

Health Benefits of Yoga for Teen Agerers

Abstract

The present study was aimed at assess the benefit of yoga and physical fitness status in school students. For the purpose of this study 160 (Boys – 85, Girls – 75) students studying in 10th standard of Pawar public school, Hadapsar, Pune were selected. Despite an increase in interest pertaining to the benefits of yoga practice, research focusing on the relationship between yoga practice and attention is limited. This study employed a test design to measure whether physical activity had an immediate effect on selective attention and mental concentration in teenagers aged.

Keywords: Yoga, Teen Agerers, Physical Activity.

Introduction

Yoga is fast becoming one of the most popular complementary physical health practices, with over 1.7 million children and teens practicing yoga-- a number that has grown by 400,000 in the last decade. Many schools are now offering movement and yoga programs to help reduce mental as well as physical stress, improve mood, and promote physical fitness. Yoga is a mindfulness technique that involves breathing and physical poses and provides many benefits for teen agers including emotional such as feeling calm and relaxed. Yoga during this formative period is useful for developing healthy exercise habits in general as well as strength, flexibility, and balance.

The timing of yoga for teens is also particularly important for the mind because the body and brain continues to develop throughout early to late teenage years. The prefrontal cortex is the area behind the forehead and is known as the “CEO of the brain” for its ability to plan, organize, and regulate mood. The development of the prefrontal cortex gives you the ability to concentrate and think, rather than act on impulse, and is critical to being successful throughout life stages—whether in academics, profession, or relationships.

MRI studies have found that the first growth spurt of synapse formation in the prefrontal cortex occurs as a baby, and the second spurt of synapse formation occurs right before puberty, around age 11 in girls and 12 in boys. Learning is consolidated afterwards during age group of 10 to 19 through synaptic pruning—a weeding out process in which weak connections are plucked off and other connections are strengthened. Yoga during this time can help teens cultivate “executive functions” or the important skills of flexibility, self-control, and discipline.

Aim of the Study

To check the difference between the co-ordination, reaction time , memory and IQ before and after practicing yoga for teenagers.

Review of Literature

Arun Pratap Singh, (Volume -2, 2017) the article studies “Yoga for mental health: opportunities and challenges from Department of Psychology, MG International Hindi University, India. There view involved three steps i.e.framing review questions, search of multiple online databases, and interpretation of evidence-based opportunities. Questionnaires documentation interview and interpretation of evidence. The following Results & conclusion were reached.

Results and Conclusion

There isenormous potential of yogic practices for improving mental health in families, schools, clinics and work settings. Major challenges involved in use of Yoga for protecting, managing and promoting mental health relate to paradigmatic choice, subtle process of yoga, methodological approach and practical constraints.

Helps Your Focus

Teenagers undertake a variety of roles in society. The responsibilities that accompany these roles can very easily distract them from carrying out a task which requires their dedicated focus and presence of mind. And important component of yoga is focusing on the present.

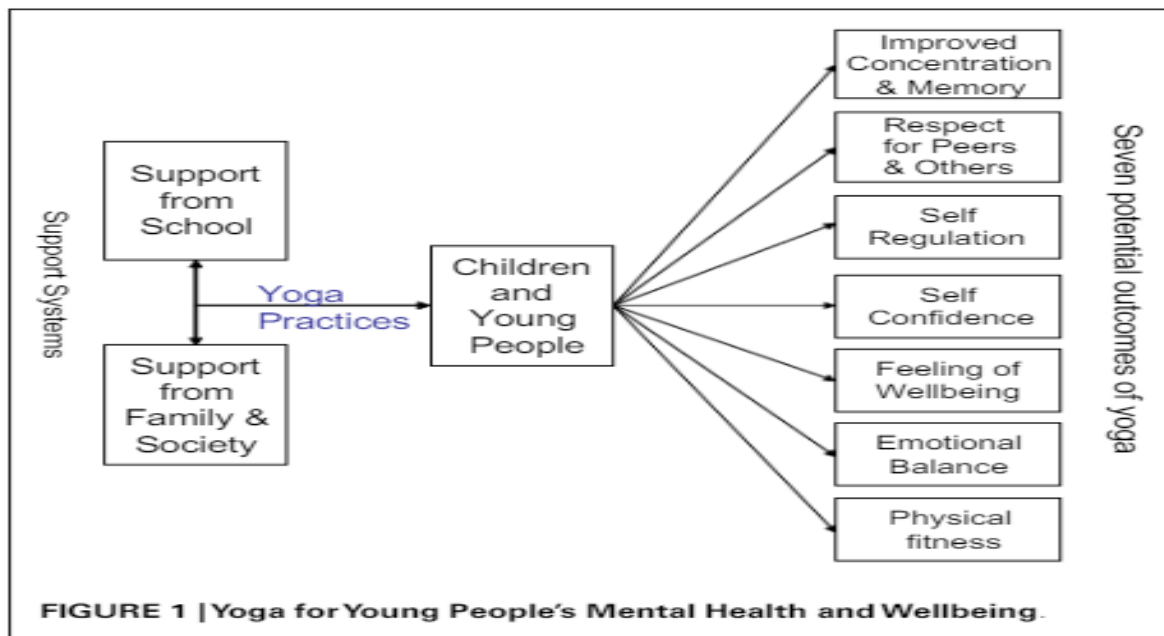


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Studies have found that regular yoga practice in teen agers improves their coordination, reaction time, memory and even IQ scores.

Yoga practice helps children and teens in several ways:



Improve Fitness and Physical Health

Students participating in yoga develop a strong connection to body awareness and movement. The poses help improve coordinate, balance, strength, and flexibility.

Reduce Stress and Anxiety

High school can be a stressful period with both academic and personal challenges. Yoga, through breath and awareness, provides space to step back and regulate your response to stress in a calm and thoughtful manner.

Improves Sense of Optimism

Studies have shown that yoga can help build a sense of optimism. During a time when children and teens are looking toward their future, yoga can build a sense of hopefulness for the future.

Improve Focus and School Performance

Attention deficit hyperactivity disorder (ADHD) is one of the most common developmental disorders in children and adolescents and affects 1 in 10 children. Studies have found that children with attention deficit hyperactivity disorder who practiced yoga once or twice weekly can improve their behaviour as well as school performance.

Improves Self-Esteem

High school can be a formative time in which teens often struggle with body image issues, peer pressure and bullying. Yoga creates an accepting and safe environment, rooted in the principle of non-judgment. The practice helps you feel more connected to and accepting of your body.

Encourage Creativity

Yoga encourages creativity and playfulness, developing not just physical flexibility but flexibility of the mind as well.

Develop Discipline and Self-Regulation

Yoga that is taught with mindfulness has significant advantages over traditional physical activity. Yoga has been found to reduce impulsivity, increase patience, and improve the ability to regulate attention. Yoga and mindfulness provide teens with skills to navigate challenges and build a core foundation that benefits both the mind and body well beyond teenage years.

Five Benefits of Yoga for Teens

Physical

The physical benefits of yoga for teens are quite similar to the benefits of yoga for adults. In the end, yoga means union in Sanskrit, so it makes sense that many of the benefits would be the same! Yoga builds strength, increases flexibility, lengthens the muscles, increases coordination and balance, builds core stability, and can help students' posture rebound from a day hunched over a desk (or a smartphone!).

Educational

As a teenager, there are heaps of distractions around — from what you're going to wear to the football game on Friday night, to the who-likes-who dramas — there are much more interesting things to think about than the correct placement of an accent in Spanish class. Yoga can help teens mentally refocus on the task at hand. By practicing living in the moment on the mat, teenagers can more fully concentrate on the present moment off the mat.

Emotional

By practicing present moment living on the mat, high school students will have a better sense of their emotions. Yoga will enable them to connect with their deeper layers and understand more fully what they are feeling. By developing a better understanding

of their emotions, teens can then more appropriately process them. Emotional intelligence is a very powerful thing to learn at an early age. In addition to connecting you with your emotions, yoga encourages self-love and self-acceptance. This benefit is especially powerful for teens struggling with body image. It's a beautiful way to learn to love yourself and appreciate the body for what it is and what it can do, rather than what it looks like. It builds compassion for the self which then radiates to compassion for others.

Mental

Yoga's mental benefits are fairly well documented, and as evidenced by the study mentioned above, teenagers who practice yoga show more positive moods, less anxiety and depression, and greatly enjoy asana practice. With the stress and anxiety of exams, placement tests, speeches and all of the other pressures that plague high school kids today, yoga can be a step in the right direction.

Social

Yoga breeds connection. As mentioned previously, it means union in Sanskrit. By understanding that each and every single person is one, perhaps teens will learn to accept one another more fully, no matter their clique, social interests or popularity ranking. Yoga is non-judgemental, and the more we practice, the more acceptance and less judgement we'll have in our daily lives. Yoga will help teenagers become more compassionate for one another.

Improves your posture and appearance

Yoga helps you naturally contract core stabilizing muscles and stand taller, so you look more confident and healthy. Good posture also makes you look thinner. Yoga has direct correlation to weight maintenance, too. It is not just that it burns calories, but a rigorous style helps. Instead it seems to create a mindfulness that keeps you making good dietary choices and staying in touch with feelings of satiation, preventing weight gain yoga may help prevent it.

Conclusion

Thus the practice of yoga is a highly influential practice which can help women all over the world in tackling their health problems. A regular yoga practice enhances all of the systems in the body and helps promote a healthy physical and emotional life. Lastly, it is important to stress that Yoga is a practice which can be carried out by any teenager, irrespective of their age or health condition and that yoga provides

a plethora of exercises in its domain which can be carried out at any place without the need of any expensive equipment.

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