

YOGA – A BOON TO THE ADJUSTMENT PROBLEMS AND BEHAVIOURAL DISORDERS OF ADOLESCENT STUDENTS

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ABSTRACT

Adolescence period is the most important stage of a human being and it is the stage between childhood and adulthood. Adolescence is a time of storm and stress. They cannot adjust to their new role in life. They can have mental, emotional, adjustment, and behavioural problems known as "disorders". Behavioural patterns that emerge in adolescence include smoking, consuming alcohol, other substance use, violence, sexual behaviour, etc. An individual experiences satisfaction when his physiological and psychological needs are fulfilled. Failure of satisfying the needs makes him/her depressed and disappointed. Anxiety disorders, depression, stress, risky sexual behaviours, violence, aggressive behaviour, and disobedience are some behavioural disorders of adolescent students. During adolescence, an adolescent is unable to adjust with parents, school discipline, and the community. He/she is confused with the role of adolescence with regard to somatic variation and problems. These problems greatly affect the academic performance of the adolescent students at school. The main aim of this paper is to discuss the fact that behavioural and adjustment problems can be reduced by Yoga. Yogasana, Pranayama, and Meditation are the techniques given to the Adolescent students as a solution to their problems. The purpose of this paper is to give an insight of Yoga and how Yoga helps the adolescents to lower their stress and stay calm. The result of Yoga intervention to adolescent students has positive effects on both physical and mental health. It benefits the young people not only in school, home, and the community but also throughout their life.

Keywords: Adolescence, Behavioural Disorder, Adjustment Problem, Yoga Intervention, Meditation.

INTRODUCTION

Adolescence is the middle stage of physical and mental human development that occurs between childhood and adulthood. 22% of the Indian population are in the age group of 10-19 years. A stage of -physical, sexual, social and emotional growth and development happens in the adolescence stage. During this potentially chaotic period, many adolescents have problems, making adjustments without unnecessary stress to themselves, family or friends, and society. Young people can have mental, emotional, adjustment and behavioural problems that are factual, throbbing, and lavish. These problems are called "disorders." These disorders are the sources of stress for adolescents and their families, schools, and communities. Self-determination buds during adolescence. Typically, by probing and

sometimes betrayal rules adolescents implement their independence. The frequency of infractions and brutality are guides. Regular drinking, addicted to tobacco, addicted to social media's repeated episodes of aggressive, truancy, and theft are some of the problems of adolescence. Decline of performance at school and running away from home are other warning signs of adolescence. Adolescents who cause serious injury or use a weapon in a clash is of particular concern. Practising yoga can reduce the problems of adolescents and it has been related with numerous benefits. Yoga practice has been evaluated by the researchers as on outcomes such as stress, anxiety and depression, as well as cognition into positive outcomes.

1. Rationale of the Study

During adolescence, an adolescent wants to take his own

decisions independently. This is because of the in disciplinary or misbehaving actions of the elders in the society. So according to the principles set by the society, he starts to organize his desires gradually. Adolescent problem behaviour, including substance use, school misconduct and delinquency, is a national alarm. Among the young people, smoking and consuming alcohol become symbols of maturity and independence. For them, the use of tobacco provides an opportunity for taking part in a behaviour that defies conventional social norms. Boys smoke, drink, and use drugs more likely than girls. The rates for girls are increasing faster in developing countries too. For adolescents, adults are the role models. So, behaviour of elders influence greatly in the life of adolescence. The World Health Organization estimates that, 70% of premature deaths among adults are due to behavioural patterns that emerge in adolescence, including smoking, violence, and sexual behaviour. The National Crime Records Bureau has positioned Tamil Nadu as the Indian state with highest suicide rate, due to exam pressure among adolescents and the factor of anxiety. As per the news from, 'The Hindu' in 2013, Tamilnadu tops in suicides due to love failure and exams, mainly due to the depression and stress among adolescents. These report states that, adolescents are unable to deal with stress and anxiety and how they are incapable of adjusting the problems that overlie.

2. Needs and Problems of Adolescents

Every adolescent has certain needs, for his continued physical and other aspects of development. Every individual has certain basic needs which are functioning into. They are broadly classified into Physiological needs and Psychological needs.

2.1 Primary or Physiological Needs

The individual's life depends upon the fulfilment of physiological needs. The important physiological needs are oxygen, water and food, rest and sleep, sex gratification, etc.

2.2 Secondary or Socio-Psychological Needs

Secondary needs are the needs that are associated with

socio-cultural environment of an individual. The psychological well-being of the individual greatly depends upon the satisfaction of their needs and they are acquired through communal learning. The important socio-psychological needs are as follows:

2.2.1 Needs for Security

In addition to physical security, an adolescent need emotional, social and economic security. He may become maladjusted when the person lacks the feeling of security. A man's desire for sociability is related with the need for social security.

2.2.2 Need for Love

One of the most basic psychological needs of the adolescents is affection or love. To love and to be loved is the strong desire of adolescents. The individual will not profound proper attitudes and concepts relating to his own worth, if he is not loved. Love strengthens the individual's feeling of security.

2.2.3 Need for Approval

Adolescents carve themselves for recognition. When he is recognized and approved, his ego gets satisfied. The adolescent's wish is to be a centre of attraction for the opposite sex and his abilities, intelligence and capacities should be recognized by others. The teachers should find out the field in which the pupil can shine very well, which help him to earn approval from others.

2.2.4 Need for Freedom and Independence

From the control of parents and elders, an individual strives to wean himself away during adolescence. To give expression to his feelings, emotions and ideas, he wants the right. When restriction is imposed on him, he feels irritated and unpleasant.

2.2.5 Need for Self-expression and Achievement

Every adolescent wishes to express his potentialities. He may have hidden potentialities within him like a poet; musician, painter, etc., and he wants enough opportunities to express his potentialities. When he satisfies his needs, he experiences success and failure makes him depressed and disappointed. Hence, the curriculum should be apt for every pupil so as to allow him to achieve.

Adolescence is a crucial period in the life of an individual. The individual experiences satisfaction and the tensions are released when a need is satisfied.

3. Behavioural Disorders of Adolescent Students

Behavioral Disorders are the conditions that are more than just disruptive behaviour. They are related to mental health problems that lead to disruptive behaviour, emotional and social problems. Some of the behaviour disorders are:

3.1 Anxiety Disorders

Anxiety disorder is caused in the young people, who experience excessive fear, worry, or nervousness. It may become worse over time.

3.2 Severe Depression

At any age, severe depression can occur. The disorder is understandable by changes in: Emotions, Motivation, Physical well-being, and Thoughts.

3.3 Bipolar Disorder

Sometimes mood swings that range from extreme highs (excitedness) to extreme lows (depression). Children and adolescents who reveal exaggerated mood swings may have bipolar disorder (manic depression).

3.4 Attention-Deficit/Hyperactivity Disorder

Young people who are often impulsive and distracted easily and are unable to focus their attention may have attention-deficit/hyperactivity disorder.

3.5 Learning Disorders

Problems with coordination, spoken and written language, attention or self-control is called learning disorders.

3.6 Conduct Disorder

Young people repeatedly violate the basic rights of others and the rules of society and have little concern for others may have conduct disorder. They often commit certain offenses like lying, theft, aggression, truancy, the setting of fires, and harm.

Table 1 shows that, among the behavioral disorders 'Impatience' show a high percentage of occurrence and 'Disrespect' being the least occurrence among the adolescent students.

4. Adjustment Problems of Adolescents

An adjustment problem occurs when an individual is unable to adjust or cope with a particular stress or major life event.

4.1 Confusion with regard to Somatic Variation

Somatic variation which may occur in connection with puberty and every adolescent has more or less difficult task of adjusting to it. Adolescents satisfy with crude and distorted knowledge about sex related matters. This is because they do not have scientific knowledge about sex hygiene and philosophy. It makes the children introverted and mysterious and creates so many complexes in the minds and guilt feeling among them.

4.2 Problems related with Amplification of Sex-consciousness

Parents hesitate to discuss sex problems with their children due to lack of knowledge and our social values are different from western countries. To reduce their curiosity and to satisfy their sexual needs, adolescents resort generally undesirable ways. Due to misguiding of print and electronic media, there arises sexual maladjustment in adolescents.

4.3 Adjustment difficulties with Parents

As per Indian context, choices of friends, choice of education, recreational interests, dress, life-style, going from and coming to the home, mode of behaviour, etc, are greatly influenced by parents. Adolescents find it

Behavioural Disorders	% of Occurrence
Impatience	50.45
Shyness	48.28
Hyperactivity	30.56
Extreme passivity	28.75
Tendency to violate	23.15
Aggressive behaviour	18.63
Tendency for lying or stealing	17.36
Disrespect	9.04
Talkative	43.4
Unorganised nature	32.55
Introversion	30.02
Disobedience	24.41
Over dependence	22.06
Bad manners	17.54
Self harm behaviour	10.13
Mean percent	27.08

Table 1. Percent of Occurrence of Behavioural Disorders among Adolescents (Mumthas & Muhsina, 2012)

difficult to adjust to the needs and demands of parents . The conflict between behaviour pattern of the parents and peer group relationships often lead to friction in the relationship. It may result in a disgusting experience among the parents and authority.

4.4 Childhood-Adulthood Conflict

The adolescent is considered as neither a child nor an adult in our society. For his physical and emotional needs, he has to depend on his parents and elders to a great extent. The poor adolescent is trapped between the role of the child and the adult, which drives him into confusion and tension.

4.5 Adjustment difficulties with School Discipline

Adjusting with school discipline is the great problem of adolescents. Sometimes schools expect too much from students who must resign themselves to teachers who may be oppressive at times. Schools should not affect the growth of young people towards true independence by implanting habits of unquestioning obedience.

4.6 Adjustment difficulties with Community

In rapid technological changes and by increasing social isolation, the adolescent is expected to find his place in a society. This changing world does not allow the adolescent to anticipate and plan for his life. They find difficult to adjust their capability to the demands of the society. Most adolescents react by withdrawing into a non-demanding and non-working world of pleasure and satisfaction at this critical phase.

Table 2, indicates a high percentage of occurrence of adjustment problems due to 'Over expectation' and the least occurrence of the same due to 'Busy Schedule of parents' among the adolescent students. Therefore adjustment has been considered as an index to integration; a harmonious behaviour of the individual by which other individuals of the society recognize the person as well adjusted (Pathak, 1990).

5. Effects of the Problems of Adolescents

Without properly addressing, these disruptive behaviour and adjustment problems and getting appropriate treatment, the problems will get worse. Adolescents with these problems will face long term consequences. The

long term effects of these problems can include: substance abuse and addiction, decline in school performance, suspension or expulsion from school, engagement in risky behaviours, development of antisocial personality disorder, social isolation, development of conduct disorder, troubled family relationships, anxiety, moodiness, agitation, disorientation of memory problems, depression, trouble with concentration and attention, troubling to think in an organised manner, poor communication skills, trouble with language comprehension, reading and writing, hallucinations, delusions, personality fluctuations, impaired judgement and decision making, social withdrawal, being a danger to himself and others, threatening behaviour, alterations in mental status, confusion and lethargy, troubled parent-child relationship, increased risk of injury, law violations and legal troubles, suicide and violence.

5.1 Sexual Abuse

Children and adolescents are exposed to a range of physical and sexual abuse at home, school, the workplace or the streets, – exposure to pornographic materials among others, rape and sodomy to fondling, forced kissing and sexual advances.

5.2 Stress

To our well-being, anything that poses a challenge or a threat is a stress.

Adjustment Problems	% of Occurrence
Academic under Poor memory	45.03
Over expectation	57.07
Lack of concentration	52.26
Strict rules of school	50.09
Fear of failure in exam	48.10
Overload of school work	38.04
Inadequate educational	26.40
Lack of academic skill	26.40
Decreased motivation	22.42
School absence	11.03
Busy schedule of parents	8.14
Learning disabilities	2.89
Mean percent	22.59

Table 2. Percent of Occurrence of Adjustment Problems among Adolescents (Mumthas & Muhsina, 2012)

5.3 Suicide

About one million people commit suicide each year according to the World Health Organization (WHO, 2014). As per official report from the year 2002 to 2011, the age specific suicide rate among 15-29 yr is increasing from 3.73 to 3.96 per 1, 00,000 population per year (WHO, 2002).

5.4 Tobacco Use

During adolescence, the vast majority of tobacco users begin the use of tobacco worldwide. More than 150 million adolescents use tobacco currently and this number increases globally. Between the age group of 15 to 24, 40 percent of males and 5 percent of females consume tobacco nationwide according to NFHS-3 (2006).

5.5 Harmful Alcohol Use

The World Health Survey - India reported that among those aged 18 to 24 years, 0.6 percent was frequent heavy drinkers and 3.9 percent were infrequent heavy drinkers. The NFHS-3 survey revealed that 1.4 percent women and 28.8 percent men aged 20-24 years and 1 percent women and 11 percent men aged 15-19 years consume alcohol.

5.6 Other Substance Use Disorders

Chaturvedi and Mahanta (2004) reported that, among 10-29 year old individuals, apart from tobacco and alcohol use, 2.2 percent of men and 0.3 percent of women were opium users. 16.2 percent people are using drugs like benzodiazepines and opioids. Data showed that, 5.6 and 14.4 percent of the males in the age group of 20-24 years and 25-29 years respectively were injecting drug users in India.

5.7 Non-Communicable Diseases (NCD)

NCDs are behaviour linked and lifestyle related in nature. Indian population, especially young people, are affected with adult non-communicable diseases such as hypertension, diabetes, and chronic lung diseases.

5.8 Violence

Studies from India reported that, 19 to 42.8 percent of adolescent females had experienced domestic

violence. Deb, et al. (2010) in a sample of students aged 14 to 19 years showed that, 20.9, 21.9 and 18.1 percent of the children experienced psychological, physical and sexual violence. Sharma, Grover, and Chaturvedi, (2008) showed that, 13.5 percent adolescents aged 14 to 19 years had threatened or injured someone with a weapon of which 49.1 percent boys and 39.6 percent girls reported being involved in a physical fight.

6. Yoga Intervention as a Solution

The problems of adolescents such as behavioural disorders and adjustment problems can be reduced by yoga intervention as a treatment as well as solution. Yoga is a physical, mental, and spiritual practice or discipline which is originated in India. The word Yoga is derived from the Sanskrit word 'yuj', which means union of the individual consciousness or soul with the Universal Consciousness or Spirit. Patanjali has been the pioneer of Yoga Shastra. There were thousands of disciples of Maharishi Patanjali. There is no physical evidence of Yoga although it is said to be as old as civilization. Figures of Yoga Poses in stone seals which place around 3000 B.C. are found and it is the earliest archaeological evidence of Yoga's existence. Ashtanga Yoga is described as Yoga in the Yoga Sutras of Patanjali around the second century, a central text of the Yoga school of Hindu philosophy. It is often called as "Raja yoga" and "yoga of the kings,". But it was popularised by Vivekananda as the common name for Ashtanga Yoga. Patanjali's eight fold path of Yoga are:

1. Yama, which means social restraints or ethical values;
2. Niyama, which is personal observance of purity, tolerance, and study;
3. Asanas or physical exercises;
4. Pranayama, which means breath control or regulation;
5. Pratyahara or sense withdrawal in preparation for Meditation;
6. Dharana, which is about concentration;
7. Dhyana, which means Meditation; and
8. Samadhi, which means ecstasy.

6.1 Techniques of Yoga

6.1.1 Yogasana

The word asana literally means a posture. 84 have been recognized as Yogasanas out of the innumerable asanas a body can assume, that helps to transform the body and mind into an ultimate well-being. Yogasanas are very clever processes to manipulate one's energy in a particular direction and so they are not exercises.

6.1.2 Pranayama

The harmonisation of the breath or the vital force is termed as Pranayama. The vital energy is called "Prana" and "Pranayama" is known as the process of the subduing of its activities. "Prana" is Breath or vital energy in the body. Prana represents the pranic force responsible for life, and "ayama" means control. So "Control of Breath" is called as "Pranayama".

6.1.3 Meditation

The practice given to focus one's attention on one thing (e.g., breath, a mantra) or to perceive and without any judgement observing external and internal sensations or both is termed as "Meditation".

6.2 Benefits of Yoga

6.2.1 Physical Benefits

- Strengthening the muscles and bones.
- Lengthen muscles to increase mobility in the joints and makes it flexible.
- Develops understanding of body mechanics, healthy movement patterns, and ideal postural.
- Develops the skill of non-action and the awareness to physically relax and as a tool to draw out.
- Draws attention to the breath as a reflection of state of mind.
- Relaxation and focus and develop awareness.
- Provides the body to restore balance, which develops co-ordination and prevents injury.
- Tempers hyperactivity and revitalises low energy.

6.2.2 Mental Benefits

- Stress Management - calming the nervous system and allowing adolescents to experience a sense of

space around their concerns including what others think and providing techniques for redirecting thoughts.

- Decision Making - teaches adolescents to make choices that respect themselves and others.
- Concentration - through practical disciplines of breath and bodywork. It develops to focus one's ability and increases the memory power.
- Healthy Body Image - helps self-image; provides a strengthened internal perspective.
- Acceptance - enables letting go of the tendency to be critical of one's self and judgmental of others; cultivates gratitude for what the body can do.
- Curiosity- explores the body; provides a healthy way to experiment and take risks.
- Builds self confidence.

6.2.3 Spiritual Benefits

- Opens us to our greater qualities of, compassion, kindness, and non-violence
- Cultivates interconnectedness between ourselves, others, and the natural world around us
- Heightens alertness, awareness, and cultivates emotional connection while fighting both numbness and drama.
- By valuing one's internal voice, it encourages self-trust.

7. Yoga and Adolescent Students

Yoga-based physical activity, breathing techniques, and guided mindfulness practices are the key intervention components. The intervention is secular. The practice given to the students are asana's, pranayama and meditation. Yoga can train the youths about how to centre their breath and calm themselves. At the end of each class, youth sit with their eyes closed while the instructors guided them through a mindfulness practice that is meditation, which involved attending to a specific focus for several minutes, such as paying attention to each breath or sending out positive energy to others. Each class will be designed by the movement, breathing, and mindfulness components to enhance the youths' capacities for sustained attention, promoting greater

awareness of cognitive, physiologic, and bodily states and how to control the mind and body and regulate them. In addition, instructors offer didactic information about how to identify stressors, how to use mindfulness techniques to respond to stress, how to cultivate positive relationships with others, and how to keep one's mind and body healthy and each class session included a brief period of discussion prior to the guided mindfulness practice. This helps to use the breath to create calmness if something stressful has happened. These skills will be practiced by the students outside the class. Responses indicated that, students normally have a positive experience in the program and the learned skills that would help them in their day-to-day life. Yoga intervention helps the adolescence to lower and reduce their stress. It would help them to relieve stress and just make sure that they stay calm.

8. Implications

Youth are at risk for a host of stress-related consequences, including social-emotional difficulties, behavioural disorders, adjustment problems, and poor academic performance. Yoga intervention helps chronically stressed youth by enhancing their ability to regulate their thoughts and emotions. It brings positive effects on physical and mental health. It improves the capacity of youth to cope with stress. Enhancing responses to stress and ability to control negative feelings and troubling thoughts among at-risk youth has the potential to encourage the development of core competencies that will benefit young people in school, at home and with friends, in the community-and throughout life. Effects of Yoga on adjustment problems are numerous. Since Yoga reduces the Depression, Anxiety, and Stress levels of school teachers their Adjustment problems got reduced after a period of Yoga practice (Tamilselvi, and Thangarajathi, 2013).

Conclusion

Yoga Intervention might be related to a host of positive outcomes such as: increased positive effect and

decreased negative effect, improved self awareness and self acceptance, reduced symptoms of depression, anxiety, stress and increased concentration, attention, memory power, academic achievement and improved quality of life and overall well-being of adolescent students.

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