in experimental group whereas the control group did not showed statistical improvement in the present investigation. The researcher influenced that the improvement held in experimental group was the effect of Yogic Training Intervention. Some of the studies conducted on the particular variable are presented below in the support of the present findings.

Harinath, et al., (2004) conducted a study on the effects of Hatha yoga and Omkar meditation on psychological profile; these observations suggest that yogic practices can be used as psychophysiological stimuli to increase endogenous secretion of melatonin, which, in turn, might be responsible for improved sense of well-being. Yoga-based interventions may prove to be an attractive option for the treatment of depression. Pilkington, et al., (2005) conducted a study, Yoga for depression. This study is concluded as 'further investigation of yoga as a therapeutic intervention is warranted'. In one of the pilot study conducted by Lynn, et al., (2004), on yoga-meditation program (called Inner Resources) was designed to help caregivers cope with stress. Pre/post comparisons revealed statistically significant reductions in depression and anxiety and improvements in perceived self-efficacy. Hadi&HadiNa(2007), concluded that yoga can improve physical and mental health, and promotes well-being in all categories of age. Malthi, Damodaran, et al., (2000) conducted a research study to study the effect of yogic practices on subjective wellbeing. It was found that, beneficial effects of regular practice of yoga on subjective wellbeing. Yoga was significant in reduce state anxiety and trait anxiety for younger and older groups. This was the finding of Gururaja., et al., (2011), In another study, Kosuri& Sridhar., (2009), conducted a study entitled 'Yoga practice in diabetes improves physical and psychological outcomes'. The results of this study was, all 35 subjects were improved well-being, and reduced anxiety.

CONCLUSION

'Yoga' training programme is effective in improving Mental Health of Slum Area School Girls.

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