Approach of Yoga Education for Rural Adolescence Girls towards Mental Health:
A Review

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Abstract

Of course yoga mean union by ‘unify’ but the actual meaning and feel is to control of body, mind and senses, as well as the proper differentiation between purusa and prakriti, are all aspects of spiritual practise that aim to bring about the perfectionism is called Yoga -Maharishi Patanjali.

Education is a process of human empowerment that aims to improve and better sequence the quality of life, and ‘yoga’ (one of our many traditions) is the source of it. We become cultured people thanks to this method. Nowadays, social media is where most adolescence (youth generation) spent their time, which means they are less interested in plays, physical activity and other undertaking. If some are involve in other activities like; gym, running, athletic, and so on, just for rivalry and contesting that makes the cause of disorder. Today’s generation is suffering from many physical, mental and social issues, so yoga education is very essential tools that can help them to out come from these health perilous. Between the childhood and adulthood period is called Adolescence also known as stress and storm, which is the most important stage of human being. Adolescence cannot understand and adjust with their new-fangled era in life. They faced many changes like behavioural, physiological, psychological, and many more in their own life but regards this somatic-variation confused with the role. Especially, rural girls are so unspecified to these substitutions and this change are affected their life just because lack of knowledge. Gradually they suffered mental illness and become discouraged towards their life. The overall solution for this problem is to understand the role of yoga in life and for this we should learn and develop yoga from the depth of mind & soul.

Keywords: Yoga, Education, Adolescence, Mental health.

INTRODUCTION:

“Education is the mother of leadership”- Wendell Willkie.

In the world modern technology are spreading very fasts and everyone wants to get achieved 1” position in this race. Behind this they are losing more valuable things. Every parent wants to give their child good education, good life, good community, health and so on. But which type of education and environment must be good for their children they don’t know and that’s make the main causes for all problems which are facing nowadays children. Same things are happen in rural area but in different circumstances viz., Poverty, lack of education and knowledge, poor medical facilities, no more technology, ancient cultured, traditionalism and many more. These all aspect affects there’s children life in various field especially girls just because of sex discrimination which are very normal for rural area. Rural adolescence girls suffered many health issues. In the point they are not perfect in health definition. “Health is a state of complete physical, mental and social well-being and not merely the absence of any disease”-(WHO). So the question is that what should be the most important thing for these all causes, which can cure from the issues and give a perfect health? Which education is best for adolescence holistic life? Several and previous studies proved that yoga education and practice is the one which may help to cure adolescence holistic health and life.

ADOLESCENCE

The Latin word ‘adolescere’ means to mature or grow. It includes the physical, mental, social and emotional development as well. Piaget stated this viewpoint when he remarked that psychologically, adolescence is the age at which a person integrates into adult society, the age at which the kid no longer feels inferior or other hesitations to his elders but rather equal, at least in rights. WHO decided between 10 to 19 years ages are adolescence where puberty convert into adulthood. Practically and also biologically, adolescence is the best stage of life where teens fully recovered from childhood and frequently developed in new stage of life. At this age physically, mentally, psychologically, and spiritually changes are happen which generates new level of experiences.

In short term adolescence is the phase of learning, handling and gaining for anything. Experts, including Robert Epstein, have disputed the idea of adolescence since they contend that teen’s problems are not primarily brought on by their underdeveloped brain. Because adolescences is a relatively recent event in human history established by contemporary civilization, some have challenged the idea of adolescence and have been harshly critical of what they see as the infantilization of young adults in
American society. Robert Epstein and Jennifer Ong write in a scientific American article that “adolescent turbulence of the American kind is missing in more than 100 civilizations around the world, demonstrating that such mayhem is not biologically unavoidable. Second, the brain itself involves in response to experiences, raising the questions of whether teenage brain traits are the root of teen unrest or rather it is events that drive the brain to change.

Adolescence girl’s demography in India:-
- NFSH, 2016 reports data show that in India 20 to 24 year 27% old women married before 18.
- ILO (LFEP) 2017, 27% female labour forcefully participation in India.
- OECD, 2017 30% youth girls are still uneducated.

Adolescence (in girls) is a time when evaluative decisions must be made like- decisions about marriage, schooling, careers, and fertility—that may have a significant effect on a person’s development, growth and future perspective. According to India’s 2011 census, 253 million people in the country—nearly a fifth (19.1 percent) of the country’s population—are adolescents aged 10–19 years. For the early marriage Uttar-Pradesh, Bihar, West-Bengal, Maharashtra, and Madhya-Pradesh states are comes under the number one.

Successful framework for Adolescent Transition to Adulthood:-
- Delaying age of marriage Increasing education levels among girls can reduce child marriage and vice-versa
- Improving Secondary Education More schooling is associated with a higher probability of employment and earnings.
- Facilitation transition to work Early child marriage may reduce labour force participation especially for girls.

Sex Ratio of Adolescence-
Sex ratio is the most important demographic factor to analyzing the gender based equality or balance in a society. In 2011, the sex ratio of adolescence (0-19) was 897 girls per 1000 boys but now the awareness and so many positive factors increased this ratio where’s 1000 boys per 1019 girls. In India, the highest sex ratio was in Arunachal Pradesh (1002), followed by Meghalaya (987), Mizoram (986), Manipur (977) so on and the lowest sex ratio were Punjab (804), Haryana (800), Himachal Pradesh (824), Gujarat (826) and Uttarakhand (844). Behind the every situation these main causes were found like- uneducated, poor hospitality, poverty, unawareness, violence, poor nutrition and unhygienic health issues.

Unhygienic, lack of knowledge, poverty, and mentioned the all above causes are creates health issues, from which mental health affected so much. Mental health is the biggest issue of attention among psychologists, educators, and sociologist for the last few decades. Transition from childhood to adulthood is a very challenging and demanding period, as a girl has to face stress and psychological difficulties to attain their future goals of life.

According to WHO in India 70 percent adolescence people death happen due to abnormal behaviour, it may be parental behaviour, sexual behaviour or social behaviour. National Crime Records Bureau says due to the exam pressure adolescence committed suicide and Tamil Nadu has the highest rate of suicide.

The Needs of Adolescents Period-
In a survey by (NFSH) analysed that mainly six thematic parameters can be improve adolescence period or can help in adolescence dimensions conceptual areas.

1. Health and survival
   - Mortality
   - Immunisation
   - Low birth weight
   - Reproductive health among adolescence girls
   - Skilled birth attendance
2. **Education**
   - Completion
   - Learning outcomes
   - Reason for not attending school
   - Expenditure for education

3. **Nutrition**
   - Breastfeeding
   - Height & Weight for age
   - Complementary feeding practice

4. **Employment**
   - Labour
   - Neither working nor studying
   - Hazardous work or informal work

5. **Wash**
   - Safety manage water and food
   - Basic sanitisation
   - Basic hygiene
   - Menstrual hygiene

6. **Protection**
   - Sexual harassment
   - Girl’s Infanticide
   - Cyber crime
   - Gang violence
   - Abusing
   - Early marriage

**MENTAL HEALTH**

Mental health as world health report (2001) defines, that “is subjective well-being, perceived self-efficacy, autonomy, competence, inter-generational dependence, and self-actualization of one’s intellectual and emotional potential.”

Human development and mental health generally occurs period of adolescence at the age group 10 to 19 years where 22 percent of Indian population of adolescence (childhood to adulthood). During this stage most of the adolescence has problems to make adjustment with own-self, friends, family and society. In reality, adolescence people may have mental, intellectual, emotional, and behavioural problems which we called disorders.

By definition and realization, being a perfect healthy is an inherent aspect of being alive. The secret of “jivem shardah shatam”, or a century of robust, healthy, hopefully, joyfully, happily, and creative life, was attributed by our ancient and Vedic Indians to the complete harmony of lifestyle with nature and the spiritual legacy of life. A person’s life is their lifestyle. Sedentary behaviour and nature increase the chance of developing many prevalent ailments. A sort of lifestyle with any or irregular physical activity is referred to as a psychotic lifestyle in medicine and according to new studies it to be said that your health may be more risky from an active lifestyle than smoking and drinking. The effects of a sedentary lifestyle on a person have been the subject of numerous studies for example lack of physical activity are increasing heart diseases death rate where 52% man and 28% men ratio. A researcher of Duke University medical centre found in their study that in human lack of exercise have increased blood sugar levels due to which pancreas affected by more pressure and its convert into type 2 Diabetes, which is very dangerous for health because the level of insulin spread inside the whole body. Norway researchers found in study that those people who are not used to be regular in exercise are suffering from headache and the data is more than 14 % while their diet, lifestyle, and normal routine are good but without any physical activity body makes rust from the inside. Weight gaining is also a risk factor and obstacles for healthy life. These all physical issues affect mental health than psycho-health. Once in a time only elders and up to 60 years old people suffered from this type of diseases but nowadays youth are also facing the same situation and it’s a big hazard for a community or a nation.

Rural adolescence girls emotionally, physically, psychologically and educationally development may be hampered by mental health issues, hence it is crucial to find the solutions to improve this condition. So, cultivating positive personality traits is more crucial than avoiding negative ones for example: Depression, Stress, Anxiety, etc. (Salami, 2002).

Rural adolescence girls have been facing various challenges and problems ever since dawn of puberty and especially mental problems. Education has been highly valued for everyone and every year Government and many National, International NGO’s launch many schemes for education and girls like “SDG, NITI Aayog, Beti Bachao Beti Padhao, Sukanya Samridhi Yojana, Welfare, Balika Samridhi yojana” and so on but still girls are surviving many social and health issues why they are not confident, why they don’t feel secure, why they feel shy and hesitate, why they cannot take their own decision? So many causes are happening only for rural girls. Physically they look mature but mentally they are premature. Well education, positive environment, family support, good nutrition, medical facility and more factor are make them healthy and wealthy as like boys. That is why here researcher wants to work on this problem through yoga education, therefore the overall, girls should be known their own values, ethics and decisions and for that yoga education can make a solution for these problems.
YOGA

In modern era every person’s life is becoming very hectic and unbalanced. If a person has well sufficient income for daily routine and life is going very easily but still they are not satisfied by their life, just because of their unstable mind. Same thing are happening with adolescence, generally they don’t have a clear vision and purpose towards their life. At that time lack of support (parents/family), helplessness, impatience, loneliness, and many reasons make them depressive and negative thinker. According to Eliot and Feldman, 1990. “Adolescence is still considered an important transition period, because of the cognitive, biological, spiritual and social changes that occur during this particular time period”. Mc Whiter (1997) research proved that in social isolation adolescence girls experiences are more strain and different than adolescence boys.

Several studies proved that after practicing of yoga children are various ages and socioeconomic backgrounds experience a noticeable improvement in their sense of mental wellbeing. Adolescents who regularly practise yoga posture, breathing system pranayama, meditation are better able to focus, control impulsive nature and behaviour, and treat others with very kindness as well as themselves. Mahrishi Patanjali has explained different types of remedies and way for healthy and wealthy life through Patanjali Yoga Philosophy. Yoga is an ancient science or philosophy by our heritage that reveals to learn concentrate for mental energy, gain more efficient knowledge, and keep calm and mindfulness. It helps in children to develop lifelong healthy habits that separate to you from the crowd. According to Shrimad Bhagavad Gita "Yoga is an equanimity” (2.48) and "Yoga is full of skills and action” (2.50). Where lord Krishna said- Yoga is a balanced state of body, mind and soul.

Review Literature

Hadi & Hadi, 2007; Berger, Silver & Stein, 2009; Telles, 2012; Noggle, Steiner, Minami & Khalsa, 2012, Bhardwaj & Agrawal, 2013; Telles, Singh, Bhardwaj, Kumar & Balkrishna, 2013, Mookherjee & Bhardwaj, 2015, and so on studied, which suggest that the role of yoga is basic therapy or treatment for mental and healthy well-being. Some related research evidence are there which indicate to show about the mental health through the yoga.

- 12 weeks of continue yoga practice was found the level of confidence enhancing in players. (Balasubramanian & Kumar, 2015).
- 6 weeks of yoga improved the stress level in middle aged men. (Nityanathan & Kalpana, 2014).
- 45 days of spiritual and yoga therapy helped out to anxiety in students. (Tiware, 2011).
- 2 months regular practice of pragyayoga and and nada yoga had positive impact of adolescent’s mental health. (Kashyap, 2009).
- 25 days of yoga and preksha meditation increased ego-strength, confidence level and self-assurance. (Gaur & Sharma, 2003).
- 2 months of regular yoga and pragyayoga meditation helped to emotional, memory and mental health in students. (Bhardwaj, 2012).
- 12 weeks of yoga training programme was analyzed that the student’s behaviour, intellectual, physical appearance, and attributes were increased and anxiety or stress level decreased. (Dr. Kundu & Dr.Parmank, 2014)
- 45 days of regular pranayam and surya namaskar helps to increased the level of confidence and balanced mental health. (Dr. Rastogi & Kishore, 2015).

After reviewing and many research literature studies defined that our vedic culture yoga practice is logically and scientifically, helps us to maintain our health. Healthy lifestyle is the steady flow of body stamina and strength; enhance body flexibility, balanced body, mind & soul, managed diet and nutrition, and so on.

SUGGESTIONS & CONCLUSION

It seems that most of our rural adolescence girls are not much aware of yoga which could be the one affected cause for their possessing and developing less awareness of yoga that is very important. With an emphasis on the individuals and social, emotional and cognitive, behavioural and spiritual, and ultimately moral yoga seeks to fully develop the human personality. It should be a component of adolescence because it must be worked on from childhood onward for maximum benefits. The benefits of mentally fit are infinite for adolescence overall development. Mental health is all about being comfortable and peaceful towards the whole body which create your environment, your attitude, your personality, your positivity, and many more thoughts. A mentally fit lifestyle can increase the longevity of a person. Girls especially rural area’s feel very shy, negativity, hopelessness, inferior, insecure, hesitate, could not take own life’s decisions, and totally depend on someone like he can be father, can be brother, or can be husband. After that gradually they became more and more uncomfortable towards their own life and that is the main issue were found in rural adolescent girls.

Secondly, this type of daily routine and from the born makes them habitual and these affect their life very deeply. Mentally, physically, socially, and emotionally they are unfit. Their life is very risky and surviving. Now we can take one step that we have to organize yoga programme and aware of yoga education which is very useful for all. In the school or village level yoga instructor or trainer should be appointed for them. Yoga training programme must be implemented in school to improve their lifestyle. Thus the yoga practises not only brings a harmony but also feels happiness in life which leads to clarity and balanced between body and mind. Government already took first step by celebrating “International Yoga Day” on 21st June every year. Now it’s our responsibility to make it success not only adolescence also for the healthy and progressive development of the every age.
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