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Frontiers

### Knowledge and Practice of Yoga in Adolescent Girls

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#### ABSTRACT

The adolescent period is one in which Growth and Development take place at all levels, i.e., physically, mentally, socially, and emotionally. The individual has to adjust and adapt herself to the environment available. Adolescence is the period in which many changes take place. Adolescents will be very vulnerable to Stress because of rapid Physical and Psychological modifications. Yoga is an ancient Indian way of life that includes the practice of specific postures (asanas), regulated breathing (pranayamas), and meditation. Yoga, through its techniques of meditation, asanas, and pranayama, yields a positive effect in the management of stress in High School students. With this background, the present study was conducted to assess the knowledge and practice of yoga in adolescent girls. **Methodology:** A cross-sectional study was conducted on 100 adolescent/teenage girls at Guntur district, Andhra Pradesh, India. A pretested semi-structured questionnaire was prepared for data collection. **Results:** The mean age of study subjects was 15.8 with an SD of 0.5, 73% of the study subjects were not doing any exercise, 81% of the subjects were had a mixed diet. 92% of the students had known about Yoga. The majority of the students' are aware of Yoga through electronic media. Out of these 92 students, a majority of 78% believed that Yoga improves physical health, only 11% of the subjects believe that both physical and mental health can be improved by practicing Yoga. Very few students (9%) were practicing Yoga. Out of 84 non practitioners of Yoga, 50% of the students said that they don't have time to practice Yoga. 63 % of the subjects told they were not trained. 21% and 17% of the students said that Yoga is more useful for boys than girls, more useful in old age, respectively. **Conclusion:** In the present study, the majority of the adolescent girls had no

proper knowledge of Yoga. Health Education is essential to spread awareness. Adolescents are the future citizens of any country, and it is imperative to address their needs systematically. Yoga is an ancient native traditional art, and therefore, the role of Yoga and its impact should be best utilized by educational institutions, and parents preferably with the support of a trained Yoga therapist.

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### **Introduction:**

The years of Adolescence are from 13-19 years. It is the period in which growth and development take place at all levels that is physically, mentally, socially, and emotionally. The individual has to adjust and adapt themselves to the environment available. Adolescence is the period in which many changes take place. Adolescents will be very Vulnerable to Stress because of rapid physical and psychological modifications.

A variety of technologies have been proven effective in helping children deal with stress, including yoga, deep muscle relaxation, and guided visual imagery. Adults should be aware of the stress in childrens' lives and should assist in the development of positive coping. High school can be a stressful period with both academic and personal challenges. Yoga is an ancient Indian way of life that includes the practice of specific postures (asanas), regulated breathing (pranayamas), and meditation <sup>[1]</sup>. There is an increasing interest in the use of yoga to calm the mind and increase overall health and wellbeing<sup>[2]</sup>. Yoga, through breath and awareness, provides space to step back and regulate the response to stress calmly and thoughtfully. Bakshi, A. Kumari, A. (2009) <sup>[3]</sup> observed the effect of practicing Yoga among adolescents and found a significant change in the level of subjective well-being and academic performance. Anice James and Marice (2004) <sup>[4]</sup> investigated the influence of academic stress on the achievement of the ninth standard students and found a significant difference between boys and girls. Girls performed better than boys in their level of performance and lowered in the level of academic stress. Mohammad and Philip (2004) <sup>[5]</sup> observed that girls' academic stress was higher than the boys' academic stress. Yoga, through its techniques of meditation, asanas, and pranayama, yields a positive effect in the management of stress in High School students. Very few studies were done on Yoga in

Andhra Pradesh. With this background, the present study was conducted to assess the knowledge, attitude, and practice of Yoga in adolescent girls.

### **Objectives:**

1. To assess the knowledge and practice of Yoga in adolescent girls.
2. To give health education on Yoga.

### **Methodology**

#### **Study design:**

A cross-sectional study was conducted among adolescent girls in Guntur, Andhra Pradesh, India, in the year 2017.

#### **Study population:**

The study was conducted among the students of 9<sup>th</sup> and 10<sup>th</sup> standards. The Institutional ethical board approved the study.

#### **Sample Size:**

A total of 100 students participated in the current study.

#### **Method of data collection:**

The study subjects were contacted in their respective classrooms, and the purpose of the study was explained to them. A handout on the essential information was provided to all participants. Participation was voluntary, and respondents were assured of confidentiality. Students were given a choice to decline participation without prejudice. After obtaining informed consent from the subjects, these students were given an hour to fill out the pretested semi-structured questionnaire in the classroom. No incentives were offered for the completion of the questionnaire. The questionnaire (KAP Questionnaire) was designed and constructed by the lead author after a thorough literature survey. Two experts from

the department validated the questionnaire. Question content included socio-demographics, lifestyle factors, and knowledge about, attitude toward, the practice of, and barriers to Yoga. Pilot testing was done before data collection and resulted in informed modification of the questions. Most of the items in the questionnaire allowed respondents to select multiple

responses, and there were no forced-response questions.

#### Statistical Analysis:

A statistical package, SPSS V22, was used to analyze the data. Validation and reliability of the questionnaire were tested using Cronbach's alpha. Descriptive statistics were represented with Percentages.

#### Results & Discussion:

Table-1: Socio-demographic information of study subjects.

Variable	Mean $\pm$ SD or %
Age	15.8 $\pm$ 0.5
Father Education	
Literate	72%
Illiterate	28%
Mother Education	
Literate	64%
Illiterate	36%
Physical Activity	
Good	3%
Moderate	24%
No Exercise	73%
Diet	
Mixed	81%
Vegetarian	19%

The mean age of study subjects was 15.8 with SD 0.5, Out of 100 study subjects, 72% of the fathers were literate, 64% of the mothers were literates, 73% of the study subjects were not doing any exercise, 81% of the subjects had a mixed diet.

Table-2: Knowledge, attitude, and practice of Yoga

Variable	%
Do you know about Yoga?	
Yes	92 (92%)
No	8 (8%)
Primary Source of information (n=92)	
Electronic Media	79 (86%)
Print Media	3 (3%)
Others (Teachers, Friends, Relatives, etc.)	10 (11%)
Yoga improves (n=92)	
Physical health	72 (78%)
Mental health	9 (10%)
Both	11 (12%)

Knowledge of Yoga components (n=92)	
Yes	27 (29% )
No	65 (71%)
The current practice of Yoga (n=92)	
Yes	8 (9% )
No	84 (91%)

Out of 100 students, 92% of the students had known about Yoga; the majority of the students' were aware of Yoga through electronic media. Out of these 92 students, majority of 78% believed that Yoga improves physical health, only 11% of the subjects believe that both physical and mental health can be improved by practicing Yoga. Only 29% of the students knew components of Yoga. Very few students (9%) were practicing Yoga.

Table-3: Reasons for nonpracticing Yoga (n=84)

Reasons for not practicing Yoga	Count (%)
Lack of time	42 (50%)
No training	63 (75%)
More useful for boys than the girls	22 (21%)
More useful in old age	17 (20%)

Out of 84 nonpractitioners of Yoga, 50% of the students said that they don't have time to practice Yoga. 63 % of the subjects told they were not trained. 21% and 17% of the students said that Yoga is more useful for boys than girls, more useful in old age, respectively.

### Conclusion:

In the present study, the majority of the adolescent girls had no proper knowledge of Yoga. Health Education is essential to spread awareness. Adolescents are the future citizens of any country, and it is imperative to address their needs systematically.

Yoga is an ancient native traditional art, and therefore, the role of Yoga and its impact should be best utilized by educational institutions, and parents preferably with the support of a trained Yoga therapist

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