



ROLE OF YOGA IN IMPROVING THE QUALITY OF LEARNING IN CHILDREN

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ABSTRACT

Adolescent mental health is a growing concern among today's generation. Depression, anxiety, and stress are increasingly common among children due to the pressures of the educational era and societal expectations. This negatively affects their studies. Introducing yoga as an extracurricular subject from the youngest classes in the school years is a good way to reduce such problems and prevent them from arising in the future.

Yoga and meditation, when taught as an extracurricular subject in schools and colleges, go a long way

in improving the mental and physical health of adolescents. Since yoga has a huge role to play, it can easily be incorporated into schools' wellness curriculum. Yoga and meditation are a process that greatly helps adolescents overcome the challenges they face in life, increase their immune system, and better manage social interactions. This review summarizes the evidence showing the impact of yoga on adolescents. It highlights the important role of yoga in reducing stress, anxiety, depression, and immunity.



KEYWORDS: Children, adolescents, anxiety disorder, depression, mental health, insomnia, treatments, exercise, yoga, meditation.

INTRODUCTION

According to the World Health Organization (WHO), adolescence is defined as the period between the ages of 10 and 19. Social media has become an integral part of the lives of adolescents globally. Self-expression, social validation, maintaining friendships, sharing ideas, and sharing experiences are all opportunities available through various social media platforms. However, for adolescent girls and boys, it is also seen to negatively affect their mental and physical development. This is also seen as causing learning disabilities. To address such a situation, this study emphasizes the need to introduce yoga as an extracurricular subject during school hours. Here, we synthesize evidence-based evidence on the role of yoga in positively influencing adolescents with various health problems, based on their age & gender group, to improve their mental health status. The findings of this study will also help to determine the role of yoga in completely eliminating all negative mental health problems and learning disabilities from adolescents.

RESEARCH OBJECTIVES:-

The primary objective of this study is to investigate the role of yoga in improving academic performance among students/adolescents. The specific objectives include:- To identify mental health

issues seen in adolescents who do and do not do yoga daily, and to determine how the benefits and physical changes brought about by practicing yoga can improve academic performance. It also determines the evaluation of changes that occur in adolescent girls and boys when they practice yoga.

RESEARCH QUESTIONS:-

1. How does daily yoga affect the memory and attention span of teenagers?
2. How does yoga help in building confidence, self-esteem, and self-awareness in studies?
3. Can daily yoga reduce stress and anxiety in teenagers?
4. Can yoga help you cope with the mental stress and challenges of the educational period?
5. Can yoga help teenage girls cope with the mental difficulties they face during their periods?
6. Can daily yoga help relieve menstrual pain in girls?
7. Has yoga helped teenagers maintain their body flexibility?
8. How much has yoga influenced teenagers in their personality development?
9. How much has yoga influenced teenagers in solving health problems such as lack of appetite and lack of sleep?
10. Has yoga had an impact on reducing social media addiction among teenagers?

SIGNIFICANCE OF THE STUDY:-

The significance of this study is to inform parents, mental health professionals, various educational institutions, and the general public that practicing yoga improves the physical and mental health of adolescents. Yoga shows that it is possible to identify behavioral patterns in adolescents due to various mental health problems, shape a well-rounded society, and take necessary steps to achieve this. This study emphasizes that a balanced diet and yoga are very effective in improving health.

LITERATURE REVIEW:-

It is very important to incorporate yoga practice and meditation into daily life to enhance the physical and mental health of adolescents. This study found that practicing yoga significantly increased the self-confidence of teenage girls and boys and improved their academic performance. Several authors, including Amy Weintraub, Bo Forbes, Erin Byron and Robert Butera, have found that yoga can help relieve stress, anxiety and depression. This was also clearly stated in a study conducted on adolescent children in 2008 under the leadership of Yogacharya Sri P. Unniraman. Several studies have already shown that yoga plays a significant role in overcoming learning disabilities in adolescents.

3. RESEARCH METHODOLOGY:-

This study uses a correlational research design to investigate the need for yoga among adolescent students and therefore to change all types of learning disabilities caused by stress, anxiety, depression, etc. among them. A sample of 300 adolescents aged 13 to 19 years was selected for the study. Participants were selected from various schools and colleges in the city to prepare a different study report. This study report was prepared using the Random Categorized Sample method. This study report is based on responses to 50 yes or no questions written based on gender and age. 1. How common are learning disabilities in teenagers who experience stress? Does yoga reduce stress? 10 questions based on their personality disorders. 2. 10 questions through yoga for children experiencing anxiety based on their behavioral disorders and learning disabilities. Similarly, 3. Does yoga help with the problems that occur in children with depression, and 10 questions related to that. In addition, 10 questions to determine how much yoga affects learning disabilities and behavioral disorders in children who suffer from stress, anxiety, and depression. It also includes 10 questions to determine how effective yoga and meditation are in general. This study report was prepared with the full consent of the participating children and their parents. The study was conducted in accordance with ethical

guidelines, ensuring that the rights and well-being of adolescents were protected during the period of participation.

RESULT:-

There were 300 teenagers aged 13 to 19. The average age of the participants was 16 years. The gender distribution was very balanced. 70% of the sample were girls and 30% were boys. The average daily time allotted for yoga was 1 hour. The study report, conducted once every two weeks, found that mental distress decreased very quickly. This indicates that there was a very big change within the team. This meant that the time set aside for yoga had to be counted once again. The duration of yoga was increased to 1.30 hours in the morning and evening. This analysis revealed that the overall yoga intervention reduced mental difficulties in children and fostered a positive mindset. It was also seen that the children's academic performance improved with positive thinking.

Once a month, the teenagers' old and new reports were analyzed. This has been documented to be more effective. The subsequent 6-month study has already shown that yoga is a process that should be incorporated into daily life. The parents and teachers of the participating children were very supportive of the yoga.

DISCUSSION:-

Adolescent mental health and academic performance are a growing concern globally. This study sought to assess the extent to which yoga can improve and positively impact this, and to change misconceptions about yoga. The study revealed that social anxiety, stress, and depression were reduced in children who practiced yoga, and that the children were able to gain self-confidence and improve their academic performance. This study suggests that high-level yoga interventions (yoga practices, meditations, competitions) have significantly improved mental health in children. It is highlighted that yoga has had a significant impact on the lives of adolescent girls, especially in terms of mental health. One of the previous studies, a 2008 study led by Yogacharyan Sri P Unniraman Master, also reported that yoga practice and meditation increased the confidence of teenage girls and resulted in 100% success in their studies. When compared to other children, the children who did yoga showed very positive changes.

The study also noted that the children had high self-esteem and that negative thinking had completely disappeared. The children's confidence in making their own firm decisions and what they could do in their future studies surprised parents and teachers alike. Teachers and mental health experts alike understood the important role of this study. The discussion analyzed that studies like this on yoga are a great asset to a growing society.

LIMITATIONS AND FUTURE RESEARCH:-

While yoga holds great promise for improving adolescent mental health and academic performance, research is limited. Future studies should be designed and conducted in a specific manner. Future research should be conducted by addressing safety concerns and categories such as students, teachers, parents, the general public, schools, and colleges. Future research should explore the role of platforms like social media to show that yoga has a significant impact not only on adolescents but also on society at large.

Research should be conducted using yoga in a way that can improve the mental health of adolescents across different platforms.

CONCLUSION:-

In conclusion, this study highlights that yoga classes have improved mental health among adolescents and have shown superior academic performance.

It is a great thing that children have become addicted to platforms like social media, and their mental health is deteriorating, and yoga has been able to control this to some extent. Teachers, parents,

and mental health experts alike underscore the fact that yoga has been able to promote health, improve learning, and boost self-confidence as a great achieve.

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