

Yoga as an Alternative to Medicine for Anxiety among Adolescents

Parminder Kaur Laroiya

Assistant Professor,
Dept. of Physical Education,
Prof. Gursewak Singh Govt. College
of Physical Education,
Patiala, Punjab, India

Chandra Kant Mishra

N.I.S.Coach
Dept. of Physical Education,
Prof. Gursewak Singh Govt. College
of Physical Education,
Patiala, Punjab, India

Abstract

Introduction: Anxiety is one of the most common psychological disorders in school-aged adolescents which is growing globally these days from children to old age people. In spite of putting themselves on allopathic medicines people these days are adopting alternative therapies for the treatment. Yoga is gaining popularity worldwide to cure mental health related problems. Keeping in view above present study has been conducted on teenagers to check effect of yoga on their anxiety level. **Methodology:** For this 15 teenagers (9 females and 6 males) aged 17 to 19 years of were selected for the study. All were school going and were of same socio-economic status. 90 min. yoga class four times to week for one month was given to the subjects. At the end, 10 min discussion on Yama and Niyama of ashtang yoga was done with them. State trait anxiety inventory was given on the first day of yoga session and on the last day of yoga session. **Findings and Conclusion:** Results obtained are quite satisfactory. There was a significant decrease in anxiety level among teenagers. In case of trait anxiety the score was reduced from 46.5 with S.D. 7.7 to 42.0 with S.D.8.9 whereas for state anxiety the score was reduced from 38.5 with S.D.4.6 to 30.7 with S.D.4.0 above results showed that yoga has remarkable effect on anxiety among teenagers.

Keywords: Anxiety, yoga , asanas, pranayama

Introduction

Anxiety is one of the most common psychological disorders in school-aged children and adolescents worldwide (Costello, Mustillo, Erkanli, Keeler & Angold, 2003). Which escalating globally these days from teenagers to old age people. Anxiety is associated with substantial negative effects on children's social, emotional and academic success (Essau, Conradt & Petermann, 2000). Specific effects include poor social and coping skills, often leading to avoidance of social interactions (Albano, Chorpita & Barlow, 2003; Weeks, Coplan & Kingsbury, 2009), loneliness, low self-esteem, perceptions of social rejection, and difficulty forming friendships (Bokhorst, Goossens & De Ruyter, 2001; Weeks et al, 2009). Researchers have neglected to investigate childhood anxiety disorders for a long time. This was probably due to the fact that fear and anxiety are fairly common in youth, which has led many psychologists to the conclusion that these phenomena were of less interest from a clinical point of view (Cartwright-Hatton et al. 2006).

In India, the main cause of anxiety among school children and adolescents is parents' high educational expectations and pressure for academic achievement (Deb. 2001). Which leads to large number of adolescent suicide cases in India. Yoga is a noninvasive cost effective, and safe intervention among complementary and alternative medicine which is known to have a positive impact on psychological problems (Metri 2016). It has found to be effective in many clinical health conditions such as hypertension, diabetes, asthma, Parkinson's disease, as well as psychological problems such as anxiety and depression.

In spite of putting themselves on allopathic medicines people these days are adopting alternative therapies for the treatment. Yoga is gaining popularity worldwide to cure mental health related problems. Keeping in view above present study has been conducted on adolescents to check effect on Yoga on them anxiety level.

Methodology

For the present study a total of 15 subjects were selected (females 9 males 6). All were of age group 17-20 years. Consent was obtained from participants and their parents before the commencement of the study. Those participants not willing to participate in the study and

those who had previous exposure to any form of Yoga were also excluded from the study.

Exclusion Criteria

Participants with a history of any acute or chronic disease, recent surgery, or under any long term antipsychotic medications were excluded from the study.

Yoga program was designed based on:

1. Postures should be simple and safe.
2. Should give stretch to the muscles of the extremities, trunk and neck.

Should be performed in all postures: standing, sitting supine and prone. Asanas were

Asanas

Ardiakati Chak asana (half waist pase), Pada Hastasana (hand feet pose), Vakrasana (diamond pose)? Bhujangasana(cobra pose), Shalabhasana (locus pose), Vajrasana (diamond pose), Paschimottanasana,

At the end of asana session, they were advised to practice Shavasana for 5 min.

Suryanamaskara (twelve steps sun postures)

Five rounds (increased day by day) – up to 12 rounds.

Pranayama

Nadishudhi Pranayama (alternate nostril breathing), Bhramari Pranayama (humming sound while exhalation), sectional breathing, etc. breathing practice hands in and out breathing and ankle stretch breathing

At the end A-U-M and OM chanting.

Yoga Nidra

To check level of anxiety in subjects State Trait Inventory was used. STAI was given before and after completion of one month of yoga practice to check changes in level of state and trait anxiety among subjects.

Statistical Analysis

Obtained data was analyzed statistically for mean, standard deviation and using paired t test to test the significance difference for level of anxiety before and after 30 days of Yoga session. Level of significance was set at P<0.05.

Results and discussion

Present study titled "Yoga - As An Alternative To Medicine For Anxiety Among Adolescents" was conducted on 15 adolescents (9 females and 6 males) and the Results obtained are as follows:-

Table – 1

Mean, S.D. and t-test values for State Anxiety score before and after 30 days of the yoga session

	Mean	S.D.	SEM	t-test value
Before yoga session	38.5	4.6	1.188	4.955
After yoga session	30.7	4.0	1.033	

Significant at : 5% level

Above table showed mean S.D. and t-test values for state anxiety score for adolescents before the commencement of test and after 30 days at the end of Yoga session. Before the start of test mean state anxiety score for adolescents was 38.5 with standard deviation 4.6 after 30 days when again they

were scored for state anxiety mean obtained was 30.7 with standard deviation 4.0 when t-test was applied. It showed significant difference at 1 percent level of significance between both the values i.e. before and after the Yoga session.

Table 2

Mean, S.D. and t-test values for Trait Anxiety score before and after 30 days of the Yoga session

	Mean	S.D.	SEM	t-test value
Before yoga session	46.5	7.7	1.988	4.5
After yoga session	42.0	8.9	2.298	

Significant at : 5% level

Above table showed mean, S.D. and t-test valued for trait anxiety score for adolescents before the start of yoga session and after 30 days at the end of yoga session. Before the start of test mean trait anxiety score for adolescents was 46.5 with standard deviation 7.7. After 30 days when again they were scored for trait anxiety mean obtained was 42.0 with standard deviation 8.9 when t-test was applied it showed significant difference at 5 percent level of significance between both the values i.e. before and after the yoga session.

Both state anxiety and trait anxiety scores decreased after yoga practice among adolescents. Participants felt better and relaxed after practicing yoga. Response was more for state anxiety compared to trait anxiety. Thus yoga has both an immediate as well as long term effect on anxiety reduction and helps to bring even behavior changes or controlled response to any type of stress if practiced regularly. It has been observed that yoga-based relaxation technique decreases state anxiety more in comparison to supine rest.

Mechanism of action according to Yoga: Asana gives controlled stretch to the muscles and improves the flexibility. Relaxing asanas like shavasana help to relax the body and mind. Pranyama helps to gain control over the breathing. According to yoga, by controlling the prana one can control the mind. By practicing asana, flow of prana becomes normal and by practicing pranayama one can control the prana. Even pranayama like Bharamari has a soothing effect on the mind. Later, by practicing meditation one can easily concentrate and relax. Chanting 'OM' and yoga nidra helps to control the mind from different unwanted thoughts.

Aims of the Study

Anxiety is an emotion which effects human being in many ways. These day teenagers are more prone to this emotional disorder. Its treatment includes allopathic medicines. Present study aims of finding yoga as an alternative therapy in treating anxiety.

Conclusion

Yoga helps to improve the mental health of adolescents by reducing stress. Yoga can be wisely applied in society welfare programs to improve the Quality of Life by decreasing psychological illness in adolescents.

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