



## EFFECT OF YOGA PRACTICE ON ACCEPTANCE AND MINDFULNESS ON ADOLESCENCE: A RANDOMIZED CONTROL STUDY

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### Abstract

*The present study is assessing the effect yoga of acceptance and mindfulness on adolescence. The participants were divided into two groups – yoga (30) & Control (30). Yoga group has introduced 15 days yoga intervention program. The result has shown no significant changes in yoga group. Though mean value of yoga group has shown slight changes than control group.*

**Keywords:** acceptance, mindfulness, adolescence

With 356 million 10-24 year-olds, India has the world's largest youth population. This emerging power needs to navigate to the right direction. Present generation of children are undergoing a phase of intense competition. Acceptance and mindfulness is an important tool. The absence of ability to unconditionally accept oneself can lead to a variety of emotional difficulties, including uncontrolled anger and depression. The person who is caught up in self-evaluation rather than self-acceptance may also be very needy and may devote special care to self-aggrandizement in order to compensate for perceived personal deficits for healthy development of adolescence. (Langer, E. 1989). Self-acceptance enhancement has become an essential ingredient to comprehensive programs for dealing with a variety of mental health issues that arise with children and adolescents, parenting, relationship difficulties, women's issues, chronic illness, and aging. It has been successfully taught in life skills, social and emotional learning, rational-emotive education, and psycho-educational curriculum to young people as part of school based prevention and promotion of mental health programs. (e.g., Bernard, 2007; Knaus, 1974; Vernon, 2006).

Adolescence is term apply to those group of people who are undergoing the transition. It is a developmental transition between childhood and adulthood consider the major physical, cognitive, emotional and psychological changes. Adolescence has been described as transitional stage with uncertain boundaries. In Adolescence, self- image develops gradually on the basic of social norms. For holistic development of adolescents, It's an important for them to accept themselves as it is. Self-acceptance involves a realistic, subjective, awareness of one's strengths and weaknesses. Self-acceptance can be achieved by stopping criticizing and solving the defects of one's self, and then accepting them to be existing within one's self; that is, tolerating oneself to be imperfect in some parts.

Term of mindfulness is apt term to handle the hustle of the adolescence. Mindfulness is a process of active, open, nonjudgmental awareness. It is paying attention in the present moment with openness, curiosity, kindness and flexibility. Neuroscience and psychological research suggest that the

intentional practice of mindfulness improves the immune system – as well as increases gray matter in the brain involved with memory processes, emotional regulation, empathy and perspective taking. While scientific research related to mindfulness and youth development is a newer area of study, practices of mindfulness are grounded in ancient wisdom and approaches to mental and spiritual health and wellbeing.

### Methods

60 students from Jawaharlal Neharukendriyavidhyalaya, Dharwad were selected for the study and are divided into two groups Yoga (n=30) and control (n=30). Age group of the children in between 12 to 14. subjects educational qualification was eight and nine.

### Measure

Child Acceptance and mindfulness measure (CAMM) test was originally develop by Lauri A. Greco, S. E. Dew & S. Baer used for collecting data. It consists of 25 questions. Higher scores indicate higher levels of acceptance and mindfulness. The CAMM is a 25-item measure of mindfulness and assesses the degree to which children and adolescents observe internal experiences, act with awareness, and accept internal experiences without judging them. Participants are asked to indicate how true each item reflects their experience using a 5-point scale ranging from 0 (Never true) to 4 (Always true).

### Methodology

Sixty students from Jawaharlal Neharukendriyavidyalaya, Dharwad were selected for the study and are divided into two groups. Yoga (n=30) and control (n=30). Yoga group performed physical postures (Asanas), breathing practices (Pranayam) and yoga based relaxation and listening to moral stories for 60 mins, whereas control group follows daily routine. Age group was carefully selected in between 12 to 14 years. There were no significant differences in socioeconomic state. CAMM test was used to measure the different pre and post changes in subjects in duration of 15 days. We compared the data within group Wilcoxon signed ranked Test and between the Group Mann Whitney Test for getting the final result.



**Result**

Data was not normally distributed. Hence, we have conducted non parametric test, Data was analysis by Wilcoxon signed ranked Test was conducted to see the pre post changes within group and between the group Mann Whitney test. Result shows no significant changes with and between the group but mean value of yoga group has shown increase in yoga group from 55.03 to 57.67 where as in control group it decreased 55.53 to 55.10. In future, study would have been conducted with larger sample group and more variable study may show significance result.

**Table 1 - Within group Wilcoxon signed ranked Test**

Variable	Pre	Post	% mean value	P value (with group)
	Mean ± SD	Mean ± SD		
<b>Yoga CMM</b>	55.03 ± 7.13	57.60 ± 6.49	4.68	.057
<b>Control CMM</b>	55.53 ± 7.71	55.10 ± 7.94	0.77	.180

**Table 2 - Between Group Test-**

Variable	P value
CMM PRE	.912
CMM POST	.216

The current study has been done to assess the effect of acceptance and mindfulness in adolescence. This is a first attempt trial study to measure the effect of yoga practice on adolescence. It showed the partial changes in variable, which proves that yoga has an important role to play in assessing acceptance and mindfulness level of adolescence.

**Discussion and Conclusion**

This study reported the results of a pilot trial of learning to breathe, a mindfulness curriculum for adolescents created for a class room setting by P.C. Broderick and S. Metz. The primary goal of the program is to support the development of the emotional regulation skills through the practice mindfulness, which has been described as intentional, nonjudgmental awareness of present moment experience. The total class of 120 seniors (average age 17.4) from a private girl’s school participants reported decreased negative affect and increased the feeling of calmness relaxation, and self-acceptance. Improvements in emotion regulation and decreases in tiredness, aches and pains were significant in the treatment group at the conclusion of the program satisfaction. The results suggest that mindfulness is a potentially promising method for enhancing adolescents’ emotion regulation and wellbeing. Another study was conducted by L. Zylowska, DL Ackerman, MH Yang. Mindfulness Meditation training in Adults And

Adolescence with ADHD Feasibility study suggested the promising result. ADHD is a childhood onset psychiatric condition that often continues into adulthood. Stimulated medications are the mainstay of treatment; however additional approaches are frequently desired. In recent years, mindfulness meditation has been proposed to improve attention, to reduce stress, and improve mood. This study tests feasibility of an 8 week mindfulness training program for Adult and Adolescents with ADHD. Twenty four adult and eight adolescents with ADHD enrolled in feasibility study of an eight week training program. The majority of participants completed the training and reported high satisfaction with training. Pre-post improvements in self-reported ADHD symptoms and test performance on tasks measuring attention and cognitive inhibition were noted. Improvement in anxiety and depression symptoms also observed.

Based on previous literature, the current study has been done to assess the effect of acceptance and mindfulness in adolescence. This data was not normally distributed and we have conducted non parametric test. Within Group Wilcoxon Signed Rank Test and Between- Group-Mann Whitney Test. This is a first attempt trial study to measure the effect of yoga practice on adolescence. It showed the partial changes in variable, which proves that yoga has an important role to play in assessing acceptance and mindfulness level of adolescence.

Yoga practice has trend to be leverage the level of acceptance & mindfulness in adolescence. It is attempt to use yoga intervention in acceptance and mindfulness level in children by using CMM.

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