



Impact of Yoga Practices on Child Mental & Emotional Development

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ABSTRACT

The present study was to examine the impact of yoga practices on child mental and emotional development. Hypothesis: 1. There will be no significant difference between regular yoga practice child and non-yoga practice child with respect to mental development. 2. There will be no significant difference between regular yoga practice child and non-yoga practice child with respect to emotional development. Method Sample: The present study 80 children were selected the final study. Among them 40 subjects were 40 regular yoga practice child and 40 non-regular yoga practice child. The age range of students 12 to 16 years ($M = 14.52$, $SD = 2.47$). Tool: Mental and Emotional Health Inventory: This test is developed and standardized by Researcher. Conclusion:- 1. Regular yoga practice child have significantly high mental dimension than the non-regular yoga practice child. 2. Regular yoga practice child have significantly high emotional dimension than the non-regular yoga practice child.

Key Words: *yoga practices, mental and emotional development, regular yoga practice child.*

Introduction:

Yoga is an historic Indian science which helps to enhance physical, mental, social and non secular health. Yoga has determined its one-of-a-kind existence in Japan by means of its peculiarities like asana and pranayama. But many think about yoga as an alternate to exercise. Few lookup works have been carried out in Japan on yoga. There is a want to exhibit that yoga is now not simply an exercising machine however it has many extra fitness benefits. It can be accurately utilized in the historic age care to enhance the pleasant of life. Research is wished to apprehend the mechanism of motion of yoga.



Yoga Provides The Health Benefits Of Physical Exercise Psychologists have lengthy recognised that reasonable workout is desirable for melancholy and anxiety. Such exercising can effortlessly be located in Yoga practice. Yoga postures are designed to promote bodily strength, flexibility and balance. Anyone who has ever taken a Yoga classification will attest that there are cardio/heart advantages to be had; your coronary heart fee is regularly up whilst performing postures plenty as it would be if you have been performing extra traditional exercise. Though Yoga receives your coronary heart fee up and your endorphins pumping, it additionally offers for many relaxation periods. These relaxation intervals lend a mild fantastic to the conditioning that makes it less difficult to suffer than 'marathon' fashion exercise. You seldom experience as even though you cannot go on.

By emphasizing mild stretching of the joints and spine, Yoga promotes improved vary of motion, and joint health. It helps work out muscular kinks and minor troubles that may in any other case lead to returned ache or stiffness. In promotion joint and spinal flexibility, Yoga additionally looks to promote a sure type of intellectual freedom; there is a definitive feeling of intellectual ease and alleviation that you journey at the give up of a Yoga category that is linked to being free to pass muscle groups that had been tight earlier than the category started. It does not continually ultimate long, however it is very actual and very soothing whilst it lasts.

As with any bodily workout, Yoga exercise concentrates your idea on the bodily sensations and on the perfection of the postures. The immersive attention aspect Yoga affords works as a beneficial tonic for anxious and obsession people. The exercise of Yoga (or most any different annoying bodily exercise) can be a extraordinary distraction from fear as it forces the thought to attend to the physique and the breathing; the moment.

Stress is a major factor affecting the mental health of a person irrespective of age. Cohen S (1997) Presentation of the stress may vary from that of fight to flight phenomenon. Chronic stress is the major cause of many physical and mental disorders. Yoga has been effectively used in the management of stress. It has been observed that the practice of yoga decreases verbal aggressiveness compared to physical exercise (*Deshpande 2008*). It is also useful against physical stress like cold exposure (*Selvamurthy 1988*) and stress due to diseases like epilepsy. (*Panjwani U 1995*) Yoga has been found useful for mental disorders like depression. (*Shannon M 2009*) In a study conducted by Oken *et al.*, on healthy seniors participants were



divided into three groups as yoga, exercise and waitlist control. The yoga group showed significant improvement in quality of life and physical measures compared to the exercise and waitlist control group. (Oken BS 2006).

Objective of the study:

The present study was to examine the impact of yoga practices on child mental and emotional development.

Hypothesis:

- 1) There will be no significant difference between regular yoga practice child and non-yoga practice child with respect to mental development.
- 2) There will be no significant difference between regular yoga practice child and non-yoga practice child with respect to emotional development.

Method

Sample:

The present study 80 children were selected the final study. Among them 40 subjects were 40 regular yoga practice child and 40 non-regular yoga practice child. The age range of students 12 to 16 years ($M = 14.52$, $SD = 2.47$).

Tool:

1) Mental and Emotional Health Inventory:

This test is developed and standardized by Researcher. The test is measure of mental and emotional. The test consisted of 50 Items. The subjects were required to respond to each item in terms of 'Always' Neutral and 'Sometimes'.

Procedures of data collection

For data collection first permission has been taken from respective sources than the despondence has been selected for data collection. Personal data sheet (PDS) has been given to collect the preliminary information with respect to subject's related variables then standardized test administer to the subjects. Before that rapport was established with subjects. And they have been told that their responses were kept confidential and the information is used for research purpose only.

Variable

Independent variable- Children

- a) Regular yoga practice Child
- b) Non-regular yoga practice Child

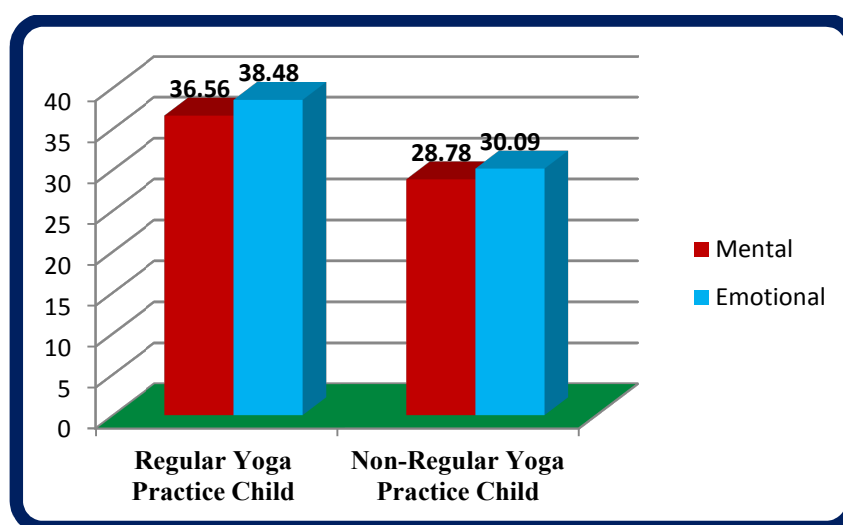
Dependent variable- 1) Mental 2) Emotional

Statistical interpretation and Discussion

Mean Std. Deviation and t value of mental and emotional factors among Children.

Table No-1

Dimension	Regular Yoga Practice Child		Non-Regular Yoga Practice Child			
	Mean	SD	Mean	SD	df	t
Mental	36.56	4.89	28.78	5.80	78	6.48**
Emotional	38.48	4.60	30.09	5.71	78	7.23**



From the above table, the mean score of mental development of control regular yoga practice child is 36.56, SD = 4.9 and non-regular yoga practice child is 28.78, SD = 5.80. The obtained t value 6.48 with a df of 78 was found to be statistically significant. However, based on the mean scores, it found that regular yoga practice child have significantly high mental dimension than the non-regular yoga practice child.

Emotional development of control regular yoga practice child is 38.48, SD = 4.60 and non-regular yoga practice child is 30.09, SD = 5.71. The obtained t value 7.23 with a df of 78 was found to be statistically significant. It found that regular yoga practice child have significantly high emotional dimension than the non-regular yoga practice child.

The several reviews suggest positive benefits of yoga, various methodological limitations (including small sample sizes, heterogeneity of controls and interventions) limit the generalizability of these promising study findings. It is quite likely that yoga



may help to improve patient self-efficacy, self-competence, physical fitness, and group support, and may well be effective as a supportive adjunct to mitigate medical conditions, but not yet as a proven stand-alone, curative treatment. Confirmatory studies with higher methodological quality and adequate control interventions are needed.

Conclusion:-

- 1) Regular yoga practice child have significantly high mental dimension than the non-regular yoga practice child.
- 2) Regular yoga practice child have significantly high emotional dimension than the non-regular yoga practice child

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