



IMPACT OF A YOGA AND MEDITATION INTERVENTION ON COLLEGE GOING STUDENTS' MENTAL HEALTH AND WELL-BEING

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ABSTRACT

The current study examines the impact of yoga on college-bound students' mental health and wellbeing. In the current investigation, a purposive sampling strategy was utilized to select sixty different students. The ages of people in the sample ranged from 20 to 25 years old. The pre-post-investigation approach was utilized for the conduct of this study. The mean, standard deviation, and t-test were utilized for the statistical analysis. The results of the current research also indicate that yoga has an impact on mental health and well-being.

Keywords: Yoga, Mental Health, Well-being and College student.

INTRODUCTION

Yoga is vital in today's hectic classrooms because it promotes focus and relaxation in the students. The emphasis on science and technology in the current educational system helps students advance financially, but it completely ignores the promotion of a healthy lifestyle and the inculcation of moral, ethical, and spiritual values. Frequent physical activity is one of the most essential actions that people can do these days to keep their health in good shape. The high percentage of physical inactivity among college students needs to be addressed right away because sedentary lifestyles are linked to several health problems.

Yoga is one kind of exercise that is essential for promoting health. The eight limbs, or elements, of yoga are embraced by the traditional interpretations of yoga as a lifestyle that are firmly anchored in and dedicated to the ancient texts (e.g., Patanjali's Yoga Sutra, Hatha Yoga books like Hatha Yoga Pradeepika, and GherandaSamhita) (Mohebi et al., 2018). The integration of yoga into the current educational framework is necessary to promote the holistic development of student's mind, body, and spirit. The integrated approach to yoga training may support human values, improve stress management and academic performance, establish a healthy lifestyle and ideal character, and help students become refined personalities transformed into heavenly beings.

Therefore, yoga needs to be recognized as a discipline and its educational benefits acknowledged before it can be included in the curriculum. The UGC (India) has made great



progress in enabling students to select a topic of their choice in addition to their primary field of study with the implementation of the G.E.C curriculum. An individual's well-being is significantly impacted by their mental health. It is challenging to succeed in one's chosen field without good mental health, whether one is a student or a professional. The higher one climbs the academic hierarchy, the more complex the nature of knowledge and education becomes. In higher classes, the workload related to academics also increases. At different stages of their academic careers, students must demonstrate their abilities through project reports, assignments, and exams.

Review of the study

A cross-sectional national study by Krokstad et al. (2022) in Norway revealed evidence of a decrease in young adults' and adolescents' mental health over the preceding three decades. Furthermore, this study found that among adolescents and young adults, anxiety and depression have significantly increased over the past ten years, while life satisfaction has decreased. Almost forty-four of the young girls who participated in this study reported feeling nervous and thinking about melancholy. It was thought that these young people's daily routines and living situations, which included spending a lot of time in front of screens and being sedentary, were to blame for their poor mental health. Concerns facing youth include the effects of recent technological advancements, social justice and democracy threats, and climate change. The increased pressure on students to perform well in class, however, was the biggest source of stress. The authors blame the neoliberal ideology, which has become more widespread recently and places a strong emphasis on competition.

Outside of one, there are substantial social and cultural changes taking place, such as the most recent developments in technology use. Despite the fact that social media platforms are designed to promote compulsive use, Norwegian youth use them extensively, just like youth worldwide (Rice et al., 2018, 2020).

Eriksen et al. (2017) conducted a study that found similar tendencies for stress and problems with mental health in young people. The researchers concluded that these tendencies can be attributed to extensive academic stress in school as well as social expectations of success in other aspects of life.



The researchers came to the conclusion that these tendencies can be linked to social expectations of success in other spheres of life as well as prolonged academic stress in school. Adolescence can be a difficult and stressful period in a person's life because it is a time of many internal and external changes. Internal changes occur in the body, brain, and hormones (Guyer et al., 2016).

Damodaran A. and Malathi A. (1999) view yoga as one type of physical exercise that is essential to promoting health. Those who practice yoga according to its classical texts (such as Patanjali's Yoga Sutra or Hatha Yoga texts like the Hatha Yoga Pradeepika or the GherandaSamhita) adhere to the eight limbs or aspects of yoga as a way of life. More specifically, yogis who wish to follow yoga as a philosophical life foundation rather than just a physical practice will find great interest in the eight limbs.

According to Sengupta (2012), yoga has the ability to enhance college students' well-being and stress reduction in a non-pharmacological, self-empowering manner.

The purpose of this study was to determine how teaching yoga to young people can enhance their mental health and well-being. This article will talk about how teens who practice yoga feel better about their mental health and well-being than those who don't do yoga activities.

OBJECTIVES OF THE STUDY

1. To investigate the impact that practicing yoga has on the mental health of students attending college.
2. To investigate the impact that practicing yoga has on the well-being of students attending college.

Hypotheses

1. The practice of yoga will have a beneficial impact on the mental health of college students.
2. The practice of yoga will have a beneficial impact on the well-being of college students.

Research Design:Pre-Post Research Design is used for present research.



METHODOLOGY

Sample

A sample of 60 adolescent school students was taken from schools in Varanasi District, U.P. Of these 60 students, 30 were boys' students and 30 were girls' students.

Tools

1-MMHS Inventory: Giridhar P. Thakur and Anand Kumar developed the "MITHILA MENTAL HEALTH STATUS INVENTORY" scale in 1986. The MMHSI is composed of the following five domains: Ten items make up the first category: egocentrism; two categories include alienation; three categories include expression; four categories include emotional instability; and five categories include social nonconformity. The instrument assesses women's mental health by using their responses to indicate how much they agree or disagree with the statement. It includes both positive and negative items, with responses ranging from 1-strongly agree to 3-cannot say-disagree to 5-strongly disagree.

2: Satisfaction with Life Scale (SWLS; Diener et al., 1993)

The SWLS is used to measure subjective well-being. The scale can be completed in sixty seconds or less by the average respondent. It discloses how someone feels about their own life's quality. This is a one-dimensional, very short device. The results are determined using a 7-point Likert scale. The 5-item SWLS (Diener et al., 1993) employs a 7-point scale with intermediate stages that include strongly agree, agree, and somewhat agree, as well as disagree, slightly disagree, and neither agree nor disagree. Higher total scores—which are the sum of the item scores—indicate higher levels of life satisfaction. Overall scores range from 5 to 35. The SWLS has very high reliability and validity, according to reports.

Procedure: For the purpose of this research, a sample group consisting of sixty college students from the city of Varanasi was chosen. Data were collected during the pre-test phase by individually administering a mental health and a subjective-wellbeing scale to each of the sixty students who attended the various colleges. After an initial screening, a trained instructor worked with sixty students over the course of fifteen days, teaching them various



yoga techniques. Following completion of the yoga training, a post-test was administered, and data were gathered.

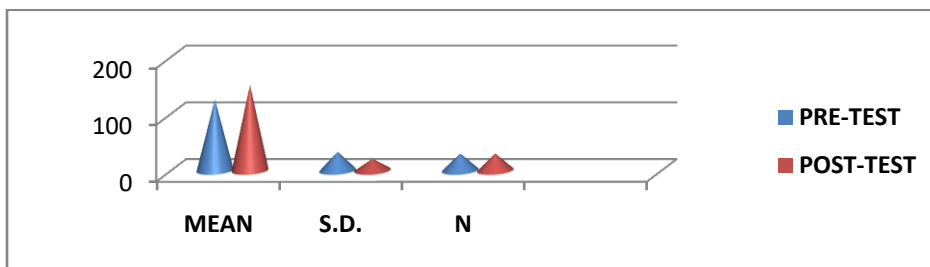
Results & Discussion

Table No. 1 shows the mean, SD, and t-value of the pre-test and post-tests on the mental health of male students.

Mental health(Male)	N	Mean	SD	df	t-value	Sig. Lev.
Pre-test	30	125.53	32.985	58	3.6257*	.05
Post-test	30	151.23	20.477			

* $p < .05$ level.

Fig. 1.a: Bar Diagram showing the mean and SD values of the male pre-test and post-test on mental health



According to the above table 1, the pre-test mean for mental health is 125.53, and the post-test mean is 151.23 for mental health in men. The value of t is also 3.6257, which is higher than the level of significance at .05. Based on the results, we can say that the practice of yoga has an impact on boys' mental health.

Table 2 shows the mean, SD, and t-value of the pre-test and post-tests on the mental health of female students.

Mental health(Female)	N	Mean	SD	df	t-value	Sig. Lev.
Pre-test	30	115.80	22.848	58	4.7549*	.05
Post-test	30	141.50	18.825			

* $p < .05$ level.

Fig. 2.a: Bar Diagram showing the mean and SD values of female pre-test and post-tests on the measure of mental health

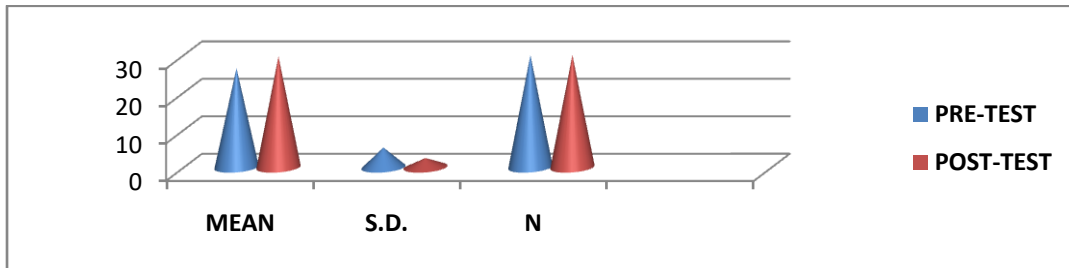


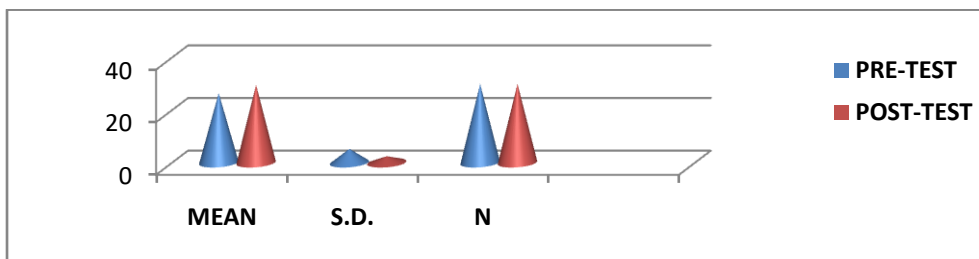
Table-2 of the results shows that there is a statistically significant improvement in girl's student mental health after practicing yoga. The pre-test mean score was 115.80, with a standard deviation of 22.848; the post-test mean score was 141.50, with a standard deviation of 18.825; the t-value was 4.7549, which was statistically significant at the 0.5% level.

Table 3 shows the mean, SD, and t-value of the pre-test and post-tests on the well-being of male students.

Well-being(Male)	N	Mean	SD	df	t-value	Sig. Lev.
Pre-test	30	26.50	5.29	58	2.9307*	.05
Post-test	30	29.63	2.484			

* $p < .05$ level.

Fig. 3.a: Bar Diagram showing the mean and SD values of male pre-test and post-tests on the measure of well-being



According to the above table 3, the pre-test mean for well-being is 125.2650, and the post-test mean is 29.63 for mental health in boys. The value of t is also 2.6304, which is higher than the level of significance at .05. Based on the results, we can say that the practice of yoga has an impact on men's well-being.



Table No. 4 shows the mean, SD, and t-value of the pre-test and post-tests on the well-being of girl students.

Well-being(Female)	N	Mean	SD	df	t-value	Sig. Lev.
Pre-test	30	24.10	5.933	58	2.21*	.05*
Post-test	30	27.33	5.374			

* $p < .05$ level.

Fig 4.a: Bar diagram showing the mean and SD values of the girl pre-test and post-test on the measure of well-being

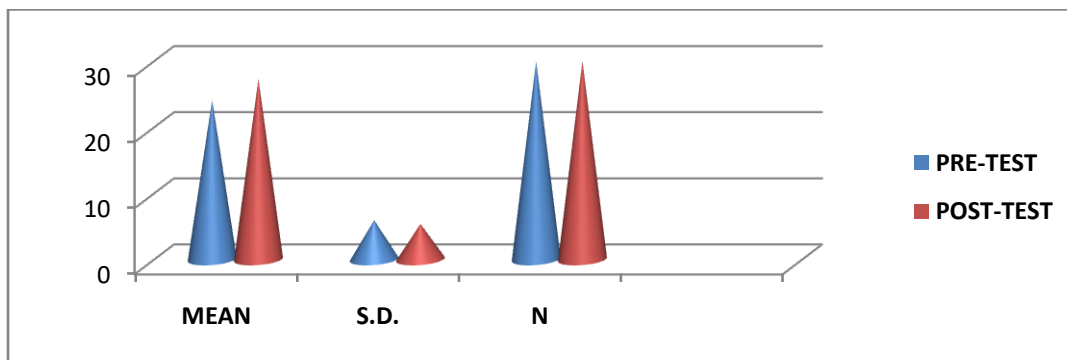


Table 4 and Fig. 4.a show that there is a statistically significant improvement in girls' well-being after practicing yoga. The pre-test mean score was 24.10, with a standard deviation of 5.933; the post-test mean score was 27.33, with a standard deviation of 5.374; the t-value was 2.21, which was statistically significant at the 0.5% level.

CONCLUSION

We all know the importance of yoga in today's world. The results of the current research also indicate that yoga has an impact on mental health and well-being. The comparison of pre-yoga results and post-yoga results makes it clear that there is a significant difference in the results of both. We can say that the effect of yoga activity is on mental health and well-being in males and females.

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