



INSPIRATION OF SKY YOGA WITH DEER EXERCISE AND PRANAYAMA ON DEPRESSION AMONG SCHOOL GIRLS

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ABSTRACT

PURPOSE: Depression is the inability to cope with situations, which is a perceived threat to one's mental, physical, emotional, and spiritual life, thereby, resulting in a series of psychological responses and having an impact on people's lives.

METHODOLOGY: For the study, 60 school girls were selected from in and around Coimbatore were selected as subjects. Their age ranged between 19 to 23 years. The subjects have been divided into three groups each consisting of subjects equally. Experimental Group I underwent SKY yoga with deer exercise training only; Experimental Group II underwent only Pranayama for 10 weeks. Control Group were not given any training during the study period.

RESULTS: The results of study showed that there was a significant improvement in the depression of the Experimental Groups I & II subjects than the Control group. Through SKY yoga with deer exercise and Pranayama depression got reduced.

CONCLUSION: It has been concluded that SKY yoga with deer exercise helps in improving psychological problems like depression, stress etc. It is recommended that yoga should be given in schools and colleges, thereby helping to handle life in a balanced way and one would be physically and mentally happy and healthy.

KEYWORDS : Depression, Sky Yoga, Deer Exercise, Pranayama, Psychological, Depression

INTRODUCTION:

In contemporary times, the word Depression has many connotations and definitions based on various perspectives of the human condition. In Eastern philosophies, Depression is considered to be an absence of inner peace. In Western culture, Depression comes when we have a loss of control on something. Noted healer Serge Kahlil King has defined Depression "as any change experienced by the individual. "This definition may be rather general, but it is quite correct. Psychologically speaking, Depression as defined by noted researcher Richard Lazarus "is a state of anxiety produced when events and responsibilities exceed one's coping abilities." Physiologically speaking, Depression is defined as "the rate of wear and stress on the body." Selye added to his definition that "Depression is the nonspecific response of the body to any demand placed upon it to adapt, whether that demand produces pleasure or pain."

Today's modern lifestyle has become stressful for almost each and every one, if not balanced it leads to depression and other health problems, thereby affecting personal and professional life. Even children are under lot of stress, depression and competition. Children hardly have time for any physical activity. They are either engaged with after evening school activities or programs, tuitions, and special classes at school thereby having no rest. Children are more prone to junk food today. Even they have a life like a machine. Today social media and gadgets have made man lazier thereby leading to more problems physically and mentally.

EMOTIONAL IMBALANCE IN ADOLESCENT CHILDREN

Anxiety and depression occur in both boys and girls, but girls happen to be more at risk than boys. Before puberty, the occurrence of mood disorders is nearly the same in boys and girls around 3 to 5 percent. By mid-adolescence girls are more twice likely as diagnosed with a mood disorder, compared to boys. Girls mature in terms of, emotional recognition faster to boys, and that feeling and perception could make them more prone to depression and anxiety.

Studies show that nearly a quarter of teenage girl's exhibit depressive symptoms and two-thirds of the teenagers taking antidepressants are girls.

Teenage depression is a mental and emotional disorder. However, symptoms in teens may be evident themselves in various ways than in adults due to the different social and developmental challenges facing teens. These include:

- peer pressure
- sports
- changing hormone levels
- developing bodies

Depression is connected with high levels of stress, anxiety, and in the worst possible scenarios, suicide. It can also affect a teen's:

- personal life
- school life
- work life
- social life
- family life

According to the American Academy of Child and Adolescent Psychiatry (AACAP), some signs of adolescent depression include:

- appearing sad, irritable, or tearful
- changes in appetite or weight
- a decreased interest in activities your child once found pleasurable
- a decrease in energy
- difficulty concentrating
- feelings of guilt, worthlessness, or helplessness
- major changes in sleeping habits
- regular complaints of boredom
- talk of suicide
- withdrawal from friends or after-school activities
- worsening school performance

HEALTHANDYOGA

To lead a balanced life physically, mentally and spiritually, yoga is one of the best remedies. It is a drugless therapy without any side effects. The best investment one can ever make is for their own health. Without health nothing can be achieved today. "Prevention is better than cure" – is very important, as cure can be painful and costly with many side-effects.

"Yoga is not a religion. It is a science, science of well-being, science of integrating the body, mind and the soul." – Amit Ray. It is the transformation of well-being. Yoga can be practiced anywhere, it is simple. It helps to have a balanced personal and professional life. It is one of the most simple, efficient and cost-free complementary therapies today.

Yoga helps to reduce stress, balance emotions, improve mood and develop physical fitness. With today's challenging modern life, yoga should be implemented at young age itself. Yoga builds self-esteem and boosts self-confidence in children and adults. It reduces absence and violence in school children. Encourages love and self-care, and promotes mindfulness. Also improves the quality of sleep. Boosts immunity and improves physical appearance.

In a growing number of studies, yoga for depression has been shown to not only help prevent the illness, but to actually combat depression.

For example, in one New Hampshire Hospital study, conducted with 113 psychiatric inpatients, researchers found that those who participated in a yoga program for depression displayed improvement in all five negative emotion factors tested by the Profile of Mood States (POMS). Factors included tension/anxiety, depression/dejection, anger/hostility, fatigue/inertia, and confusion/bewilderment.

Yoga is becoming increasingly popular among American children. A national survey found that 3% of U.S. children (1.7 million) did yoga as of 2012 — that's 400,000 more children than in 2007.

OBJECTIVES OF THE STUDY

Physical fitness refers to the ability of your body systems to work together efficiently to allow one to be healthy and perform activities for a daily living. Being efficient means doing daily activities with the least effort possible. It enables people to perform up to their potentials in their daily routine life. Regardless of age, fitness can help individuals look, feel and do their best.

STATEMENT OF THE PROBLEM

Psychology is an extremely exciting and challenging field of knowledge in the modern world since we don't have any scientific instruments to predict the mental status of a human being. Psychology problems continue to grow at an accelerating pace each year, and it impacts the human life. Psychology has an enormous potential and it also offers us hope of understanding and shows us a way in improving our lives.

HYPOTHESIS

For the purpose of the study it is hypothesized that there would be a significant difference in between the subjects on selected variable of depression due to the practices of SKY yoga with deer exercise with deer exercise and Pranayama than the Control group.

LIMITATIONS

- 1) The heredity problems were not taken into the consideration.
- 2) The food intake, life style, sleep etc., were not controlled.
- 3) The mind state affecting the brain were not considered.

REVIEW OF RELATED LITERATURE

Anna Maria Velasquez et al., 2015 examined the efficacy of a Yoga programme implemented in a low-socioeconomic status school, for the prevention of depression, anxiety, and aggression. After-school workshops were delivered twice a week during 12 weeks to 125 students in 5th, 8th, and 9th grades, enrolled in a school in Bogotá, Colombia. Participants were randomly assigned to an intervention and to a control group. Children's anxiety, depression, aggression, and some socioemotional competencies (specifically empathy, anger management, and prosociality) were quantitatively assessed before and after the intervention, by means of self- and peer-reported questionnaires. Qualitative data were also collected to assess children's perceived benefits from the workshops. The results suggested a potential of the programme to reduce children's anxiety problems, in particular.

MVR Raju and Srimannarayana Rao Kothuri Efficacy of Behavior modification and Yoga module was aimed to facilitate adolescent students diagnosed with Emotional and Behavioural problems. The purposive sample for the current study consisted of 47 adolescents (Boys=22, Girls=25) selected from Sree Konaseema Specialities Hospital, Amalapuram, East Godavari of Andhra Pradesh. Youth Self Report developed by Achenbach (2001) was used. The tool assesses emotional and behavioural problems of adolescents between 11-18 yrs. Statistical tests used for the present study included Mean, Standard Deviation, t-test and Paired Sample t-test. The results observed a significant difference between pre-test and post-test measures of Emotional and Behavioural problems on the application of Behaviour Modification and Yoga module as an intervention for the adolescent students.

SELECTION OF SUBJECTS

For the study, 60 school girls from in and around Coimbatore were selected as subjects. They aged between 15 to 17 years.

METHODOLOGY:

For the purpose of study, 60 school girls from in and around Coimbatore were selected as subjects. They underwent a pre-test on the psychological variable of depression. The subjects have been

divided into three groups each consisting of equal number of subjects. Experimental Group I went on SKY yoga (Simplified Kiundalini Yoga) with deer exercise training; Experimental Group II went on only Pranayama for five days in a week for 10 weeks. Controlled Group were not given any training during the experiment period.

VARIABLES SELECTED FOR THE STUDY

DEPENDENT VARIABLES:
PSYCHOLOGICAL VARIABLES
 Depression

MATERIAL USED

Beck's depression inventory

INDEPENDENT VARIABLES

- Yoga practices of
- i. SKY yoga
 - a) Physical Exercises
 - b) Kayakalpa Practice
 - c) Meditation
 - ii. Deer exercise
 - iii. Pranayama

RESULTS AND DISCUSSIONS ON DEPRESSION:

For statistical analysis the data collected from the pre-test and the post test on depression of experimental groups and control group have been presented in Table I

Table I Analysis of Covariance for the pre and post test data on depression

Test	Group1	Group2	Group3	df	SS	Mos	F Value
Pre	34	33.3	34.25	2	9.7	4.85	3.971*
				57	1097.95	19.26	
Post	12.25	19.05	32.95	2	4452.93	2226.46	181.908*
				57	697.65	12.23	
Adjusted	12.257	19.02	32.96	2	4454.37	2227.18	179.459*
				56	694.98	12.41	

*Significance at 0.05 level

Table I shows that the adjusted post-test means values of depression for SKY yoga with deer exercise Group, Pranayama Group and Control Group are 12.257, 19.02 and 32.96 respectively. The obtained F-ratio of 179.459 for adjusted posttest mean is much greater than the table value of 3.16 for df 2 and 56 required for significant at .05 level of confidence this indicate that there are significant differences among the adjusted post-test means of SKY with deer exercise, Pranayama Group and Control Group on the depression.

To determine which of the paired means had a significant difference, the Scheffe's test was applied as Post hoc test and the results are presented in Table II.

Table II Scheffe's test for the differences between the adjusted post-test paired means on depression

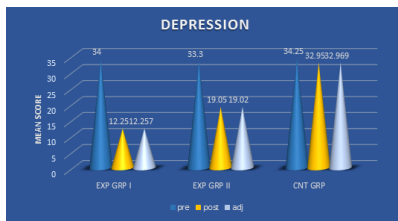
Groups			Mean	CD
Exp Group I	Exp Group II	Control Group		
12.257	19.02		6.76	10.64
12.257		32.96	20.71	
	19.02	32.96	13.94	

*Significant at .05 level of confidence

Table II shows that the adjusted post-test means differences on SKY yoga with deer exercise Group and Pranayama group, SKY yoga with deer exercise Group and Control Group, Pranayama Group and Control Group are 6.76, 20.71 and 13.94 respectively. The value 10.64 which shows significant differences at 0.05 level of confidence.

From the Scheffe's test result on depression were SKY yoga with deer exercise Group impacted more than Pranayama Group and Control Group. The mean and adjusted values of pre and posttest of SKY yoga with deer exercise Group, Pranayama Group and Control Group on depression are graphically represented in the Figure -I.

Figure –1



CONCLUSIONS

Within the limitations the present study results have been obtained, the following conclusion were drawn.

For the purpose of this study it was hypothesized that the SKY yoga with deer exercise group (Experimental Group – I), Pranayama group (Experimental Group II) would significantly impact on the selected psychological variable of depression as compared to control group (group III).

The psychological variables depression has a big impact due to 10 weeks of SKY yoga with deer exercise (Experimental Group- I), Pranayama group (Experimental Group-II) among subjects when compared to the control group.

SUGGESTION FOR FURTHER RESEARCH

1. This study can be undertaken for other age groups.
2. The study can be conducted on working women.
3. A similar study may be undertaken with other problems too.

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