

# To Study the Impact of Psycho - Yogic Package on Depression among Adolescents

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**Abstract** - The aim of the study was to determine the psycho-yogic package was effective in reducing symptoms of depression among adolescents, as measured by the Beck Depression Inventory. The study was conducted among adolescents aged 14-18 years who were diagnosed with moderate to severe depression among the students of coaching in Kota Rajasthan India. Total 92 participants were selected from 120 students those are found depression symptoms among 500 students, who were randomly assigned into the experimental group (41) and control group (41). The experimental group received the psycho-yogic package, which consisted of a combination of yoga postures (Surya namaskar asana), breathing exercises (Anulom Vilom Pranayama), and cognitive behavior therapy. The program was designed to be delivered over a period of 10 weeks, with 3 sessions per week, each lasting 30 minutes. The control group remained untouched with intervention. The primary outcome measure was the Beck Depression Inventory, a standard measure of depressive symptoms. The study used a pre-test, post-test design, with outcome measures administered at baseline and at the end of the 10-week intervention period. Statistical analysis t-test was performed to compare the outcomes of the experimental and control groups. The results of this study suggest that a psycho-yogic package can be an effective intervention for the management of depression among adolescents at 0.05 significance level.

**Keywords** - Depression, adolescents, psycho-yogic intervention.

## I. INTRODUCTION

Depression is a serious mental health condition that affects individuals of all ages, including adolescents. According to the World Health Organization (WHO), depression is the leading cause of disability worldwide, and it is estimated that approximately 10-20% of adolescents experience a depressive episode at some point in their lives. While traditional treatments for depression, such as medication and talk therapy, can be effective, there is a growing interest in

alternative and complementary therapies, such as yoga and mindfulness practices. The psycho-yogic package included a combination of yoga postures (Surya namaskar asana), breathing exercises (Anulom Vilom Pranayama), and cognitive restructuring. The program was designed to be delivered over a period of 10 weeks, with 3 sessions per week, each lasting 30 minutes. The results of the study showed that the psycho-yogic package was effective in reducing symptoms of depression among adolescents. Participants in the experimental group showed significant improvements in their scores on the Adolescent Depression Inventory, a standard measure of depressive symptoms, compared to the control group. The yoga-based intervention was also found to be safe and well-tolerated, with no adverse events reported. The study findings suggest that a psycho-yogic package can be a valuable addition to traditional treatments for depression among adolescents. Yoga and mindfulness practices have been shown to have a positive impact on mental health and well-being, and they can be a useful tool for managing symptoms of depression. The psycho-yogic package used in this study provides a structured and evidence-based approach to incorporating yoga.

Depression among adolescents is a growing concern in today's society. Adolescence is a critical developmental stage marked by physical, psychological, and social changes, and depression can have a significant impact on a young person's development. Adolescence is a crucial stage that typically occurs between the ages of 10 -19 years. During this stage, individuals experience a range of physical, psychological, and social changes as they transition from childhood to adulthood. Adolescents are facing new challenges and responsibilities, such as establishing their independence, developing their own identities, and forming intimate relationships.

Adolescence is a time of great change, and it can be both exciting and challenging. Many adolescents struggle with self-doubt, peer pressure, and relationship issues, and some may also experience mental health problems such as anxiety and depression. In addition to the physical and emotional changes, adolescents are also undergoing cognitive development and are capable of abstract thinking and reasoning. However, their brains are not yet fully developed, and they may struggle with impulse control and decision making. Adolescents are also influenced by the media and technology, which can have both positive and negative effects on their development. For example, technology can provide access to information and facilitate communication, but it can also contribute to feelings of loneliness and social isolation.

Adolescence is a critical period of human development, marked by physical, psychological, and social changes. As such, it has been the subject of extensive research and study, with a focus on understanding the various factors that influence adolescent development.

- **Cognitive Development:** Studies have examined the ways in which adolescents' cognitive abilities change and develop during this time, including the development of abstract thinking, decision-making skills, and self-awareness.
- **Social and Emotional Development:** Researchers have investigated the social and emotional changes that occur during adolescence, including the development of identity, relationships with peers and family members, and the formation of romantic relationships.
- **Risk Behaviors:** Adolescents are more likely to engage in risky behaviors, such as substance use, delinquency, and unprotected sex. Researchers have studied these behaviors to understand the factors that contribute to them and to develop strategies for prevention.
- **Mental Health:** Mental health problems, such as depression and anxiety, are common during adolescence. Research in this area has sought to identify the causes of these problems and to develop effective treatments.

Depression is a common mental health condition that affects adolescents, and it can have a significant

impact on their daily lives. Adolescent depression is characterized by persistent feelings of sadness, hopelessness, and a loss of interest in activities that were once enjoyable. In some cases, depression can lead to thoughts of suicide and self-harm. There are several factors that can contribute to depression among adolescents, including biological factors such as genetics, hormonal changes, and brain development. Environmental factors such as family conflict, bullying, and stress can also play a role in the development of depression. In addition, social media and technology can have a profound impact on adolescent mental health, with some studies suggesting that excessive use of these tools can lead to feelings of loneliness and social isolation.

## II. REVIEW OF LITERATURE

Weersing et al (2010) Depression is a complex and well-studied psychiatric disorder. A growing body of evidence supports the use of various treatments for depression, including medications, treatments, and lifestyle changes. Ongoing research is improving our understanding of depression and developing new, more effective treatments important for development. "Effectiveness of cognitive-behavioral therapy for depression in adolescents: Meta-analysis" – This meta-analysis examined the effectiveness of cognitive-behavioral therapy (CBT) for the treatment of depression in adolescents. The authors found that CBT was associated with a significant reduction in symptoms of depression and concluded that CBT is an effective treatment for depression in this population.

Weare and Nind (2011) Exercise as a treatment for depression in adolescents - This study examined the effectiveness of exercise as a treatment for depression in adolescents. The authors found that exercise was associated with a significant reduction in symptoms of depression, suggesting that this may be due to the release of endorphins and other mood-enhancing chemicals.

Tejvani, R., Metri, K.G., Agrawal, J., & Nagendra, H. R. (2016) Adolescents and young adults who were permanent residents of an orphanage aged 12 to 20 years (n = 34; men = 27, women = 7) received a 2-week yoga intervention. The yoga intervention included asanas (yoga postures), pranayama (yoga breathing techniques) and dharana dhyana (yoga relaxation techniques), performed for 1 hour daily for

15 days. Hospital anxiety and depression, and the Rosenberg Self-Esteem Scale were used at baseline and post-intervention to assess anxiety, depression, and self-esteem, respectively. At the end of the 2-week yoga intervention, anxiety and depression were significantly reduced ( $P=0.001$ ) and self-esteem was significantly improved ( $P=0.001$ ). This pilot study suggests that two weeks of yoga practice may reduce anxiety and depression and improve self-esteem in adolescents and young adults in orphanages. These results need to be confirmed by studies using larger sample sizes and randomized controlled designs, which are implied in the future.

Usha Jyoti Gupta and Dr. Gaurav Agrawal (2018) This study examined the effects of sessions in a psycho-yoga package on levels of neuroticism. Neurosis is a mild state of mental illness that is not caused by an organic illness and includes symptoms such as stress, depression, and anxiety. It can empower people to get work done, but high levels of stress can pose a serious threat to an individual's personality traits and cause physiological and physical problems. The sample consists of 200 study subjects from Haridwar, Dehradun and Uttarakhand. The NMS Neurosis Measurement Scale was used to measure the level of neurosis. After collecting pre-data and applying the intervention, post-hoc data were collected. The statistical method ANOVA (one-way) was used to analyze the data. Statistical analysis showed that the psycho yoga package significantly reduced neurotic levels and improved mental health.

Schulte, E.C. (2015) These findings suggest that yoga may help schools cope with depressive symptoms and vitality in adolescents. The aim of this simultaneous mixed method study was to explore the potential of yoga to improve positive mental health, reduce depressive symptoms, and promote growth in non-clinical high school students. 27) was integrated as part of a physical education (PE) class at a suburban high school. Another section of the course without yoga served as a control group ( $n = 38$ ). Both groups graduated from epidemiological research centers

Schulte, E.C. (2015). These findings suggest that yoga may help schools cope with depressive symptoms and vitality in adolescents. The aim of this concurrent mixed method study was to explore the potential of yoga to improve positive mental health, reduce depressive symptoms, and promote growth in non-clinical high school students. 27) was integrated as

part of a physical education (PE) class at a suburban high school. Another section of the course without yoga served as a control group ( $n = 38$ ). Both groups used the Center for Epidemiological Research Depression (CESD) Scale, which measures symptoms of depression, the Teenage Thriving Scale, and the Positive Affect, Engagement, Positive Relationships, Meaning, and Achievement (PERMA) Profiler, which measures flowering rates. completed. Get quantitative data collection. All three measurements were performed as pre-test, post-test and delayed post-test. Yogesh and Rupam (2022). The aim of this study was to evaluate the effects of yoga practice on adolescent mental health. 50 women) were selected by simple random sampling from different public schools/universities in Munger District, Bihar. A cross-sectional survey was conducted. The first test was administered before yoga practice, and the second test was administered to the same respondent after she practiced yoga for 45 days. Data were collected using the Mental Health Battery (MHB) constructed and standardized by Singh and Sengupta (2000). The results obtained showed that: (i) the level of mental health of male respondents before and after yoga practice was better than that of female respondents, and (ii) yoga practice had a direct positive effect on adolescent mental health. brought There was a positive correlation between yoga practice and mental health levels in adolescents.

Tiril Elstad, et al (2020). In this study, 202 students were randomly assigned to a yoga intervention group ( $n = 100$ ) or a wait list control group ( $n = 102$ ). Compared with the control group, yoga participants were significantly more likely to undergo post-intervention (adjusted difference in mean change  $-0.15$ , 95% CI  $-0.26$  to  $-0.03$ ,  $p = 0.0110$ ) and post-intervention (adjusted difference in mean change  $-0.18$ , 95% CI  $-0.29$  to  $-0.06$ ,  $p = 0.0025$ ). Sleep quality also improved after the intervention and during follow-up. No adverse events were reported. Our results suggest that, for at least several months, yoga has moderately large and sustained effects in reducing symptoms of stress and improving sleep quality in students.

Venkatesh, R. & Selvaraj, S. (2015) International Journal of Yoga (2015) found that anxiety and depression symptoms were reduced when adolescent students practiced Surya Namaskar. A study participant reported an improved overall mood and

reduced stress and anxiety symptoms after practicing Surya Namaskar for his 12 weeks.

### III. METHODOLOGY

A Pre-post design has been used to conduct this study. The study was conducted among adolescents aged 14-18 years who were diagnosed with moderate to severe depression. The study was conducted among the students of coaching in Kota, Rajasthan India. 92 participants were selected from 600 students through random sampling, who were randomly assigned into the experimental group (41) and control group (41). The experimental group received the psycho-yogic package, which consisted of a combination of yoga postures (Surya Namaskar asana), breathing exercises (Anulom Vilom Pranayama), and cognitive behavior therapy. The program was designed to be delivered over a period of 10 weeks, with 3 sessions per week, each lasting 30 minutes. The control group remained untouched with psycho yogic intervention. The primary outcome measure was the Beck Depression Inventory, a standard measure of depressive symptoms. The study used a pre-test, post-test design, with outcome measures administered at baseline and at the end of the 10-week intervention period. Statistical analysis t-test was performed to compare the outcomes of the experimental and control groups. Safety and tolerability of the intervention were also assessed by monitoring for adverse events throughout the study.

### IV. RESULT AND DISCUSSION

Group	Mean (Pre)	Mean (Post)	S.Ed	r	t-value	Significant level
Control	27.6	25.3	2.97	.56	3.50	.05
Experimental	28.8	14.9				

The study found that the psycho-yogic package was effective in reducing symptoms of depression among adolescents. Participants in the experimental group showed a significant reduction in their scores on the Depression Inventory compared to the control group. Specifically, the mean score on the Beck Depression Inventory decreased from 27.7 to 14.9 in the experimental group, while the control group showed

only a small decrease, from 27.2 to 25.3. The difference in mean score reduction between the two groups was statistically significant at .05 level of significance.

### V. CONCLUSION

In conclusion, the results of this study suggest that a psycho-yogic package can be an effective intervention for the management of depression among adolescents. The study found that the psycho-yogic package, which included a combination of yoga postures, breathing exercises and cognitive behavior therapy led to significant improvements in depressive symptoms. This study highlights the potential benefits of a psycho-yogic package for the management of depression among adolescents. Yoga and mindfulness practices offer a safe and accessible option for improving mental health, and they can be particularly appealing to adolescents. Thus depression among adolescents can be reduced through psycho-yogic packages.

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