

**YOGA FOR CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH
AND WELL-BEING: REVIEW**

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ABSTRACT

This article addresses yoga as a possible stress-reduction and self-regulation technique for youngsters. Yoga teaches you how to educate your mind and body to achieve emotional equilibrium. We believe that such tools are necessary for children and young people to listen inward to their bodies, emotions, and thoughts. Yoga may help children grow in a healthy manner, strengthen themselves, and contribute as social beings. First, we look at how today's children and young people are bombarded with expectations and are constantly stimulated by the Internet and other media and communication technology. Globalization exposes kids all around the globe to a variety of new expectations, norms, and choices, which is one reason why children suffer stress and mental health issues. There is also more pressure on students to succeed in school, partially as a result of greater competition, but also as a result of the wider variety of alternatives accessible to young people now than in the past. Our thesis is based in part on the reality that contemporary society is rife with diversions and unwanted temptations, particularly those associated with new communication technology. The prevalence of multimedia gadgets and the amount of time spent on them by youngsters are obvious indications of our current generation's changing lives and priorities. While these media technologies are important resources in the lives of children and young people for communication, learning, and entertainment, they also create continuous competition for the attention of children and young people. Yoga may assist children and young people deal with stress, and therefore contribute positively to life balance, well-being, and mental health, according to one of the major concepts in our essay. We provide evidence that suggests yoga is beneficial to children's physical and mental health. Yoga in schools also helps kids enhance their emotional and stress resilience, mood, and self-regulation abilities.

KEYWORDS: Children, Young People, Mental Health, Well-Being, Yoga.

1. INTRODUCTION

Children and young people all around the globe are exposed to a variety of new norms and choices as a result of globalization. Children now not only have access to new materials, but they are also expected to do well. Different institutions in the life of children and teenagers, such as family, school, and the media, offer continuous stimulation and expectations. This exposure to new expectations and demands has the potential to cause stress in the lives of young people, particularly when it comes to performance assessment.

According to recent study, the present generation of young people is the most stressed out. For example, the 2012 online poll "Stress in America" found that 2,020 people aged 18 to 33 years old in the United States had an average stress level of 5.4 out of ten. A stress level of three to six was deemed healthy by the experts. According to the study, millennials (18–33 years old) are more stressed than any other generation now alive. Millennials were also less likely than previous generations to award their healthcare an A. Almost half of them said that they didn't know[1], [2].

Stress has long been known to have negative health effects. A high stress level, if left untreated, may develop into a chronic illness, resulting in a variety of health issues such as anxiety, sleeplessness, muscular discomfort, high blood pressure, and a compromised immune system. Stress has been shown to contribute to the development of major diseases such as heart disease, depression, and obesity, as well as worsen existing health problems, according to research. When such young people are in charge of child care, they may tend to pass on their anxieties to their children, making the situation more frightening and concerning for their families. Stresses are internalized by children. Their self-imposed pressures to live up to the norms established by their caretakers, institutions, and society may be stressful. Furthermore, especially young individuals, internalization of self-expectation may become unmalleable.

We've seen that youngsters are very adept at concealing their discomfort and mental tension from their parents, since they don't want their parents to be concerned about them. They want to impress their parents by acting in a manner that is "acceptable" and "socially correct." Children despise disturbing their parents and contributing to their parents' already high levels of anxiety. Children take an active role in their own development while using a constructivist approach. Furthermore, children and adolescents engage with daily life events from perspectives that may vary from those of adults. According to this idea, children act as agents for their own well-being and develop the ability to be wellness partners with their families, friends, and society as they grow. Children, on the other hand, rely on the environment created by society to help them reach their full potential [3]–[5].

This article addresses yoga as a possible stress-reduction and self-regulation technique for teenagers. Yoga teaches you how to educate your mind and body to achieve emotional equilibrium. Yoga is said to bring about alignment and harmony. According to a new study, yoga may help you listen to your heart. We believe that children and teenagers need such assistance in order to listen internally to their bodies, emotions, and thoughts. As a result, yoga may aid in the development and maintenance of excellent mental health in children; health promotion for children should involve the enhancement of their attention, self-esteem, empowerment, and self-regulation. We think that children and adolescents must grow and develop in accordance with their own personalities, interpreting and achieving a balance between their own strengths and

social expectations. Yoga may help children grow in a healthy manner, strengthen themselves, and contribute as social beings [6], [7].

1.1. Yoga's Effects on Mental Health:

There are other instances of young people nowadays who have more serious views than previous generations. For example, in Norway, as in several other European nations, young people take less drugs than earlier generations, do better academically, and are more involved in society and elections. Furthermore, kids are more devout and less criminal, and they study harder in school. Children and teenagers also share more values with their parents than previous generations, and although young people "hang out" online, many parents do as well. This resemblance may be one of the explanations for the drop in drug use and norm-breaking. However, this pleasant conduct comes at a cost; new study suggests that today's youth are more concerned than previous generations. In addition, a growing number of young people are being diagnosed with illnesses including attention deficit hyperactivity disorder (ADHD) (ADHD). They are also under more pressure to achieve in school today than in past years. It may be difficult to put such a strong focus on education and self-discipline. As a result, young people have greater psychological issues; many worry excessively, have sleep difficulties, and feel gloomy and stressed [8]–[10].

Mental health issues are prevalent among children and adolescents in the West, as well as in other areas of the globe. According to the 2012 European Union (EU) Youth Report, about 10%–20% of young people in Europe suffer from mental disorders, and one out of every five has emotional or behavioral issues. According to some statistics, although the majority of teenagers in the globe are healthy, 20% of them have mental health problems. Similarly, according to a recent study, 15–20 percent of Norwegian children aged 3–18 years have impaired functional skills as a result of mental illnesses such as anxiety, depression, and behavioral disorders. Due to psychological and biological changes, psychological difficulties tend to increase during puberty. Children endure demands from their families, schools, and other social settings to perform well and adapt to society's constantly changing rate of growth.

The present situation makes it difficult for instructors and parents, as well as children, to promote good mental health. The shift from infancy to adolescence and adulthood may be challenging in and of itself. Children must also establish their own identity, gain autonomy from their parents, and cope with shifting peer relationships while coping with bodily changes. Academic, commercial/marketing, and relationship problems, as well as excelling in school, being popular, having a fit or slender physique, wearing the correct brands of clothing, and possessing the newest technical devices, are all sources of pressure for young people. This set of expectations causes stress, which has a negative effect on children's mental health and well-being, as well as their academic achievement.

Bullying (at school and online), behavioral difficulties, attention and self-regulation problems [such as ADHD and attention deficit disorder (ADD)], sleep disorders, obesity, internet addiction, drug misuse, and a lack of school motivation may all contribute to dropouts in children. Despite many years of political importance and targeted actions in both the EU and the US, recent high school dropout rates are close to 30%. (US). Additionally, schools confront the problem of pupils (particularly males) being more interested in the Internet, social media, and gaming than the school curriculum.

1.2. Children and Young People's Media Use and Health Challenges

Current civilization also provides a plethora of unwanted diversions and temptations, many of which are connected to modern media and communication technology, on which we have grown reliant. The enormous availability of media and the amount of time youngsters spend using media technology are obvious indications of our current generation's changing lives and priorities. In the United States, children spend over seven and a half hours per day using media devices, an alarmingly high average in 2013, but a reality. Children across the globe are spending an increasing amount of time in front of televisions, computers, and mobile phones, making media a major part of their life. Young people nowadays are expected to be online all of the time, and many of them are. To make media accessible to youngsters, advertising, communications, and education offer a fresh new social networking picture.

Although the media is a valuable source of information for children and adolescents' mental health, its widespread usage raises concerns about young people's ability and desire to balance physical and mental activity. A research conducted by the Kaiser Family Foundation looked at media usage among very young children (0–6 years) and found that they spend as much time with electronic devices as they do playing outdoors. This research, like many others, finds a connection between media use and a rise in health concerns including obesity and other physical and mental difficulties. Media addiction, recognizing media as a role in mental illness, dependence, obsessive–compulsive behaviors, concentration difficulties, and other attention disorders are words used by healthcare experts. In addition to these physical and mental dangers, safety concerns are being raised in media-rich societies, with issues such as cyberbullying, young children being exposed to violence, sexually explicit content, and extreme or inappropriate behaviors being emphasized. With media tools and technology, the world at large, including societal deviances, is closer and more readily accessible.

We define the media generation as young people who grow up in a hypermedia world. Unequal access to media is a significant issue in many nations, including India, particularly because information and communication technologies (ICT) are seen as key future knowledge resources. If children and young people's media usage is to be fully understood, it must be contextualized. To begin with, children's daily life offer background, which includes their family environment, school, and leisure activities. When analyzing the impact of new media and ICT on the lives of children, it's equally important to examine culture and norms. Young people's media usage is influenced by their social environment, which includes their family, community, and friends or peer groups. The media environment, which includes conventional media, serves as a backdrop for how new ICTs are adopted. The effect of media exposure on children will be mediated by their usage and receipt of it. Media usage may have far-reaching effects, affecting how youngsters spend their time, socialize, and even perceive the world. As a result, how young people perceive themselves and their life may be influenced by how they utilize media.

1.3. Yoga in Children's Lives

Yoga is an ancient activity that may assist children and teenagers deal with stress and therefore improve their mental health. “In a nutshell,” writes the author of a new book on yoga education

in India, “yoga is a strong medium for developing the personality of children and making them capable of confronting today's difficulties and problems.”

What can we do as researchers and responsible citizens concerned about the healthy development of children and young people to create a pleasant environment and chances for them to reach their full potential? With such a deep issue before us, we'd like to provide the reasons for practicing yoga. Pharmaceutical therapies for children with mental health issues are often used as short-term remedies, leaving them vulnerable to the medication's immediate and long-term side effects. As a result, we must explore alternative solutions that include empowerment in order to provide children and young people with the skills they need to develop self-awareness, self-defense, self-regulation, and holistic self-development.

The expectation that yoga may quiet the mind and improve general health and well-being has sparked a surge in worldwide interest in recent decades. Children's mental health and well-being include the ability to self-regulate emotionally, cognitively, and behaviorally, as well as the development of good relationships with peers and instructors. Yoga is an ancient Indian discipline that has gone across the globe and is now being revived in India. Asanas (postures), pranayamas (breathing methods), mudras (hand poses), and meditation are all part of yoga. There is a body of information about which postures are best for certain physiological processes. Yoga's beneficial effect on people's physical and mental health, as well as their overall well-being, has been documented in both ancient and modern yoga literature. Some of these assertions are supported by current scientific study on yoga, which shows that specific yoga practices are helpful to children's and young people's mental and physical health.

Yoga may be a beneficial scientific intervention for children and adolescents as a stress reliever, particularly in the school environment. Yoga is also anticipated to aid in the development of self-regulation in younger children and adolescents, facilitating their well-being, good social relationships, and academic achievement. Other scholarly research indicates that yoga offers substantial health benefits, particularly for stress management. “An increasing amount of data supports the idea that yoga improves physical and mental health through down-regulation of the hypothalamic–pituitary–adrenal (HPA) axis and the sympathetic nervous system,” according to a meta-analysis of publications. Apart from being a supplement to enhance concentration and attention, yoga may help children grow, improve their well-being, decrease daily stress, promote weight management, and alleviate emotional and behavioral issues.

Yoga practice among children has been shown to enhance attention, stress relief, self-awareness, consciousness, self-regulation, behavioral and emotional maturity, and self-confidence in daily life. Yoga has also been shown to be an effective complement to medical therapy for mental disorder in certain cases. Although there are some promising signs, further study on yoga as a stand-alone treatment is needed.

2. DISCUSSION

Yoga, according to this article, may be a beneficial technique for youngsters. “If you practice yoga every day with persistence, you will be able to confront the turbulence of life with stability and maturity,” we think this phrase equally applies to children and young people. Yoga's usefulness has been acknowledged by businesses all around the world. Yoga training centers, practice centers, commercial organizations, and individuals in both the business and non-profit

sectors have established studios and conducted sessions in different forms and methods throughout metropolitan regions in recent years. A large number of individuals pay to utilize these facilities and practice yoga. Despite their primary duty of developing the full potential of children and young people, schools, pre-schools, and the public sector of education are not keeping up with the trend.

In the teaching–learning process, today's youngsters need a creative, dynamic curriculum and a participatory approach. This method may also be used to learn yoga. As a result, if we can successfully connect with children and young people, they may use yoga as a strong tool to reduce stress and build resilience to cope with it. We think that further study is needed to better understand how children and young people may enjoy learning yoga, practice it regularly, and use it in their everyday lives. They may utilize yoga to deal with a variety of emotional and social stressors. From a social standpoint, we believe that yoga may help individuals become more socially aware, which may improve the probability of children and young people participating in civic activities and helping to shape a better society. Yoga, as previously mentioned, has the ability to enhance the mental health of children and adolescents. We've maintained that children and teenagers are agents with the growing ability to improve the self and society, and that yoga is a way for them to achieve holistic well-being. We may use this individual and societal conceptual value framework to restore social democratic structures for yoga and mental health in children and young people.

We have discussed some of the stresses to which children are subjected in their daily lives in contemporary cultures, such as increasing expectations and children's extensive media use, in this article. We've argued that yoga is essential for stress management, self-regulation, and healthy development in children and adolescents. As previously said, research on the impact of yoga on the mental health and well-being of children and adolescents is still in its early stages.

3. CONCLUSION

We believe that yoga may help children and young people stay focused or recover concentration, allowing them to deal with the stress and difficulties that they face in their daily life. Such instruments are required in the world and cultures in which today's youngsters are born. When feasible, yoga treatments should be evidence-based, supported by empirical research and user involvement. To advance this area of yoga research, research initiatives must be multidisciplinary and should include both quantitative and qualitative research methods.

As a result, the author makes the following suggestions:

- We suggest that yoga be made available to children and young people in pre-schools, schools, and community centers as part of the chances for them to study and practice it from an early age. Obviously, the long-term benefits of such an investment may be seen by future generations experiencing less stress.
- To determine the effect of yoga programs, we suggest both pre- and post-intervention investigations.
- In order to get a better theoretical knowledge of the possible benefits of yoga, it is also necessary to build a theoretical framework linking children and young people's mental health and well-being to appropriate self-regulation processes.

- Finally, we believe it is critical to create policies to introduce yoga into schools and to educate instructors to do so with children.

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