

Perception of Youth regarding role of Yoga Curing Diseases: A Survey Based Investigation

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Doi: 10.48047/jcdr.2021.12.04.335

Abstract

Contemporarily, there has been an increasing interest in looking for alternative therapeutic practices for the treatment and prevention of diseases. Among these practices, yoga has gained significant recognition for its potential health benefits and its ability to promote physical, spiritual, and mental well-being. The findings of research in this arena contribute to the existing knowledge on the perception of youth towards yoga as a curative practice. By elucidating the perception of youth, this study aims to provide insights into potential strategies for promoting yoga as a complementary therapy for diseases, targeting a younger demographic. Understanding the perceptions and beliefs of this population group is crucial for developing effective educational programs, interventions, and awareness campaigns to promote the integration of yoga into mainstream healthcare. The results of this research are expected to have implications for healthcare professionals, policymakers, and yoga practitioners interested in the holistic management of diseases. Furthermore, they can inform the development of evidence-based guidelines and recommendations for incorporating yoga into healthcare systems, facilitating collaborations between medical professionals and yoga instructors, and promoting the adoption of yoga as a preventive and curative tool for various diseases.

Keywords: Perception, Youth, Yoga, Diseases, Alternative Therapy, Complementary Medicine, Holistic Health, Mind-Body Practices, Stress Reduction, Well-Being.

Introduction

The ancient practice of Yoga which had originated thousands of years ago, has gained remarkable popularity worldwide to promote bodily, mentally, and spiritually enlightening and well-being factoring. While yoga is widely recognized for its ability to improve flexibility, strength, and relaxation, its potential curative effects on various diseases have also been increasingly explored.

The perception and beliefs of the youth regarding the role of yoga in curing diseases are of particular interest in this study. The youth, often considered the agents of change and the future of society, play a crucial role in shaping health-related attitudes and behaviors. Understanding their perceptions and attitudes towards yoga as a curative practice can shed light on the potential for integrating this ancient discipline into mainstream healthcare practices. The youth of today face a myriad of health challenges, including the increasing prevalence of chronic diseases, rising levels of stress and mental health issues, and the sedentary lifestyle associated with modern technology. These factors have spurred a quest for holistic approaches to health and wellness. Yoga, with its multifaceted benefits, has emerged as a compelling option for the youth seeking to address these challenges and take control of their health. While scientific research on therapeutic effects of Yoga, there remains a gap in understanding the perception and beliefs of the youth regarding its curative potential. Exploring this perception can provide valuable insights into the factors that influence their attitudes, the level of knowledge they possess, and the experiences they have had with yoga as a therapeutic tool.

The findings of this study hold significant implications for various stakeholders in the healthcare domain. Healthcare professionals can gain insights into the perspectives of the youth, enabling them to tailor interventions and educational programs that effectively promote the integration of yoga into disease management. Policymakers can use these findings to inform the development of evidence-based guidelines and recommendations for incorporating yoga into healthcare systems. Yoga practitioners and instructors can better understand the specific needs and expectations of the youth, facilitating more targeted and relevant approaches in their teaching.

Literature Review

Spinazzola et al. (2011) focused on the application of yoga in the treatment of youth who are traumatised. The authors explored the potential benefits of yoga being a complementary therapy for people who have undergone trauma. The study highlighted the effectiveness of yoga in reducing the determinants of disorders related to trauma, such as PTSD and dissociation. Yoga was found to help regulate emotions, improve self-regulation skills, enhance body awareness, and promote safety and connectedness. The findings concluded that yoga can play a significant role in the healing process for traumatized youth.

West, Liang, and Spinazzola (2017) conducted a qualitative descriptive analysis to explore the use of Trauma-Sensitive Yoga (TSY) as a simultaneous treatment for PTSD. The study examined the experiences of individuals with PTSD who participated in TSY sessions. The findings indicated that TSY provided a safe and supportive environment for trauma survivors to reconnect with their bodies, regulate their emotions, and cultivate a sense of empowerment and resilience. Participants reported improvements in symptoms related to PTSD, including reduced hypervigilance, increased relaxation, and enhanced overall well-being. The study emphasized the potential of TSY as an effective adjunctive therapy for individuals with PTSD.

Della Valle et al. (2020) conducted a systematic review and meta-analysis to evaluate if workplace yoga can mitigate the feelings of stress within employees. The findings demonstrated that yoga in the workplace significantly reduced stress levels within employees. The research also expounds on the good influence of yoga on mental well-being, including improved mood, increased job satisfaction, and enhanced resilience. The study concluded that workplace yoga interventions can be an effective strategy for mitigating stress and promoting well-being among employees.

Evans et al. (2011) investigated the anxieties and available benefits of Iyengar yoga for young patients with rheumatoid arthritis. The study aimed to understand how yoga interventions influenced the physical and psychological well-being of these individuals. The results indicated that participants had high expectations for the yoga intervention, anticipating improvements in pain management, mobility, mood, and overall quality of life. Following the intervention, participants reported positive changes in these areas, highlighting the potential therapeutic effects of yoga for young individuals with rheumatoid arthritis. The benefits of yoga on anxiety, depressive disorders, and health-related aspects living were investigated in pilot research by Beets and Mitchell (2010). The goal of the study was to determine whether a yoga programme may benefit teenagers' physical and mental health. The results showed that people who practised yoga had substantial decreases in their levels of stress and despair as well as increases in their quality of life in terms of their health. These findings imply that meditation may be an effective method for fostering teenagers' mental and physical wellness.

While the studies focused on specific populations, it is important to note that the benefits of yoga extend beyond these groups. Racco and Vis (2015) conducted a review of evidence-based trauma treatments for children and youth. They highlighted the potential role of yoga

as a complementary therapy for trauma treatment, emphasizing its ability to address physical tension, promote relaxation, and facilitate emotional regulation. The review indicated that yoga interventions could be particularly beneficial for individuals who have experienced trauma, as it provides a mind-body approach to healing and recovery.

Greenberg and Harris (2012) focus on the current state of research regarding mindfulness interventions for children and youth. Mindfulness, defined as the practice of paying attention to the present moment without judgment, has gained considerable attention as a potential intervention to enhance well-being and reduce stress in various populations, including children and adolescents. The authors begin by providing an overview of the concept of mindfulness and its relevance to children's development. They discuss the cognitive, emotional, and social benefits associated with mindfulness practice, including improved attention, emotion regulation, empathy, and academic performance. Additionally, they highlight the potential for mindfulness to prevent or reduce psychological problems such as anxiety and depression.

Kaley-Isley et al. (2010) provide a guide for clinicians regarding the use of yoga as simultaneous therapy for children and adolescents. The authors discuss the benefits of practicing of yoga and its application in various clinical and non-clinical settings. It highlights the potential therapeutic effects of yoga, such as improved physical health, emotional well-being, and cognitive functioning. The authors emphasize that yoga can be particularly beneficial for children and adolescents due to their natural flexibility, openness to new experiences, and capacity for self-reflection. They call for further research to better understand the specific mechanisms of action underlying the benefits of yoga and to establish evidence-based guidelines for its use in clinical practice.

Erdoğan Yüce and Muz (2020) investigate how yoga-based physical activity can affect the stress and anxiety within teenagers. The authors review the existing literature to examine the potential good influence of MHO of teenagers in this population. The review begins by discussing the high prevalence of stress and anxiety among young adults and the potential negative consequences on their well-being. The authors highlight the need for effective interventions to reduce stress and anxiety and enhance overall quality of life in this age group. The authors highlight the overall positive effects of yoga practice on reducing stress and anxiety levels and improving life within teenagers. They discuss the potential mechanisms underlying these effects, including increased parasympathetic activation,

improved emotion regulation, and enhanced mindfulness. They note the heterogeneity of yoga interventions and outcome measures used through different studies, and to draw definitive results. They emphasize the need for standardized protocols and rigorous research designs to better understand the specific influence of yoga on physical activity on the psyche of YA. Frank et al., (2017)'s study investigated the benefits of involving a yoga regiment in schools on the psyche and behaviour of teenagers in school. The study found that the adolescents who took part in the yoga program experienced improvements in their mental health outcomes, such as reduced anxiety and depression, compared to the control group. Additionally, the yoga intervention was associated with better school performance, including improved academic performance and reduced disciplinary incidents. The conclusions here point to the fact that a yoga program within schools can be beneficial for improving the psyche and school behaviour of teenagers.

Fishbein et al. (2016) conducted a controlled trial to investigate the psychological and behavioural interventions of yoga within high-risk adolescents. The study aimed to determine whether yoga could be an effective intervention for this population. The study found that the practice of yoga led to a great impact in self-reported anxiety and improvements in psychophysiological outcomes in comparison to the control group. These findings suggest that yoga can be a beneficial intervention for high-risk adolescents. Jindani and Khalsa (2015) conducted a qualitative descriptive study to explore the effects of a yoga intervention program on patients going through PTSD. The study found that the yoga program provided several benefits for individuals with PTSD, including increased self-awareness, improved emotional regulation, and a greater sense of calmness. The findings suggest that yoga can be a valuable therapy for individuals who suffer through PTSD, although further study is needed to build effectiveness conclusively.

Chimiklis et al. (2018) conducted a study to examine the effectiveness of mindfulness, yoga, and interventions of meditation for youth with ADHD. The researchers reviewed multiple studies that investigated the effect of these interventions on the symptoms of ADHD, including inattentiveness and hyperactivity. The review found that yoga, mindfulness, and meditation interventions showed promise in reducing ADHD symptoms and improving attention and self-regulation in youth. However, due to a lack of available research and some methodological limitations, further research is needed to provide stronger evidence for the efficacy of these interventions in youth with ADHD.

Objective:

To measure the perception of youth regarding role of yoga curing diseases

Methodology:

This study is descriptive in nature in which the data were obtained from the 220 respondents to find the perception of youth regarding role of yoga curing diseases. A checklist question was used to analyse and interpret the data. In a checklist question respondents choose “Yes” or “No” for all the questions.

Data Analysis and Interpretations:

Table 1 Perception of Youth Regarding Role of Yoga Curing Diseases

SL No.	Perception of Youth Regarding Role of Yoga Curing Diseases	Yes	% Yes	No	% No	Total
1	Yoga helps in reducing the trauma	192	87.27	28	12.73	220
2	Helps to regulate emotions and improve self-regulation skills	203	92.27	17	7.73	220
3	Enhance body awareness	187	85.00	33	15.00	220
4	Promote safety and connectedness	196	89.09	24	10.91	220
5	Helps in enhancing overall well being	199	90.45	21	9.55	220
6	Yoga in the workplace significantly reduced stress levels within employees	213	96.82	7	3.18	220
7	It influences improved mood and increased job satisfaction	209	95.00	11	5.00	220

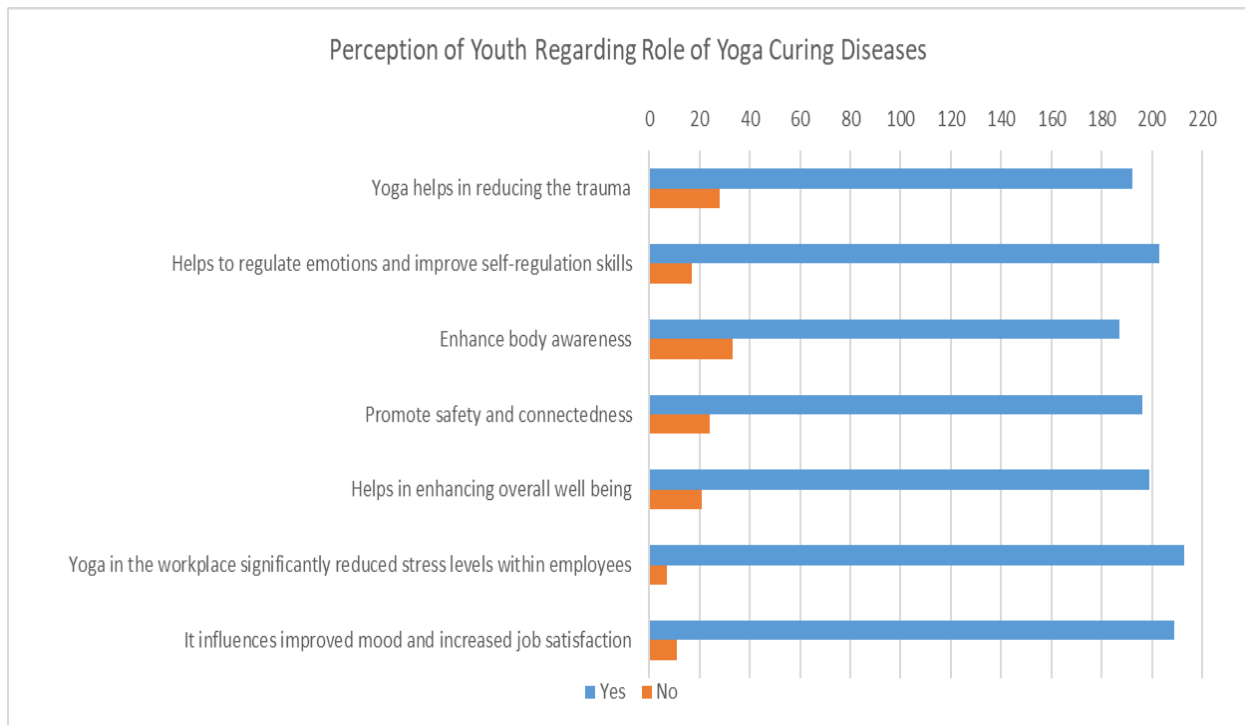


Figure 1 Perception of Youth Regarding Role of Yoga Curing Diseases

Table 1 and Figure 1 show the perception of youth regarding role of yoga curing diseases. It was found that around 96.8% respondents believes that yoga in the workplace significantly reduced stress levels within employees, it influences improved mood and increased job satisfaction (95.0%), Helps to regulate emotions, and improve self-regulation skills (92.2%), Helps in enhancing overall well-being (90.4%), Promote safety and connectedness (89.0%), Yoga helps in reducing the trauma (87.2%) and Enhance body awareness (85.0%).

Conclusion

In summary, this study seeks to explore the perception of youth regarding the role of yoga in curing diseases. By investigating their attitudes, knowledge, and experiences related to yoga as a curative practice, this research aims to provide valuable insights that can contribute to the integration of yoga into mainstream healthcare practices. Understanding the youth's perception of yoga's curative potential can have far-reaching implications in promoting holistic health and well-being among the younger generation and potentially pave the way for a paradigm shift in disease management.

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