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Awareness about Yoga and its Benefits in Youth

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Abstract

This research delves into the increasing awareness of yoga among the youth and examines its diverse benefits, ranging from enhanced physical fitness to stress reduction and improved mental well-being. The study aims to provide

insights into the role of yoga in promoting holistic health among the younger demographic, shedding light on its potential long-term effects on their overall well-being.

Keywords: Yoga, Youth, Physical Health

1. Introduction

In recent years, there has been a noticeable upswing in the interest and participation of the youth in yoga, marking a paradigm shift in wellness practices. This burgeoning awareness is not merely a trend but signifies a fundamental transformation in how younger generations approach their physical and mental health. As we delve into this research, we aim to unravel the factors contributing to the surge in yoga's popularity among the youth and comprehensively explore the manifold benefits it offers. From bolstering physical fitness to serving as a potent stress-relief mechanism, yoga's potential impact on the holistic well-being of the younger demographic is a subject of paramount importance. This introduction sets the stage for an in-depth investigation into the intersection of yoga, youth, and well-being, seeking to uncover the nuanced dynamics that underlie this contemporary health phenomenon.

2. Objective of the study

1. To investigate how yoga contributes to stress reduction in youth population.
2. To Investigate potential obstacles preventing youth from engaging in yoga.
3. Based on findings, develop strategies to enhance youth participation in yoga for overall well-being.
4. Assess how yoga influences physical health parameters in the youth.

3. Review of literature

Michelle Serwacki (2012) ^[2] The objective of this research was to examine the evidence for delivering yoga-based interventions in schools. Methods: An electronic literature search was conducted to identify peer-reviewed, published studies in which yoga and a meditative component were taught to youths in a school. Results: Twelve published studies were identified. Samples for which yoga was implemented as an intervention included youths with autism, and emotional disturbances as well as typically developing youths. Conclusion: Although participating in school-based yoga programmes appeared to be beneficial for the most part. Findings speak to the need for greater methodological rigor and an increased understanding of the mechanisms of success for school-based yoga interventions.

James A Raub (2002) ^[3] Yoga has become increasingly popular in western cultures as a means of exercise and fitness training; however, it is still depicted as trendy as evidenced by an April 2001 Time magazine cover story on "The Power of yoga". There is a need to have yoga better recognized by the health care community as a complement to conventional medical care. Over the last 10 years, a growing number of research studies have shown that the practice of hatha yoga can improve strength and flexibility and may help control such physiological variables as blood pressure, respiration and heart rate to improve overall exercise capacity. This review presents a summary of medically substantiated information about the health benefits of yoga for healthy people.

Lila Louie (2014) in recent years, increasing numbers of people are turning to complementary and alternative medicine CAM

for relief from depression and other mental health problems. One form of CAM yoga has been growing in popularity; this rise in popularity has, in part, been driven by interest in how this practice, with its mindfulness and meditation aspects, may decrease depression. Specifically, this review focuses on yoga styles in which the practice of yoga poses called asanas.

Alison Spartz Levine (2012) The extant literature was reviewed to examine the clinical effects of yoga practices on breast cancer patients. Attention was paid to assessing study population, outcome variables, the type of yoga intervention used, and methodological strengths and limitations. Although the literature provide the evidence of benefits of yoga for patients with breast cancer, no specific aspect of yoga was identified as being most advantageous. Although participation in yoga programmes appeared to benefit patients with breast cancer, understand the mechanisms that contribute to their effectiveness.

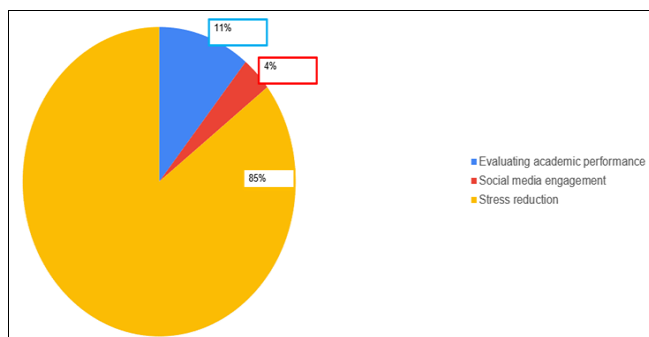
4. Research methodology

My study mainly focuses on awareness of yoga in Youth. Primary data was collected with the help of questionnaire. The sample has been taken from youth Review. Secondary data collected from various websites, articles and published research papers.

Data Analysis and Interpretation:

Simple percentage analysis was used to analyses the collected data. It state the frequency and percentage of the profile, attitude opinion regarding the people.

Q1:



1] What is the primary focus of the research related to yoga and the youth population?	Count
Evaluating academic performance	6
Social media engagement	2
Stress reduction	47
Total Count	55

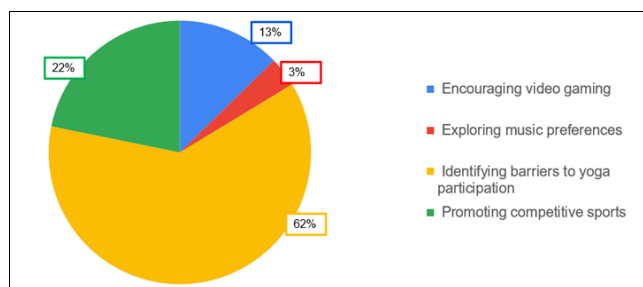
Analysis:

According to the research, 85% of the youth population primarily focus on stress reduction, 11% of the youth primarily focus on evaluating academic performance, and the remaining 4% of the youth primarily focus on social media engagement.

Interpretation:

There are only 4% youth population are primary focuses on social media engagement.

Q2:



2] What is the main objective of investigating potential obstacles in youth engagement with yoga?	Count
Encouraging video gaming	7
Exploring music preferences	2
Identifying barriers to yoga participation	34
Promoting competitive sports	12
Total Count	55

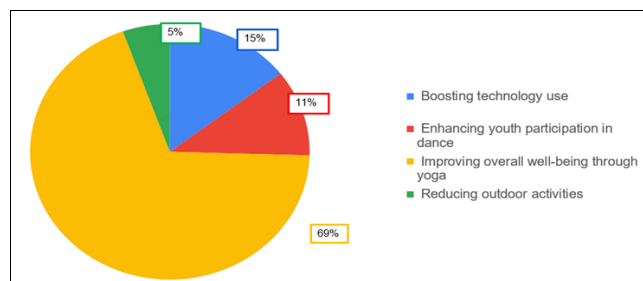
Analysis:

According to the research, the main objectives are as follows: Investigating potential obstacles in youth engagement with yoga (13%), exploring music preferences (3%), identifying barriers to yoga participation (62%), and promoting competitive sports (22%).

Interpretation:

There are only 3% investigating potential obstacles in exploring music preferences.

Q3:



3] What is the ultimate goal of the research focusing on developing strategies based on findings?	Count
Boosting technology use	8
Enhancing youth participation in dance	6
Improving overall well-being through yoga	38
Reducing outdoor activities	3
Total Count	55

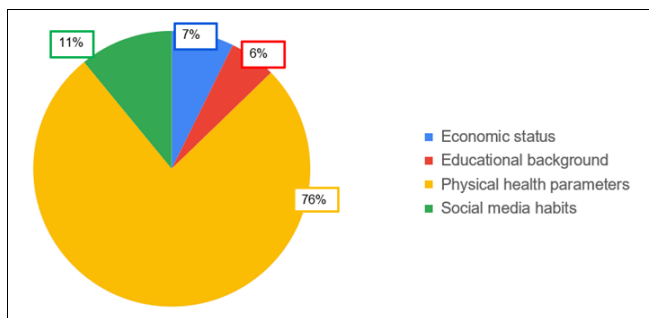
Analysis:

According to the research, the ultimate goal of the research is as follows: Boosting technology use (15%), enhancing youth participation in dance (11%), improving overall well-being through yoga (69%), and reducing outdoor activities (5%) by developing strategies based on findings.

Interpretation:

There are only 5% the ultimate goal of research in reducing outdoor activities by developing strategies based on findings.

Q4:



4] Which aspect of the youth population does the research on yoga's influence target?	Count
Economic status	4
Educational background	3
Physical health parameters	42
Social media habits	6
Total Count	55

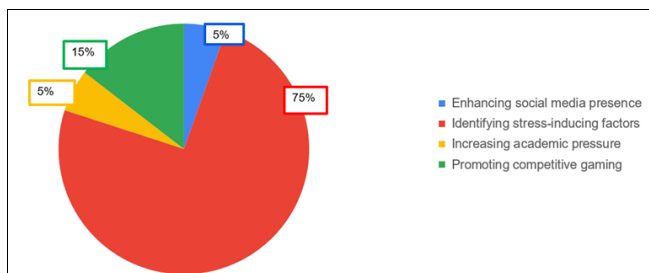
Analysis:

According to the research, the research on yoga's influence targets the following aspects of the youth population: Economic status (7%), educational background (6%), physical health parameters (76%), and social media habits (11%).

Interpretation:

This research suggests that yoga primarily impacts the physical health of the youth population, with smaller effects on economic status, educational background, and social media habits.

Q5:



5] What does the research primarily aim to understand regarding yoga and stress in youth?	Count
Enhancing social media presence	3
Identifying stress-inducing factors	41
Increasing academic pressure	3
Promoting competitive gaming	8
Total Count	55

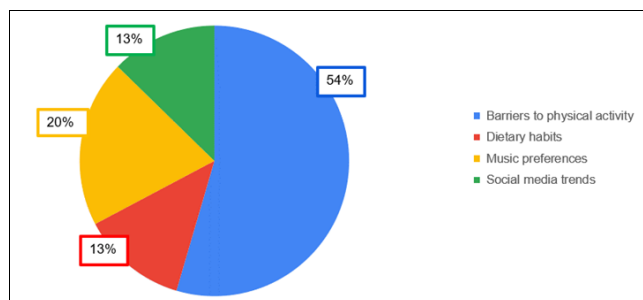
Analysis:

According to the research, the research primarily aims to understand yoga's influence on stress in youth, with the following objectives: Enhancing social media presence (5%), identifying stress-inducing factors (75%), increasing academic pressure (5%), and promoting competitive gaming (15%).

Interpretation:

The research focuses on investigating yoga's impact on youth stress, with a primary objective of identifying stress-indicating factors.

Q6:



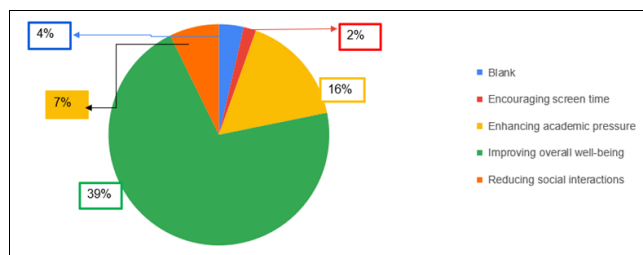
6] What is the primary focus when investigating potential obstacles to youth engaging in yoga?	Count
Barriers to physical activity	30
Dietary habits	7
Music preferences	11
Social media trends	7
Total Count	55

Analysis:

According to the research, the primary focus when investigating potential obstacles to youth engaging in yoga is on barriers to physical activities (54%), dietary habits (13%), music preferences (20%), and social media trends (13%).

Interpretation: The research primarily examines obstacles to youth engaging in yoga, with a main focus on physical activity barriers.

Q7:



7] In the context of the research, what is the emphasis when developing strategies for youth participation in yoga?	Count
Blank	2
Encouraging screen time	1
Enhancing academic pressure	9
Improving overall well-being	39
Reducing social interactions	4
Total Count	55

Analysis:

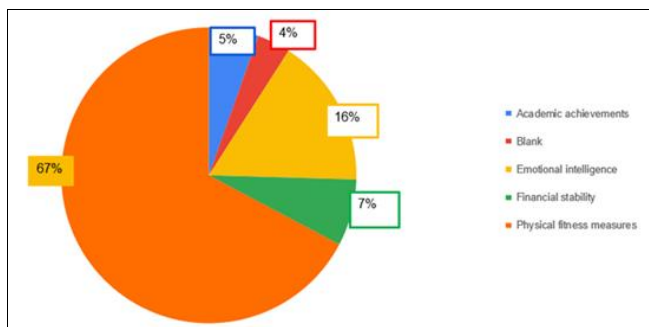
According to the research, in the context of research, the emphasis when developing strategies for youth participation

in yoga is on improving overall well-being (39%), with a minor focus on blank (4%), encouraging screen time (2%), and reducing social interaction (7%).

Interpretation:

The research underscores a focus on enhancing overall well-being in strategies for youth participation in yoga, while placing less emphasis on other factors.

Q8:



8] What is the primary parameter assessed when studying how yoga influences the youth's physical health?	Count
Academic achievements	3
Blank	2
Emotional intelligence	9
Financial stability	4
Physical fitness measures	37
Total Count	55

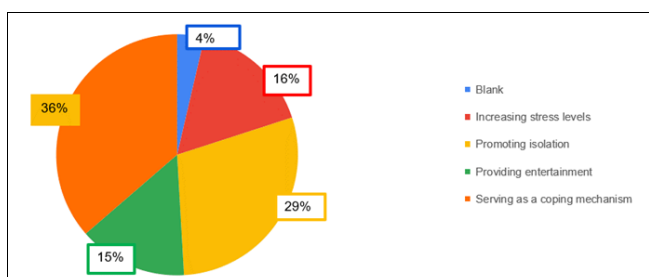
Analysis:

When studying how yoga influences the physical health of youth, the primary parameters assessed are as follows: Academic achievement (5%), blank (4%), emotional intelligence (16%), financial stability (7%), and physical fitness measures (67%).

Interpretation:

The study shows that physical fitness measures are the most significant factor in how yoga influences the physical health of youth, followed by emotional intelligence, academic achievement, and financial stability.

Q9:



9] What role does yoga primarily play in the context of stress reduction in the youth population?	Count
Blank	2
Increasing stress levels	9
Promoting isolation	16
Providing entertainment	8
Serving as a coping mechanism	20
Total Count	55

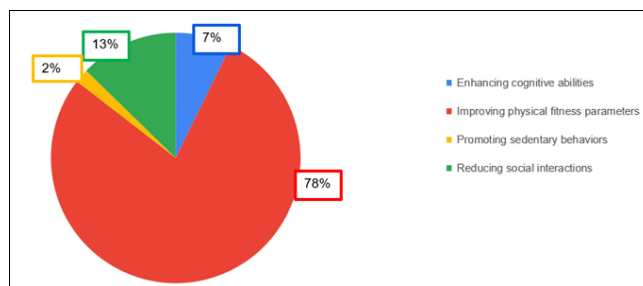
Analysis:

According to the research, the primary role that yoga plays in the context of stress reduction in the youth population is serving as a coping mechanism (36%), with additional roles including blank (4%), increasing stress level (16%), promoting isolation (29%), and providing entertainment (15%).

Interpretation:

Yoga primarily serves as a coping mechanism for stress reduction in the youth population, but it can have various other roles as well.

Q10:



10] What is the core focus of the research assessing how yoga impacts the physical health of the youth?	Count
Enhancing cognitive abilities	4
Improving physical fitness parameters	43
Promoting sedentary behaviours	1
Reducing social interactions	7
Total Count	55

Analysis:

According to the research, the core focus of the research is assessing how yoga impacts the physical health of youth, with a significant emphasis on improving physical fitness parameters (78%), and minor focuses on enhancing cognitive abilities (7%) and reducing social interaction (13%), while promoting sedentary behavior has a minimal emphasis (2%).

Interpretation:

The research primarily investigates how yoga affects the physical health of youth, with a strong emphasis on improving physical fitness parameters.

5. Conclusion

This research highlights the growing interest of youth in yoga and explores its various benefits, including stress reduction and improved mental well-being. The objectives focus on understanding obstacles to youth engagement, developing strategies for increased participation, and assessing yoga's impact on physical health parameters. The literature review emphasizes the need for methodological rigor in studying yoga interventions, recognizes its potential as complementary healthcare, and explores its role in mental health, particularly for conditions like depression and among breast cancer patients. Overall, the study sheds light on the evolving landscape of yoga in youth culture and its potential for holistic well-being.

6. References

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