

# Role of Yoga and Meditation in Negative Emotion among Adolescents: A Review

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## Abstract

Adolescence is the period of transition from childhood to adulthood wherein rapid and significant physical and emotional changes take place. Besides these changes, adolescents experience an increase in pressure from all spheres of life, such as unemployment, high-level competition, adjustments in families, etc. They experience negative feelings and find it difficult to adjust to life. These emotional changes may result in increased conflict and challenges among adolescents. They are more sensitive to their emotions and show strong feelings and intense emotions at this time. The main objective of this present review is to explore the impact of yoga on managing negative emotions among adolescents. The research available in the past describes yoga as a kind of exercise which is related to the mind and body. It is also shown that one's psychological experience is influenced by one's physiological state, attitudes, and thoughts. Research has documented that the main objective of yoga is to control the process of thoughts and emotions, and it thus enables the individual to encounter pleasurable and painful situations with calm.

**Keywords: Yoga, Adolescents, Emotions, Meditation.**

## Introduction

Adolescence is a unique and specific phase of human's development life cycle (Elliot & Feldman, 1990; Spear, 2000). It is a transition period from childhood to adulthood. Adolescence is the period of life span when the individual undergoes multiple changes, including emotional change. G. Stanley Hall (1904) described adolescence as a period of "storm and stress." Adolescent emotionality can be attributed to both boys and girls. They come under the pressure of society and face many new conflicts and challenges, which create stress among them (Rutter, 1967). In this period, all adolescents don't experience stress. But almost all are more sensitive to their emotions and show strong feelings and intense emotions at this time. It is necessary for them to make adjustments to their new patterns of behaviour and to new social expectations. During the adolescence period, emotions are usually extreme, uncontrolled, and sometimes irrational is usually a change in emotional, Gesell (1956).

We are affected by almost all negative emotions, mild or violent; anger, hatred, jealousy, envy, fear, disgust, distress, regret, remorse, despondency, shame, are all emotions. These emotions are found to affect our bodies more or less profoundly according to the degree of their intensity. They may affect the nervous system so that some diseases may appear as a consequence. A psychological and physiological state associated with a wide variety of emotions, behaviours, and thoughts is defined as an emotion.

It considered to involve an effect on the human activities and is a powerful determinant of subjective well-being (Santrock, 2005). Watson et al. 1988 described two types of emotions categories. Negative emotions can be explained as any feeling that induces misery and sadness in an individual. These emotions make you not like yourself as well as other people, and they diminish your certainty and confidence, and generally your life fulfilment. Negative emotions include hatred, jealousy, sadness, anger, etc. However, in the correct setting, these emotions are totally normal.

Negative feelings can hose our energy forever, contingent upon how long we let them influence us and the manner in which we decide to communicate them. The adolescents may have been suffering from emotional, behavioural and developmental disorders. Previous studies have shown an increase in rates of suicide, leaving home at an early age, vulnerability to addiction and psychological illness. Negative emotions confine one's thoughts and actions, diminishing one's subjective well-being, physical and mental health (Fredrickson, 2000). Adolescents who revealed more exceptional and labile emotions and less effective guidelines for these emotions also reported more depressive symptoms and problem behaviour. They may respond to negative emotions such as denial or involuntary engagement, which is less effective in regulating negative emotions (Silk, Steinberg, & Morris, 2003).

### **Yoga and Negative Emotion**

Yoga is now-a-days looked upon as a system of medicine. Yoga provides inner power, self-improvement, and potential for attainment. Yoga has proved to increase the potential of the body as well as the mind. So, it is a mind-body exercise that is considered a physical physiological circumstance. It has the power to influence how people think, attitudes, and emotions (Monk-Turner & Turner, 2010). Specially advanced stages, yoga improves the mental and spiritual well-being of the individual. It reduces negative emotions, enhances deep peace and decreases the burden of diseases. Yoga can be the most effective and economical therapeutic approach to deal with such problems. It increases the level of energy and eliminates any obstruction to the transfer

of energy across the body. Yoga is the oldest form of healing therapy that has been practiced for more than 5000 years. The science of yoga has been classified in our body into three parts:

- The physical body, which is composed of cells, muscles, bones, etc.
- The vital body, which is composed of energy in the form of emotions.
- The mind-body which is responsible for the process of thinking.

Thus, the main aim of yoga is to control the process of thoughts and emotions and give the ability to encounter pleasurable and painful situations with calmness.

Yoga is a type of meditation that connects the mind and the body while improving physical wellness, stimulating the mind, and expanding wellbeing and health. Barnett et al. (2014) it release mental tensions to deal with mental and physical levels and to act out psycho-somatoform disorders. Pranayama (asana) keeps the body at the highest level of energy to deal with an unhealthy body and promotes health. Regular yoga practice helps to eliminate the passiveness and inactive energy of the body; the mind becomes light, creative, and joyful, balanced and has increased confidence in all aspects of life. According to Mohan and Kumari (2018) yoga practise for two weeks has a considerable impact on tribal adolescents' positive and negative emotions.

Birdee et al. (2009) evaluated the impact of yoga on mental health and psychological disorders, behaviour, and development among the paediatric population. White (2012) explained that a person feels some negative emotions or stressors and the practice of yoga and mindfulness helps to increase their psychological well-being and improve their behaviour. So, mindfulness is a part of yoga practice that is related to the emotional, social, and cognitive development of an individual. Auty et al. (2017), Salmon et al. (2009) developed a training that is related to the regulation of emotions, and the regulation of emotions is increased by Mindfulness Based Stress Reduction training (Goldin, & Gross, 2010). Rahimi & Bavaqar (2010) revealed that the practices of yoga have significant help in an individual's physical, emotional, mental, and spiritual capacities are brought into balanced.

Gahlawat (2017) examined whether Yoga has a positive effect on the self-esteem and emotional stability of teenagers with orthopaedic problems. As a result, it is reasonable to conclude that one month of yoga practice can improve self-esteem and emotional stability in practitioners. David (2013) conducted an intervention research study in Chennai with 300 adolescents to investigate the effects of yoga on academic motivation, adjustment behaviour, and self-esteem. The research group consisted of 150 participants, whereas the control group had 150. The results revealed that the adolescents in the study group showed high levels of improvement in their adjustment behaviour much more than those in the control group. Catherine (2011) yoga's therapeutic effects and ability to improve quality of life were investigated. The findings revealed that yogic activities improve physical strength and suppleness, improve and reform respiratory and cardiovascular functions, aid addiction recovery and cure, stress reduction, sadness, Sleep is essential overcome anxiety and chronic pain and improve quality of life and general and psychological well-being.

Mehra, & Sharma (2008) studied the effects of yogic practices on social and academic stress among female adolescents and concluded that students exposed to yogic practices reported less social and academic stress. Bakshi, and Kumari (2009) analysed the effects of yoga practices on subjective well-being and academic performance among adolescents in Jammu city. The findings revealed that yoga has a significant impact on adolescents' subjective well-being and also helped them to improve their academic performance, regardless of their gender differences. Bluth et al. (2015) conducted research to test the school-based mindfulness programme for stress alleviation among students. The results indicated that the mindfulness class helped with stress reduction and, compared to the control group, the experimental group showed a reduction in depression. According to the conclusions of the study, the students wanted the lessons to continue. Kumar (2009) the relationship investigated between yoga exercises and emotional intelligence of adolescent students and found that the experimental and control groups differed significantly in regards to gender.

## Conclusion

Yoga encourages the development of a new perception of reality and is required for humans to consider a way of life that increases their inner potential as individuals. This way of life aims to intellectually develop our living knowledge and how to live or adjust in the external environment through practise and experience. In psychoanalytical language, yoga helps us to overcome the neurotic personality and makes the mind calm, enabling us to live peacefully and happily. Yoga practice seems to be safe and can improve the quality of life and help overcome anxiety and stress. Thus, yoga will be prescribed as a technique to diminish the effects of pill trouble or to replace pharmacological treatment.

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