



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2022; 7(1): 227-233

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www.theyogicjournal.com

Received: 12-03-2022

Accepted: 17-04-2022

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Role of yoga for the improvement of mental health and emotional well-being among adolescents: A Review

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Abstract

Adolescence is a very sensitive age when the rapid growth of emotional and mental development takes place. Many physical, mental and social factors create adverse effects on the emotional health of adolescents. This could lead to psychological trauma and also many critical mental and emotional disturbances. Various kind of mental disorders influence their future and affect overall life. Yoga act as an effective therapy for them. Yoga is not only a group of some asana, pranayama and meditation but, it is a complete mind-body intervention and holistic approach towards life. Yoga is a non-invasive and effective tool to manage various physical and psychological disorders. During adolescence age, yoga offers an effective way to manage stress, anxiety, frustration, depression, suicidal tendency and attitude towards violence. Yoga intervention may help to deal with behavioural disorders like schizophrenia, bipolar disorder, attention deficit hyperactivity disorder (ADHD) and obsessive compulsive disorder (OCD). Yoga may help to overcome academic pressure, peer pressure and emotional disturbances among adolescents in their golden period of life. Yoga may increase self-esteem, self-confidence, happiness, emotional maturity, optimism and quality of life among adolescents. Yoga also helps to increase concentration, memory self-awareness, attention and peer adjustment. Yoga may help to deal with suicidal tendencies and increase the academic performance of adolescents. Various studies emphasize that yoga is a complete holistic therapy for adolescents' mental health and emotional well-being. Here, is a systematic review based on the role of yoga for mental health and emotional well-being among adolescents.

Keywords: Adolescence, emotional well-being, mental health, yoga

Introduction

Adolescence is derived from the Latin word *adolescere*, which means "to ripen" or "to grow up." (Adolescence - Definition, Meaning & Synonyms Vocabulary.Com, n.d.) Adolescence is the period of life between childhood and adulthood, lasting from the ages of ten to nineteen. It is a distinct stage of human development and a critical time for laying the groundwork for good health. Adolescents grow rapidly in terms of physical, cognitive, and psychosocial development. This has an impact on how they feel, think, make decisions, and interact with their surroundings. (Adolescent Health, n.d.) Adolescent years are marked by rapid growth and change, in contrast to the smooth tenor of childhood development.

Along with growing taller and heavier, the child develops secondary sexual characteristics and must deal with the emotional and social issues that frequently accompany these changes. Although the adolescent years are not always characterised by storms and stress, they are a difficult stage in the development of the child. Psychologists argue that it is almost unfair that so many socialization demands - associated with gaining independence, changing relationships with peers and adults, sexual adjustment, educational and vocational preparation - are made at the same time that the young person is experiencing a previously unprecedented rate of biological maturation. (Study of Selected Yogic Practices on the Level of Academic Anxiety and Stress and Self Esteem among Adolescents, n.d.) The adolescent's ability to cope with the increased psychic and social tensions is determined by cognitive abilities as well as social and co native accomplishments. It also depends on the adolescent's emotions and the extent to which a sense of personal security, self-worth, and self-confidence developed during her

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childhood. Personality development, acquisition of a sense of identity, self-concept development, and self-actualization should all be considered when discussing an adolescent's emotional development. (Kruger, 1994) ^[27] Adolescents frequently experience emotional turmoil in response to ambiguous and imagined romantic exchanges and their ability to experience complex and diverse emotions promotes the development of abstract thinking even further. Adolescents often seek a stable peer group as the context for emotional management as they grapple with increasingly abstract and complex social problems.

Positive peer relationships emerge from the acceptance of equality and the proclivity to provide emotional support. Adolescents who are not accepted by their peers are at risk of a variety of outcomes, including school dropping out of school and delinquency. Even adolescents who are accepted by their peers and have close friends frequently experience an increase in negative emotions like anger and anxiety in the peer context during adolescence. Overall, positive and supportive peer relationships during adolescence promote healthy emotional development and mental health as the adolescent progresses into adulthood. (Emotional Development Adolescence Britannica, n.d.) Teenagers are more likely to suffer from poor mental health, antisocial behaviour, and risk taking behaviours such as substance abuse.

This could be due to increased emotional responses during adolescence, changes in motivation, or difficulties balancing emotions and behaviour. These activities and behaviours can have a long-term impact on a child's health later in life. (Social & Emotional Changes in Adolescence - Bridging the Gap, n.d.) The more risk factors adolescents are exposed to, the worse their mental health may suffer. Exposure to adversity, peer pressure to conform and identity exploration are all factors that can contribute to stress during adolescence. The disparity between adolescents' lived reality and their perceptions or aspirations for the future can be exacerbated by media influence and gender norms. The quality of their home life and their relationships with peers are also important determinants. Violence (particularly sexual violence and bullying), harsh parenting, and severe socioeconomic problems are all known risks to one's mental health.

Emotional disturbances lead to various kinds of disorders such as anxiety disorders, mood disorders, obsessive compulsive disorders, disruptive behavioural disorders.

Anxiety disorders such as agoraphobia, generalized anxiety disorder, panic disorder, separation anxiety disorder, social anxiety disorder and phobias. Acute and posttraumatic disorders are also manifest among adolescents due to emotional conflicts. This could lead to a negative effect on mood, thought and behaviour. This negative effect also increases suicidal tendencies among adolescents. (Acute and Posttraumatic Stress Disorders (ASD and PTSD) in Children and Adolescents - Pediatrics - MSD Manual Professional Edition, n.d.) Normal emotions like fear, prolonged crying and severe emotional disturbances lead to long term behavioural disorders. Emotional problems, such as disordered eating and low self-image are frequently associated with chronic medical disorders such as atopic dermatitis, obesity, diabetes, and asthma, all of which harm the quality of life. Long time emotional problems like depression, anxiety, aggression, feeling of insecurity, low self-esteem leads to various kind of disorders such as post traumatic disorders, disruptive disorders, emotional and behavioural disorders, autism, bipolar disorder, dyslexia,

oppositional defiant disorder, mental retardation, physical problems such as head injury and other chronic issues. These lead to poor quality of life of adolescents. It also creates a negative impact on their future. (Silva *et al.*, 2020) ^[44] Adolescents' exposure to aggression and violence during parental conflict creates a risk environment with negative consequences for adolescents' adjustment, including internalising and externalizing behavioural problems.

Evans, Davies and DiLillo found that exposure to interparental violence had a moderate effect on internalising and externalising symptoms and a large effect on trauma symptoms in their meta-analysis of the relationships between exposure to interparental violence and adjustment. (Bergman *et al.*, 2014) ^[8] As the more aggressive behaviour increased, the probability of presenting low empathy, low life satisfaction, and low self-esteem increased and also a low positive attitude towards school and teachers and low academic engagement increased. Fewer friends in the classroom, self-reported peer aggression is related to more symptoms of anxiety and depression. That engagement in behaviours of peer aggression can progressively decrease levels of life satisfaction among adolescents. (Estévez López *et al.*, 2018) ^[19] So, the rise in negative emotional experiences during early adolescence coincides with the development of abstract thinking ability. Adolescents often seek a stable peer group as the context for emotional management as they grapple with increasingly abstract and complex social problems. These could lead to poor quality of life of adolescents. (Emotional Development - Adolescence | Britannica, n.d.)

Prevalence of study

According to ACOG (American College of Obstetricians and Gynecologists), at least one in every five youth aged 9 to 17 years has a diagnosable mental health disorder that causes some degree of impairment, and one in every ten has a disorder that causes significant impairment. Anxiety, mood, attention, and behaviour disorders are the most common mental illnesses in adolescents. (Mental Health Disorders in Adolescents | ACOG, n.d.) According to WHO (World Health Organization), one in every seven 10- to 19-year-olds in the world suffers from a mental disorder, accounting for 13% of the global disease burden in this age group. Depression, anxiety, and behavioural disorders are among the most common causes of illness and disability in adolescents. Suicide is the fourth leading cause of death among people aged 15 to 19. Failure to address adolescent mental health conditions has long-term consequences, impairing both physical and mental health and limiting opportunities to live fulfilling lives as adults. Anxiety disorders (which can include panic attacks or excessive worry) are the most common in this age group, and they are more common in older adolescents than in younger adolescents. Anxiety disorders are estimated to affect 3.6 per cent of 10–14-year-olds and 4.6 per cent of 15–19-year-olds. Depression is estimated to affect 1.1 per cent of adolescents aged 10 to 14 and 2.8 per cent of those aged 15 to 19.

Depression and anxiety share some symptoms, such as abrupt and unexpected mood swings. (Adolescent Mental Health, n.d.) In any given year, 20% of adolescents may experience a mental health problem. By the age of 14, 50% of mental health problems have developed, and 75% by the age of 24. Although 10% of children and young people (aged 5-16 years) have a clinically diagnosable mental problem, 70% of children and adolescents who experience mental health

problems do not receive appropriate interventions at an early enough age. (Mental Health Statistics: Children and Young People | Mental Health Foundation, n.d.) Neurological disorders are also found in a greater number of adolescents. The prevalence of depression and anxiety issues varied according to the type of Neurological disorders (18.5 per cent and 2.8 per cent –62.5 per cent, respectively). The prevalence of depression and anxiety problems was 15.3 per cent and 37.9 per cent, respectively, in the combined group of children and adolescents with Neurological disorders (weighted estimate: 1,998,654), whereas it was 3.4 per cent and 7.3 per cent, respectively, in the combined group of children and adolescents without Neurological disorders (weighted estimate: 47,644,055). Children and adolescents with Neurological Disorders made up 4.0 per cent of the total sample, but depression and anxiety problems affected 15.7 per cent and 17.7 per cent of the total sample, respectively. (Whitney *et al.*, 2019) ^[49] At least one in every five youth aged 9 to 17 years has a diagnosable mental health disorder that causes some degree of impairment, and one in every ten has a disorder that causes significant impairment. Anxiety, mood, attention, and behaviour disorders are the most common mental illnesses in adolescents. (Mental Health Disorders in Adolescents | ACOG, n.d.) Behavioural disorders are also found among adolescents. According to the Centers for Disease Control and Prevention (CDC), around 3.3 million (13.6 per cent) of adolescents aged 12 to 17 years and boys are more likely to have ever been diagnosed with ADHD (Attention Deficit Hyperactivity Disorder) than girls (12.9 per cent and 5.6 per cent, respectively). (ADHD Statistics: Numbers, Facts, and Information about ADD, n.d.) According to National Comorbidity Survey Adolescent Supplement (NCS-A), 45.0 per cent of adolescents with psychiatric disorders received some type of service in the previous 12 months.

Those with ADHD (73.8 per cent) conduct disorder (73.4 per cent), or oppositional defiant disorder was the most Likely (71.0 percent). Those with specific phobias (40.7 percent) and any anxiety disorder were the least likely (41.4 percent). (Costello *et al.*, 2014) ^[11] So, in adolescents' prevalence of mental disorders is serious issue.

Yoga for Mental Health and Emotional Well being

Yoga is not only a philosophy but is a complete way to balance physical, mental, emotional and spiritual aspects of life. Yoga was a daily routine for the Indians of old, and it is now one of the most popular health and healing systems all over the world. For many seekers of truth, it is also a spiritual quest. Life is stressful as a result of living in a fast-paced, mechanized, and competitive world. Furthermore, modernization, urbanization, materialism, competition, and ever-changing societal trends tend to place stress on people of all ages. These many psychosomatic problems, such as anxiety, tension, and frustration. (Muchhal & Kumar, 2015) ^[37]

Adolescence is a period of physical, psychological, social, and emotional development. The good and bad experiences to which people are exposed to during this delicate stage of life, as well as the influence of people and various events, have an everlasting impact on people throughout their lives.

Adolescent vulnerability to psychological disorders such as stress, anxiety, anger, depression, emotional breakdown, and so on is a major concern that must be addressed. (Janjhua *et al.*, 2020) ^[24]

Research studies have found a higher prevalence of

depression, stress, and anxiety among adolescents.

Poor academic performance is a result of the effects of these psychological disorders. Lack of communication with friends and family members can cause substance abuse, a sense of abandonment, homicidal ideation, suicidal tendency, sadness, social isolation, frustration and feeling of failure. (Muchhal & Kumar, 2015) ^[37]

Yoga, as defined by postural practice, which generally leads to some reductions in anxiety and depression among adolescents, regardless of health status or intervention characteristics. (James-Palmer *et al.*, 2020) ^[23] Yoga is beneficial because the exercise focuses on deep, controlled breathing. Breathing exercises can help to alleviate depressive symptoms. (Yoga and Depression: How Does It Work? n.d.) The study, "Effects of Yoga on Stress, Depression, and Health-Related Quality of Life in a Nonclinical, Bi-Ethnic Sample of Adolescents: A Pilot Study" by Beets, & Mitchell (2010), they found that after practising 2 weeks of yoga among 55 students the depression and perceived stress were significantly reduced (0.05 level) among adolescents. (Effects of Yoga on Stress, Depression, and Health-Related Quality of Life in a Nonclinical, Bi-Ethnic Sample of Adolescents: A Pilot Study - ProQuest, n.d.) According to D'souza *et al.* (2021) ^[12] in their study, "Effectiveness of Yoga Nidra in reducing stress in school going adolescents: In an experimental study", they found that after practising yoga nidra for 21 days there was a significant reduction in academic stress level (0.0001 level) among adolescents (14-16 years). (D'souza *et al.*, 2021) ^[12]. A study, "Effect of yoga on academic performance in relation to stress" conducted by Kauts, & Sharma (2009) ^[25] they found that after practising yoga intervention for 7 weeks there was a significant reduction in stress and self-confidence was increased significantly at 0.01 level among 800 adolescents. (Kauts & Sharma, 2009) ^[25].

According to Dubey *et al.* (2016) in their study, "The Application Of Yoga On Effective Mind Body and Stress Reduction Among Students" they found that after practising yoga intervention for 3 months the stress level was significantly decreased at 0.01 level among 16 years old female adolescents. (Dube, n.d.)

Yoga also helps to decrease academic anxiety among adolescents. According to Kumar, K., & Tiwary (2014), in their study, "Academic Anxiety among Student and the Management through Yoga" they found that after following yoga intervention for 45 days there was a significant reduction in academic anxiety (0.01 level) among 30 students. Yogic intervention helps to decrease the level of academic anxiety among college students and ultimately, they get benefits in all aspects of their academic careers. The students' overall anxiety can be reduced, allowing them to be more as a student and as human beings in harmony with nature. (K. Kumar, n.d.) According to Kumar, & Singh (2017) ^[30] in their study, "Application of Super Brain Yoga for Academic Anxiety Management in Adolescence" they found a significant reduction in academic anxiety (0.001 level) in 50 students after practising yoga for one month. (P. Kumar *et al.*, 2017) ^[30] According to Niche *et al.* (2012) in their study, "Effect of a holistic yoga program on anxiety symptoms in adolescent girls with polycystic ovarian syndrome: A randomized control trial" they found that after 12 weeks of intervention in yoga group among 19 adolescent girls (15-18 years) with polycystic ovarian syndrome there was a significant reduction in (P=0.002) trait anxiety Among adolescent girls. (Nidhi *et al.*, 2012) ^[38] According to Khalsa

et al. (2021) ^[26] in their study, “Yoga Reduces Performance Anxiety in Adolescent Musicians” they showed that after that practice of 6 weeks of yogic intervention there was a significant reduction in musical performance anxiety (at 0.001 level) among adolescent musicians. (Bir *et al.*, n.d.) Yoga also helps to deal with frustration and aggression among adolescents. According to Maheshwari, V. & Arneja (2019) ^[31] in their study, “Comparative Effect of Practicing vis-à-vis Non-Practicing of Yoga and Preksha Meditation on Frustration of College Going Student” they found that there was a significant reduction on the level of frustration (0.01 level) after practicing yoga among 120 students. (Maheshwari & Prakash Arneja, n.d.) According to Sharma & Sahare (2014) ^[42], in their study, “Kapālabhāti as a panacea to control aggressive behaviour in adolescents” they found that after 30 days of regular kapalbhāti practice there was a significant reduction on the level of aggression (0.01 level) among 40 adolescents. (Sharma & Sahare, 2014) ^[42].

According to Saxena (2014), *et al.* in their study “Effects of Intervention Programmes for Combating Aggression among Adolescents.” They found that after the practice of 1 month of yoga intervention the aggression level there was significantly decreased (0.05 level) among 300 adolescents (15 to 18 years). ((PDF) Youth, Mental Health, Well-Being and Development Issues, n.d.) According to Adhikari, A. (2021), in their study, “Effect of yogic exercises on stress and aggression among the adolescents” they found that after practising yoga intervention for two months the aggression and stress both were significantly decreased (0.05 level) among 50 students. (Adhikari, 2021) Another study, “Effect of Yoga on Adolescents’ Beliefs about Aggression and Alternatives” conducted by Setty *et al.* (2016) ^[39]. They found that, after one month of Yoga practice their overall beliefs supported aggression ($p < .05$ level) significantly decreased and their beliefs favoring alternatives to aggression ($p < .05$ level) significantly increased among 76 adolescents. (Press *et al.*, 2016) ^[39]. Yoga also helps to manage with adjustment related problems among adolescents.

According to Maheshwari, & Yadav (2018) ^[32] in their study, “Effect of Yoga-Preksha Meditation on the level of Adjustment Among College Going Girls” they found that after the two months of mediation practice there was a significant reduction in home, health, emotional and social adjustment levels (0.001 level) among adolescent girls (17 to 19 years). (Maheshwari & Yadav, n.d.) Yoga also helps to manage frustration and emotional regulation among adolescents. According to Maheshananda *et al.* (2012), in their study “Management of Suicidal Tendency Through Yoga Among ST Adolescent Students”, they found that after the practice of one month of yoga there was a significant reduction in frustration (0.05 level) and anxiety (0.05 level) and significant improvement at emotional balance (0.05 level) and locus of control (0.05 level) among 90 adolescents. So, one month of yoga practice has led to the reversal and prevention of suicidal tendencies in adolescents. (EBSCOhost Management of Suicidal Tendency through Yoga amongst Adolescent Students. n.d.) Yoga also helps to manage emotional disturbances among adolescents.

According to Daily *et al.* (2015), in their study, “Yoga and Emotion Regulation in High School Students: A Randomized Controlled Trial” they found that after the four months of yogic intervention emotional regulation was significantly increased (0.01 level) among adolescents (15 to 17 years). (Daly *et al.*, 2015) ^[13] According to Sastri *et al.* (2017). In their study, “Investigation of yoga pranayama and vedic

mathematics on mindfulness, aggression and emotion regulation. They found that after 15 days of yogic intervention the emotional regulation (0.001 level) and mindfulness (0.001 level) were increased significantly while aggression was decreased significantly (0.001 level) among 73 adolescents. (Shastri *et al.*, 2017) ^[43] Yoga also increases positive self-esteem among adolescents. According to Janjhua *et al.* (2020) ^[24] in their study, “Study on the effect of yoga on emotional regulation, self-esteem, and feelings of adolescents” they found that after the practice of yogic intervention emotional regulation (0.001 level), self-esteem (0.001 level) and positive feeling (0.001 level) were significantly increased among 110 adolescents. (Janjhua *et al.*, 2020) ^[24].

According to Sethi *et al.* (2013) ^[41], “Yoga improves attention and self-esteem in underprivileged girl students” they found that after 5 days of yoga practice, positive self-esteem (0.001 level) and attention (0.001 level) were increased significantly among Sixty low-income high school girls (15 -17 years). (Sethi *et al.*, 2013) ^[41] According to David, A. (2013) ^[14]. “Effectiveness of yoga on academic motivation, adjustment behaviour and self-esteem among adolescents with low scholastic performance” they found that after 89 days of yoga practice the academic motivation (0.001 level), adjustment behaviour (0.001 level) and self-esteem (0.001 level) were significantly increased among 150 students (David, 2006) ^[14]. According to Mohan & Kumari, S. (2018). in their practice “Effect of yoga on positive-negative effect and self-esteem on tribal male adolescents-A randomized control study, they found that after the two weeks of yoga intervention the positive self-esteem was significantly increased (0.01 level) among 25 male students. (Mohan & Kumari, 2018) Yogic practices also increase the level of emotional maturity among adolescents. According to Gahalwat, S. (2013), in their study, “Effect of yoga on mental health and emotional maturity of visually challenged students”, in their study they found that after two months of yoga practice their self-concept (0.05 level) and emotional maturity (0.05 level) were significantly increased among 20 visually challenged students (14-18 years). (Gahalwat, 2013) ^[20] Her another study, “Effect of Yoga on Emotional Stability and Mental Health of Hearing Challenged Adolescents” they found that after the one month of yoga practice the level of mental health (0.01 level) and emotional stability (0.01 level) were increased significantly among hearing challenged adolescents. (Gahalwat & July, 2018) ^[21]. Self-confidence helps to increase academic performance. Yoga also helps to increase the level of self confidence among adolescents. According to Bhardwaj, & Bhardwaj, (2015) ^[9]. In their study, “Effects of Long-term Intervention of Comprehensive Yoga on Level of Self-confidence in High School Students” they found that after the three months of yoga intervention the self-confidence level was significantly increased (0.01 level) among adolescents (13-16 years). (Bhardwaj & Bhardwaj, 2015) ^[9] According to Purohit. & Pradhan, (2017), ^[40] in their study, “Effect of a yoga program on executive functions of adolescents dwelling in an orphan home: A randomized controlled study, they found that after the three months of yoga intervention the executive functions like Stroop Color-Word Task, Digit Symbol Substitution Test (DSST), Digits Span Test and Trail Making Test (TMT) were significantly increased (0.05 level) among 40 adolescents (12-15 years). (Purohit & Pradhan, 2017) ^[40]. According to Malhotra, & Gupta, D. (2014), in their study, “Effect of Yoga on the Mental Health of Adolescents”, they found that after 10 days of yoga intervention the level of positive mental health (0.01 levels)

was significantly increased among 100 students (aged 13-14 years). (Malhotra & Gupta, n.d.)

Discussion

So, Yoga helps to decrease negative mood, anxiety, perceived stress, resilience, and other mental health variables. (Khalsa *et al.*, 2012) ^[26].

Yoga Asanas not only direct or redirect physical action and behaviours, but they also stimulate various glands, muscles, and parts of the body associated with emotional reactivity or states of mind. Through asana, breath, and the metaphors of the poses, the nervous system can be activated or soothed. Adolescents are facing a slew of issues as a result of today's cutthroat competition. They have no time to spend with themselves because of their hectic schedule from morning to evening until bedtime. They can easily achieve good mental and physical health by practising yoga. (P. Kumar, 2016) Yoga has also been shown to help adolescents with attention issues, as well as to aid in the development of executive functions. Yoga has also been shown in studies to help adolescents with special needs. Through rehabilitation processes, yoga has been shown to have physiological benefits for adolescents. Yoga has also been shown in clinical studies to improve academic performance and emotional balance. Yoga's mental benefits stem from its ability to reduce heart rate, which signals the brain to activate the parasympathetic nervous system. Similarly, yoga, which reduces sympathetic activity [e.g., see, can aid in relaxation]. When adolescents or adults, are subjected to sensory overload, the sympathetic nervous system (fight or flight) is frequently activated. When the parasympathetic nervous system is activated, the ability to focus and learning improves. Yoga also helps to reduce anxiety in both young and old people. As a result, yoga may aid in healthy development and lifelong learning. Yoga may help them develop in healthy ways, strengthen adolescents, and become contributing social beings. (Hagen & Nayar, 2014)

Yoga can help to increase motivation, cultivate an internal locus of control, improve sleep, and promote overall healthy and balanced living. Yoga may also help children shift their self-awareness inward to their cues and emotions, counteracting negative social and cultural influences such as the current media pressure to be always online and available. Because yoga improves focus and concentration, regular practice is frequently associated with improved academic performance.

Conclusion

Yoga can also help with a variety of negative emotional states that cause, persist, and compel addiction. Yoga is becoming more widely recognized for its ability to shift addicts' proclivity toward self-infliction to body care, lowering depression and focusing on stress responses. Yoga practice assists people in quitting smoking, drinking, using drugs and a variety of other types of addiction. (Singh, 2017) Yoga and meditation help to relax the limbic system. This arouses primal urges and catalyses risk-taking behaviour. Furthermore, it improves the function of the prefrontal cortex, which makes decisions and regulates emotions. As a result, yoga aids in improving their overall performance and quality of life. (Teen Yoga for Mental Health & Wellness | Newport Academy, n.d.)

So, yogic practices can assist adolescents in becoming emotionally mature and emotionally stable to make appropriate decisions and meet the challenges of a rapidly

changing world. Yoga reduces mental fluctuations and modifications and promotes mental balance, assisting an individual in becoming emotionally mature. Meditation improves self-control over the mind's and intellect's senses. Training in yogic practices eventually helps individuals not to feel hurt in the state of dualism, i.e. pain-pleasure, gain-loss, respect-disrespect, and so on, which gradually improves emotional maturity. In addition, yoga provides a person with the mental strength to face reality and deal with it, the ability to accept frustration, freedom from tension, and the capacity to relate positively to both positive and negative life experiences. Meditation improves concentration, the ability to memorise faster, and the ability to think creatively, all of which help students perform better in school. Students are unable to spend enough time on hobbies, sports, social gatherings, and so on because they are under too much academic pressure. A low-stress level leads to higher achievement scores. (Dube, n.d.) Yoga promotes the integration of the emotional, mental, and physical levels, as well as how a disruption in any of these affects others. Yoga is simply a method of maintaining health and well-being in a stressful society among adolescents. So, it is recommended that yoga be included in school curriculum as a compulsory subject for the harmonious development of all students (body, mind and soul) the ultimate aim of education.

Conflict of interest: The author has declared that there is no conflict of interest.

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