



## **EFFECT OF YOGIC EXERCISES PROGRAM ON POSITIVE MENTAL HEALTH OF SCHOOL BOYS SUFFERING FROM POSTURAL DEFORMITIES**

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### **Abstract**

*The present study was conducted to find out the effect of specific yogic exercise program of short duration on positive mental health of school boys suffering from postural deformities. This study was conducted on 58 school boys studying in B.M.C. School Kurla suffering from various postural deformities. Junior Positive mental health inventory prepared by Agashe and Helode (2009) was used as psychological instrument in the present study. The result reveals statistically significant beneficial effect of three months yoga program on positive mental health of school boys suffering from various postural deformities. It was concluded that yoga may be used as alternative therapy to enhance positive mental health of school boys suffering from postural deformities.*

**Keywords :** Postural Deformity, Yoga, Positive Mental Health, Yoga



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### **Introduction:**

Mental health is one of the related concepts to quality of life. According to the definition of World Health Organization (WHO)<sup>1</sup>, mental health means whole richness of physical, mental and social concepts of each person, and so, mental health is one of key reasons in people's general health. Mental health has also been viewed has positive aspect. Strupp and Hadley (1977)<sup>2</sup> also conceived mental health in its positive perspectives. This model has considered self-acceptance, ego-strength and philosophy of human nature/life as the major components of positive mental health. The importance of mental health in quality of life is well known. Apart from psycho-pathological stand point it has been observed that ancient India practices of yoga is useful in enhancing psychological well-being. Deshmukh (1971)<sup>3</sup>, Carrington et al. (1980)<sup>4</sup>, Deshpande et al. (2008)<sup>5</sup>, Knobben (2013)<sup>6</sup> have concentrated their research on effect of yoga on mental health of adults. Apart from normal people it has been observed that person with postural deformities is more prone to psychological problems [Babekir et al. (2007)<sup>7</sup>, Saligheh et al. (2013)<sup>8</sup>] Fortin et al. (2011)<sup>9</sup> defined posture as the alignment or orientation of body segments while maintaining an upright position. Ningthoujam (2014)<sup>10</sup> considers “posture” as a product of human behaviour, emphasizing that factors affecting a wrong posture are features of daily behaviour. According

to him "posture" reflects the well-being of the individual, reflects its activity and somehow relevant personality. But all these studies are on adult population and did not address the issue of positive mental health in school children. Since nations prospect and development is dependent upon their future torch bearers i.e. school children, hence the researcher decided to explore the efficacy of yogic exercise program on positive mental health of school boys suffering from postural deformities.

### **Objective of the Study**

The main objective of the present study is to find the effect of short duration yogic exercise program on positive mental health of primary and middle school boys suffering from postural deformities.

### **Hypothesis**

It was hypothesized that follow up data on positive mental health will show significantly encouraging signs after three months yogic exercise program imparted to school boys suffering from postural deformities.

### **Methodology**

#### **Sample :**

To conduct the study 1500 school children between six to 12 years were selected from B.M.C. School Kurla. Kypholordometry was used to determine presence of postural deformities namely kyphosis and lordosis among selected subjects. Out of these 1500 school children, 58 were found to be suffering from postural deformity of some or other kind. These 58 school children were selected as sample.

#### **Tools**

#### **Kypholordometer Test for Kyphosis:**

Postural deformities in selected subject were screened with the help of Kypholordometer.

#### **Positive Mental Health Inventory:**

The Junior Positive Mental Health Inventory (JPMHI) prepared by Agashe and Helode (2009) was used to assess positive mental health of selected subjects. The inventory consist of 36 items with three dimensions i.e. ego strength, self acceptance and philosophy of life as sub variables. This inventory is highly reliable and valid.

#### **Yoga Program:**

Three months yoga exercise program was chalked out by the researcher with the help of experts in the field of yoga. The asanas were increased as per the time schedule set by

the experts. Asanas with supine, prone and sitting position were incorporated in this program. Savasan, Ardha, Chakrasan, Padmasan, Pranayam, OM chanting and Anulom Vilom were included in this yoga exercise program along with other asanas.

**Procedure:**

Screening with kypholordometer was performed on 1500 school boys from primary and middle school. Out of these 58 primary and middle school boys were found to be suffering from postural deformities. Junior Positive Mental Health Inventory prepared by Agashe and Helode (2009) were administered to these subjects. Since the study was based on single group experimental design, the administration of JPMHI was done twice i.e. before and after study period of three months. The pre post response of the subjects on JPMHI was scored off and put to statistical analysis. Results shown in table 1.

**Analysis and Interpretation :**

**Table 1 Depicting Pre and Post Test statistics (Before and After Yoga Training Program) of Mental Health in a Group of School Boys Suffering from Postural Deformities**

Variable	N	Statistical Scores		Mean Diff.	‘r’	‘t’
		Pre-Test Mean±S.D.	Post Test Mean±S.D.			
Positive Mental Health	58	19.60±2.69	22.48±2.45	2.87	.94	18.49**

\*\* Significant at .01 level

Results shown in table 1 show that in a group of school boys suffering from postural deformities, mean scores on positive mental health differ before yoga exercise program (M=19.60) and after yoga exercise program of three months (M=22.48) at .01 of statistical significance. The mean difference of 2.87 shows that after imparting yoga exercise program mean positive mental health scores was increased significantly increased as compared to what it was before the commencement of study period. (t=18.49, df=57, r=.94, p<.01). It indicates that three months program of yoga has significantly enhanced positive mental health of school boys suffering from postural deformities.

**Result and Discussion :**

On the basis of analysis it was found that after participating in three months yoga program, positive mental health of school boys suffering from postural deformities. Knobben (2013) also reported that yoga interventions can be effective in reducing depression, depressive symptoms and the promotion of well-being. In other words it has positive effects

not only on depression, but also on the positive functioning of a person. Hence the efficacy of yoga is also true for school boys suffering from postural deformities.

### **Conclusion**

On the basis of results it was concluded that yoga exercise program of short duration is beneficial in enhancing positive mental health even in school boys suffering from postural deformities.

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