
Effect Of Yoga On Mental Health Of High School Students

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ABSTRACT

Yoga is a group activity for school students that include a series of movements and it is providing different benefits to them and it makes school students to realize state of their emotions and also regulate their feelings and emotions and behaviour and discovers different approaches to keep them cool and calm and manages unpleasant circumstances. The findings reveal that significant difference is prevailed amidst profile of High School Students and Yoga Practices. Besides, Yoga Practices have positive and significant effect on Mental Health of High School Students. Therefore, Ministry of School Education, Government of Tamil Nadu should incorporate Yoga Practices in the curriculum for High School Students. High School Students should do Yoga Practices daily at their homes for enhancing their knowledge on them and also realizing various benefits arising out of adopting Yoga Practices effectively. High School Students must create personal interest among them for accepting and using different Yoga Practices for improving their physical and mental status and learning activities. High Schools should give favourable classroom atmosphere to their High School Students for discussing and interacting with their teachers and classmates to improve their knowledge in doing Yoga Practices. Besides, parents should encourage their High School Students for effectively doing Yoga Practices daily and they must give support and facilities for them.

Key Words: Effect, High School Students, Mental Health, Yoga Practices

1. INTRODUCTION.

Yoga is a structure of combination of body and mind practices for improving physical and mental health which consist of physical exercises and postures, practices related to relaxation and breathing, meditation and mindfulness (Khalsa et al 2012) and India is the origin of tradition yoga and it is roughly 5,000 years old

(Kaley-Isley et al 2010). Generally, yoga is a group activity for school students that include a series of movements and it is providing different benefits to them (Case-Smith et al 2010). Yoga makes school students to realize state of their emotions and also regulate their feelings and emotions and behaviour (Accardo, 2017) and discovers different approaches to keep them cool and calm (Bazzano, 2018) and manages unpleasant circumstances and it is significantly influencing their success (Stapp and Wolff, 2019).

Yoga practices are also improving intake of better diet (Conboy et al 2013), personal control, understanding of bodies and self regulation of school students (Rashedi et al 2020). Besides, a continuous increase in interest for yoga practices in recent time periods is mainly because of anticipation that they make peaceful and happy mind (Gupta et al 2016) and improve well being and mental health of students (Frank et al 2014) and youngsters and they include development of good relation with others, self regulation in terms of emotions, mind and behaviour of school students. Yoga practices are highly suitable interventions in school children and youths to alleviate stress and strain among them and it is improving mental health of school students and in turn it is improving social interactions, psychological well being and performance in academics among them. Hence, it is necessary to study effect of yoga on mental health of high school students.

2. REVIEW OF RELATED LITERATURE

Singh and Singh (2024) found that yoga practices adopted by college students had significant and negative relation with their anxiety. The level of anxiety of college students had reduced due to use of yoga practices in months.

Varalakshmi (2023) concluded that intervention of yoga practices had increased academic achievement of secondary school students and it had reduced academic stress among them, thus, yoga practices had significant effect on stress and academic achievement of high school students.

Das (2022) revealed that students with regular yoga practices had performed well in their subjects and intervention of yoga practices had decreased academic stress among students and it had increased academic performance in their subjects. Significant difference was found in performance of students among high and low stress students with yoga interventions. Sharma (2021) indicated that yoga practices had significant and positive effect on mental health of school students. When school students were continuously practicing yoga, they would reduce mental stress and improve mental health of students significantly.

Bhutekar (2020) showed that yoga practices were having significant and negative effect on stress of college students and they had also positive and significant effect on mental health of college students. Thus, yoga practices had increased mental health and reduced stress among college students.

Sharma and Dua (2019) found that significant relation was prevailed among academic achievement and mental health of high school students with yoga and non yoga practices. Besides, significant difference was found in academic achievement among high school students with yoga and non yoga practices.

Pael (2018) concluded that yoga practices adopted by college students had reduced their academic stress and they were significantly and positively related with their academic performance.

Divya (2017) revealed that yoga practices were positively and significantly impacting breath holding time and resting heart rate of school students. Significant difference was seen among pre test and post test scores in them due to adoption of yoga practices by them.

Richter et al (2016) indicated that yoga practices were having positive effect on primary school children and they had improved their problems solving, reasoning, thinking, attention, making decision and effective learning. Besides, they had also improved their physical and mental well beings.

Velásquez et al (2015) showed that yoga had prevented anxiety, depression and aggressive behaviour of school children and it had increased emotional and social competencies among them.

3. OBJECTIVES OF THE STUDY

1. To study difference in Yoga Practices with respect to gender, type of school and kind of school of High School Students.
2. To examine difference in Yoga Practices with respect to locality of school, medium of instruction and father's education of High School Students.
3. To analyze effect of Yoga Practices on Mental Health of High School Students.

4. HYPOTHESES OF THE STUDY

1. There is no significant difference in Yoga Practices with respect to gender, type of school and kind of school of High School Students.
2. There is no significant difference in Yoga Practices with respect to locality of school, medium of instruction and father's education of High School Students.
3. There is no significant effect of Yoga Practices on Mental Health of High School Students.

5. RESEARCH METHODOLOGY

Tiruvannamalai district in Tamil Nadu state is chosen for carrying out the current study. High School Students are selected by employing random sampling method and data are gathered from 850 High School Students by using structured questionnaire. Percentages are used to know profile variables of High School Students. t and ANOVA tests are used to scrutinize difference in Yoga Practices with respect to their profile variables. Regression analysis is used to analyze effect of Yoga Practices on Mental Health of High School Students.

6. RESULTS

6.1. PROFILE OF HIGH SCHOOL STUDENTS

The profile of High School Students is shown in Table-1. The results elucidate that 57.06% of High School Students are males, whilst, 42.94% of them are females, 39.30% of them are studying in Government schools, whilst, 24.82 % of them are studying in Government Aided schools and 44.94% of them are studying in Co-education schools, whilst, 25.29% of them are working in Girls schools.

The results also explicate that 58.47% of them are studying in schools located in Urban area, whilst, 41.53% of them are studying in schools located in Rural area, 61.06% of them are studying in Tamil Medium, whilst, 38.94% of them are studying in English Medium and 40.94% of their fathers are having school Education, whilst, 26.47% of their fathers are having college Education.

Table-1. Profile of High School Students

Profile	Frequency(N=850)	%
Gender		
Male	485	57.06

Female	365	42.94
Type of School		
Government	334	39.30
Government Aided	211	24.82
Private	305	35.88
Kind of School		
Boys	253	29.77
Girls	215	25.29
Co-education	382	44.94
Locality of School		
Urban	497	58.47
Rural	353	41.53
Medium of Instruction		
Tamil	519	61.06
English	331	38.94
Father's Education		
Informal	277	32.59
School	348	40.94
College	225	26.47

6.2. YOGA PRACTICES AND PROFILE OF HIGH SCHOOL STUDENTS

6.2.1. Gender and Yoga Practices

The difference amidst Gender of High School Students and Yoga Practices is shown in Table-2.

Table-2. Gender and Yoga Practices

Gender	N	Mean	SD	t-value	Significance
Male	485	111.31	14.40	2.998	.003
Female	365	108.40	13.45		

High School Students in Male category (Mean=111.31) are having higher level of Yoga Practices than Female category (Mean=108.40). The t-value of 2.998 demonstrates that significant difference is found amidst Gender of High School Students and Yoga Practices in 1% level.

6.2.2. Type of School and Yoga Practices

The difference amidst Type of School of High School Students and Yoga Practices is shown in Table-3.

Table-3. Type of School and Yoga Practices

Type of School	N	Mean	SD	F-Value	Significance
Government	334	108.42	13.52	48.116	.000
Government Aided	211	104.64	13.05		
Private	305	115.61	13.43		

High School Students studying in Private Schools (Mean=115.61) are having higher level of Yoga Practices than Government (Mean =108.42) and Government Aided (Mean =104.64) Schools. The F-value of 48.116 demonstrates that significant difference is found amidst Type of School of High School Students and Yoga Practices.

6.2.3. Kind of School and Yoga Practices

The difference amidst Kind of School of High School Students and Yoga Practices is shown in Table-4.

Table-4. Kind of School and Yoga Practices

Kind of School	N	Mean	SD	F-Value	Significance
Boys	253	118.63	10.60	117.721	.000
Girls	215	111.92	12.54		
Co-education	382	103.35	13.50		

High School Students studying in Boys Schools (Mean=118.63) are having higher level of Yoga Practices than Girls (Mean =111.92) and Co-Education (Mean =103.35) Schools. The F-value of 117.721 demonstrates that significant difference is found amidst Kind of School of High School Students and Yoga Practices.

6.2.4. Locality of School and Yoga Practices

The difference amidst Locality of School of High School Students and Yoga Practices is shown in Table-5.

Table-5. Locality of School and Yoga Practices

Locality of School	N	Mean	SD	t-Value	Significance
Urban	497	115.93	11.64	16.585	.000
Rural	353	101.81	13.02		

High School Students in Urban Schools (Mean=115.93) are having higher level of Yoga Practices than Rural Schools (Mean=101.81). The t-value of 16.585 demonstrates that significant difference is found amidst Locality of School of High School Students and Yoga Practices.

6.2.5. Medium of Instruction and Yoga Practices

The difference amidst Medium of Instruction of High School Students and Yoga Practices is shown in Table-6.

Table-6. Medium of Instruction and Yoga Practices

Medium of Instruction	N	Mean	SD	t-Value	Significance
Tamil	519	107.62	12.86	6.484	.000
English	331	113.89	15.02		

High School Students in English Medium (Mean=113.89) are having higher level of Yoga Practices than Tamil Medium (Mean=107.62). The t-value of 6.484 demonstrates that significant difference is found amidst Medium of Instruction of High School Students and Yoga Practices.

6.2.6. Father's Education and Yoga Practices

The difference amidst Father's Education of High School Students and Yoga Practices is shown in Table-7.

Table-7. Father's Education and Yoga Practices

Father's Education	N	Mean	SD	F-Value	Significance
Informal	277	110.99	11.93	107.470	.000
School	348	103.45	13.31		
College	225	119.14	12.18		

High School Students with Father's Education of College Education (Mean=119.14) are having higher level of Yoga Practices than Informal (Mean=110.99) and School Educations (Mean=103.45). The F-value of 107.470 demonstrates that significant difference is found amidst Father's Education of High School Students and Yoga Practices.

6.3. EFFECT OF YOGA PRACTICES ON MENTAL HEALTH OF HIGH SCHOOL STUDENTS

The effect of Yoga Practices on Mental Health of High School Students was analysed by employing regression analysis and the result is shown in Table-8.

Table-8. Effect of Yoga Practices on Mental Health of High School Students

Particulars	Regression Coefficient	t-value	Sig.
Constant	14.362	24.547	.000
Yoga Practices	.457	8.196	.000
R Squared	0.43	-	-
Adjusted R Squared	0.41	-	-
F	12.814	-	.000

R^2 and Adjusted R^2 are 0.43 and 0.41 in the order indicating that the regression model has good fit and F-value is 12.814 showing that the model is significant. It is inferred that Yoga Practices have positive and significant effect on Mental Health of High School Students in 1% level.

7. CONCLUSION

The outcomes of this study reveal that significant difference is prevailed amidst profile of High School Students and Yoga Practices. Besides, Yoga Practices have positive and significant effect on Mental Health of High School Students. Therefore, Ministry of School Education, Government of Tamil Nadu should incorporate Yoga Practices in the curriculum for High School Students. High School Students should do Yoga Practices daily at their homes for enhancing their knowledge on them and also realizing various benefits arising out of adopting Yoga Practices effectively. High School Students must create personal interest among them for accepting and using different Yoga Practices for improving their physical and mental status and learning activities. High Schools should give favourable classroom atmosphere to their High School Students for discussing and interacting with their teachers and classmates to improve their knowledge in doing Yoga Practices. Besides, parents should encourage their High School Students for effectively doing Yoga Practices daily and they must give support and facilities for them.

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