

Benefits of Yoga On Psychosocial Well-Being Among Adolescents At Selected School In Madurai.

Sobiya Sundaramoorthy, Vasugi S, Rajalakshmi N, Jayanthi R,
Saravanan K And Dhastagir Sultan Sheriff

Department Of Community Health Nursing, College Of Nursing, Madurai Medical College, Madurai, Tamil Nadu, India.

Department Of Nursing, Madurai Medical College, Madurai, Tamil Nadu, India.

Madurai Medical College, Madurai, Tamil Nadu, India.

Anna Medical College, Mauritius

Abstract

Adolescence as the period between 10 and 19 years of age with rapid physical, cognitive, social, and emotional maturing as the boy prepares for manhood and girl prepares for womanhood. Adolescents are vulnerable by virtue of the normal development process. Biological changes that take place during puberty to include other major changes that occur at varying rates. These include changes in sexual characteristics, body image, sexual interest, career development, intellectual development and self-concept. Role changes increasing the vulnerability. A study is designed to find out the Benefits of yoga on psychosocial well being among adolescents at selected school in Madurai and to find out the association between their selected demographic variables. A quantitative research approach and pre experimental one group pre test post test research design were used to gather data from 60 samples using non probability purposive sampling technique. PSS -10 perceived stress scale were used to collect information among adolescents. Data was analysed and interpreted and the results were derived. The study findings revealed that majority of the subjects 45 (75%) adolescents were experienced low stress and 15 (25%) had moderate stress and None of the subjects were experienced high stress after yoga intervention. There is statistically significant association between the level of psychosocial well being with their age ($\chi^2= 4.2, p= 0.035$) and with their type of family ($\chi^2= 5.6, p=0.025$) and Benefits of yoga on psychosocial well being among adolescents at selected school in Madurai. Statistical significance was calculated using the Chi-square test. The study findings concluded that majority of this study showed that there is low level of stress and increase level of psychosocial well being among adolescents after yoga intervention. Therefore, yoga intervention create awareness among adolescents through yoga interventions to improve the emotional regulation, social development, cognitive development.

Keywords: yoga, psychosocial well being, adolescents.

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I. Introduction

Adolescents experienced psychological well-being as characterized by purposeful living and meaning; positive relationships; being a role-model; self-regard; constructive coping; positive emotions and gratitude. Lower mental health was experienced as characterized by meaninglessness, impaired relationships, identification with dysfunctional outsiders, self incompetence, dysfunctional behaviors, negative emotions and helplessness. The youth distinguished between experiences of well-being and the absence thereof¹⁻³

According to the **World Health Organization**, globally, around 15% of adolescents (aged 10-19) experience a mental health disorder, representing roughly one in seven adolescents, and this accounts for 15% of the global disease burden in this age group; with depression being one of the most prevalent issues, affecting a larger percentage of older adolescents compared to younger ones.⁴⁻⁶

Globally, The prevalence of mental health disorders in children and adolescents is almost 15% With the recognition that 50% of mental health disorders begin by the age of 14 and 75% by the age of 24, child and adolescent mental health has become a global priority, one in seven 10-19-year-olds experiences a mental disorder, accounting for 15% of the global burden of disease in this age group. Depression, anxiety and behavioral disorders are among the leading causes of illness and disability among adolescents. In 2023, CDC found that: 4 in 10 (40%) students had persistent feelings of sadness or hopelessness. 2 in 10 (20%) students seriously considered attempting suicide and nearly 1 in 10 (9%) attempted suicide.¹⁻⁶

II. Methods

A Pre experimental one group pre test post test design was used to assess the level of psychosocial well being among adolescents at selected school in Madurai during the month of March 2025. In the present study 60 adolescents were selected using Non probability purposive sampling technique.

After formal administrative permission was obtained and the ethical clearance, a pilot study was conducted. Adolescents who were age group of 13 to 15 years, both boys and girls and those who have high level stress scored > 13 on PSS- 10 scale were included in this study. Adolescents those who are not willing to participate were excluded from the study. Perceived Stress Scale -10 item (PSS-10) and socio demographic data were used to collect data.

Statistical analysis

The obtained data was analyzed using Microsoft Excel and SPSS packages. Results were presented in the form of Tables and Figures. Chi-square test are applied wherever necessary.

III. Results

The study results showed that, majority of the subjects, 41(68%) were in the age group of 13 years, 36(60%) were females, 50(83%) belongs to Hindu, 26(43%) father were studied up to middle school, 25(41.7%) mother were studied up to middle school 60(100%) father were daily wages, 40(66.7%) mother were home makers, 58(97%) were earning <10,000 per month family income,51(85%) were living in nuclear family, 27 (45%) were second child, 39 (65%) were mother supportive system, 28 (47%) were experienced stress during friendship. The study findings revealed that among 60 samples, majority of the subjects 45(75%) were having low stress, 15(25%) were having moderate stress and none of them having high stress.

Table 1
Association between the post-test level of psychosocial wellbeing among adolescents with their selected socio demographic variables.

S. No	Demographic variables	Level of Stress						χ^2	Df	P value
		Low		Moderate		High				
	Age	N	%	N	%	N	%			
1	a) 13 years	30	50.0	11	18.3	0	0	4.231	1	0.035 (S)
	b) 14 years	15	25.0	4	6.7	0	0			
	c) 15 years	0	0.0	0	0.0	0	0			
2.	Gender							3.333	1	0.68 (NS)
	a) Male	15	25.0	9	15.0	0	0			
	b) Female	30	50.0	6	10.0	0	0			
3	Religion							1.796	2	0.407 (NS)
	a) Hindu	36	60.0	14	23.3	0	0			
	b) Christian	4	6.7	0	0	0	0			
4.	Education status of father							1.251	4	0.870 (NS)
	a) Non formal education	1	1.7	1	1.7	0	0			
	b) Primary education	12	20.0	3	5.0	0	0			
	c) middle school	19	31.7	7	11.7	0	0			
	d) Higher secondary	12	20.0	4	6.7	0	0			
e) Graduate and above	1	1.7	0	0.0	0	0				
5.	Education status of mother							2.795	4	0.592 (NS)
	a) Non formal education	4	6.7	1	1.7	0	0			
	b)Primary education	7	11.7	3	5	0	0			
	c)middle school	20	33.3	5	8.3	0	0			
	d)Higher secondary	10	16.7	5	8.3	0	0			
e)Graduate and above	5	8.3	0	0	0	0				
6.	father's occupation							0	3	1 (NS)
	a) Daily wages	45	75.0	15	25.0	0	0			
	b) self-employee	0	0	0	0	0	0			
	c) Private employee	0	0	0	0	0	0			
7.	Mother's occupation							0.072	3	0.99
	a) Home maker	35	58.3	5	8.3	0	0			
	b) self-employee	17	28.3	3	5	0	0			

	c)Private employee	0	0	0	0	0	0			(NS)
	d)Government employee	0	0	0	0	0	0			
8.	Family income							3.356	2	0.186 (NS)
	a) < Rs.10000	44	73.3	14	23.3	0	0			
	b) Rs. 10001- Rs.15000	0	0.0	1	1.7	0	0			
	c) Rs. 15,001- 20,000	1	1.7	0	0	0	0			
	d) >Rs.20,000	0	0	0	0	0	0			
9.	Type of family							9.804	1	0.001 (S) (S)
	a) Nuclear family	42	70	9	15	0	0			
	b) Joint Family	3	5	6	10	0	0			
	c) Extended family	0	0	0	0	0	0			
10.	Birth order							0.568	2	0.753 (NS)
	a) First Child	19	31.7	5	8.3	0	0			
	b) Second child	20	33.3	7	11.7	0	0			
	c) Third child	6	10.0	3	5.0	0	0			
11.	Supportive system of the participant							0.611	1	0.435 (NS)
	a) Father	17	28.3	4	6.7	0	0			
	b) Mother	28	46.7	11	18.3	0	0			
	c) Relatives	0	0.0	0	0.0	0	0			
	d) Friends	0	0.0	0	0.0	0	0			
12.	Experience of distress from							3.943	3	0.268 (NS)
	a) Studies	8	13.3	6	10.0	0	0			
	b) peer group	7	11.7	1	1.7	0	0			
	c) friends	23	38.3	5	8.3	0	0			
	d) Parents	7	11.7	3	5.0	0	0			

NS= Not significant *p<0.05 Significant, **p<0.01 High Significant.

Association between the level of psychosocial well-being among adolescents with their age

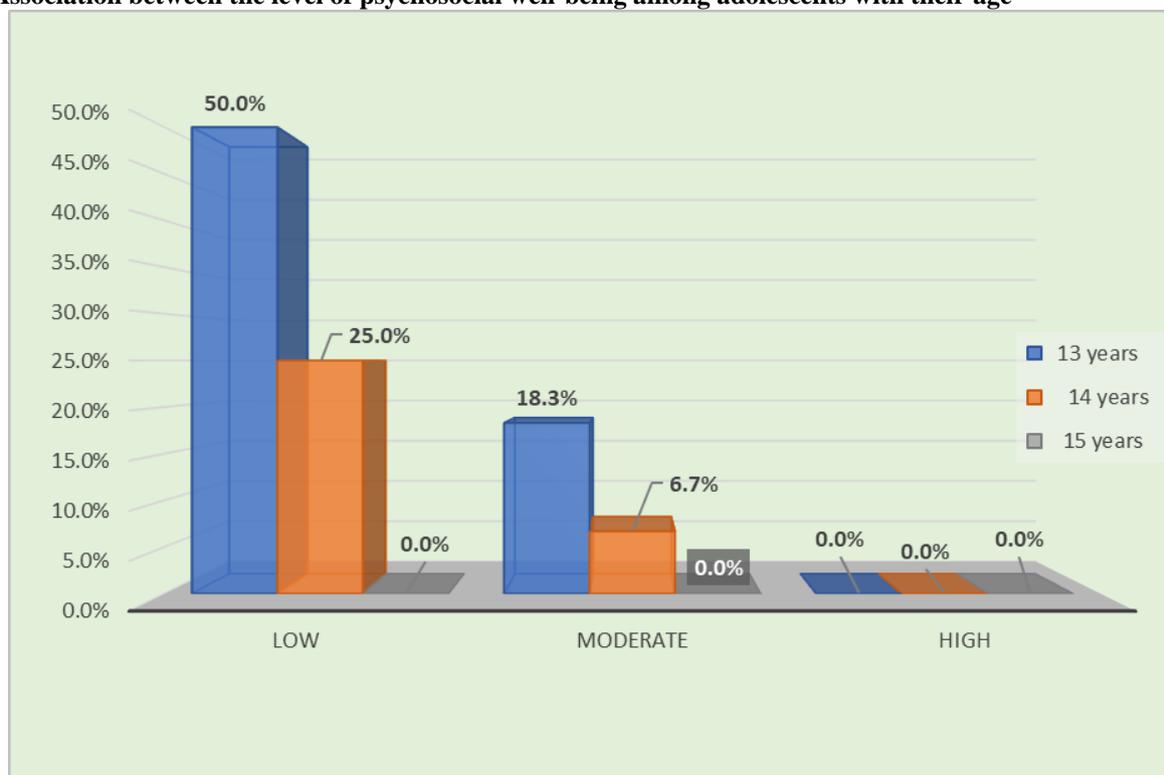


Figure 1: Multiple Bar diagram representing the Association between the level of psychosocial well -being among adolescents with their age.

Chi square analysis revealed that there was statistically significant association between the level of psychosocial well being among adolescents **with their age** ($\chi^2 = 4.2, p = 0.035$)

Association between the level of psychosocial well-being among adolescents with their type of family

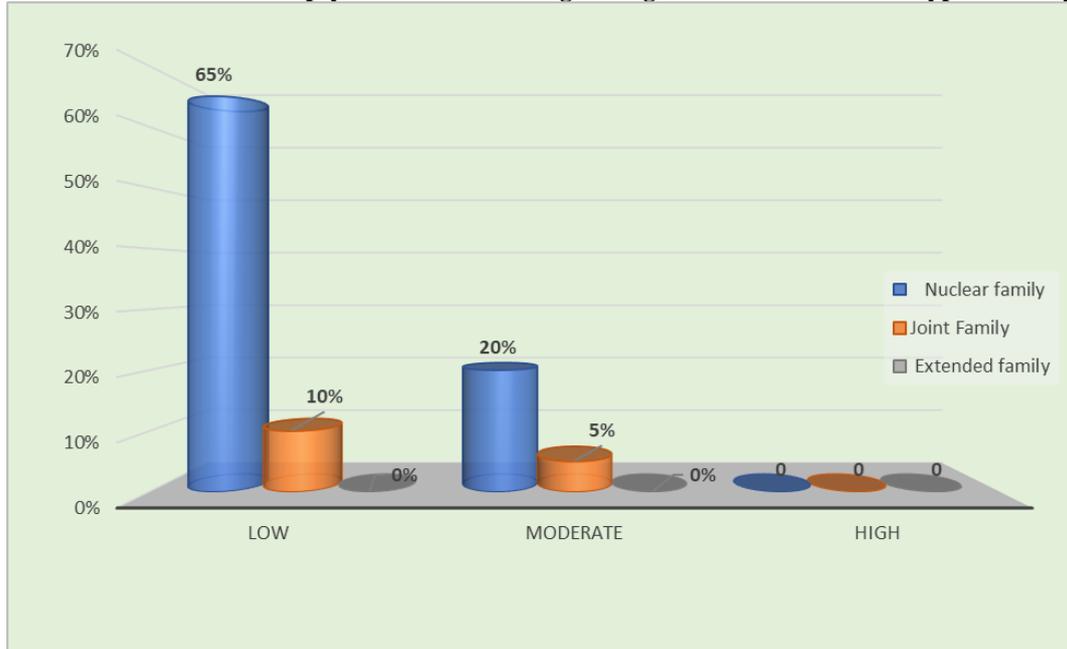


Figure 2: Multiple Cylindrical diagram representing the Association between the level of psychosocial well being among adolescents with their type of family.

Chi square analysis revealed that there was statistically significant association between the level of psychosocial well being with their type of family ($\chi^2 = 5.6, p = 0.025$).

Table 2

Evaluate the Benefits of yoga on psychosocial wellbeing among adolescents at selected school in Madurai.

Level of psychosocial wellbeing	Mean	Mean Difference	Standard deviation	't' value
Pretest	7.56	2.78	0.502	t = 31.703 p = 0.000* (HS)
Post test	4.78		0.712	

*p<0.05 Significant, **p<0.01 High Significant, ***p<0.001 Highly Significant

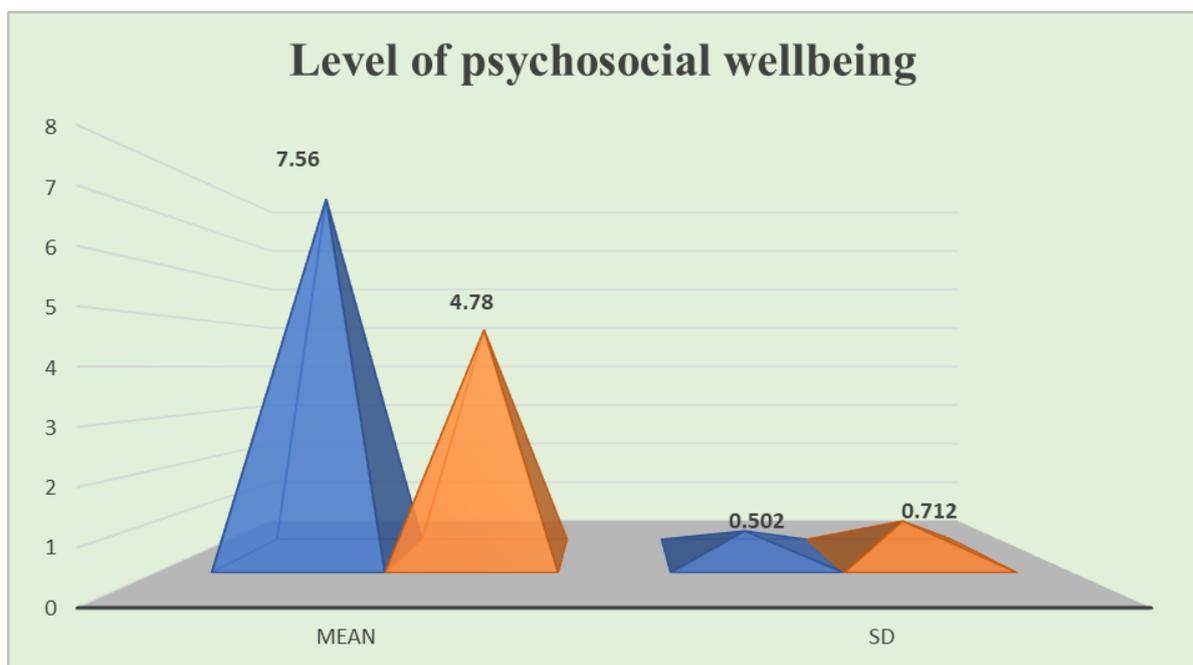


Figure 3: Pyramid diagram representing the comparison of mean, standard deviation of the pretest and post-test level of psychosocial wellbeing among adolescents.

IV. Discussion

In the findings of present study majority of the subjects 45 (75%) adolescents were experienced low stress and 15 (25%) had moderate stress and None of the subjects were experienced high stress after yoga intervention. Some of the studies have shown the benefits of yoga in reducing stress among adolescents. These studies revealed that Resilience in intervention group showed a statistically significant improvement in resilience scores post-intervention compared to the control group ($p < 0.05$). Coping Strategies ($p < 0.05$). The present study did bring out the importance of yoga in day to day activities among adolescents and include yoga as a component of adolescent health including their psychological well-being. The results concluded that integration of yoga programs in educational and mental health settings to promote psychological well-being among adolescents.⁶⁻¹⁰

V. Conclusion

Yoga intervention is effective in improving physical and psychosocial well-being among adolescents.

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The study was approved by the Institutional Ethics Committee

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