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Effect of yogic practices on prevalence of suicidal ideation among depressive students

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Abstract

The present study was conducted to see the effect of yogic practices on the prevalence of suicidal tendencies among depressive students. The study was conducted on 10 depressive students (aged 16 or above), selected by purposive sampling technique. *Suicidal Ideation scale (SIS-SDBV)* developed and standardized by *Sisodia and Bhatnagar (2011)* [8] was used to assess the prevalence of suicidal ideation among depressive students. The yogic practices undertaken were Kapalbhathi, Anulom-vilom, Ujjayi pranayam and Omkar recitation with Surya Namaskar and Shavasan as relaxation technique. The Yogic class was organized by a specialized yoga instructor along with their doctor for an hour daily for the period of three months, by taking prior permission from the parents of the students. One group pretest-posttest experimental design was used to analyze the data. The finding indicates that yogic practices strengthen the positive attitude among the students towards the life.

Keywords: Yoga, Suicidal tendencies, Depressive students

Introduction

In the modern scenario of globalization, the race to achieve the highest place in academic field increases the expectation of the parents from their children. Parent's expectations from their children's school attainment greatly influence the child's own expectations and achievements. They want their children to do excel in every field without knowing their talent, capabilities and interest for the particular activity. Pressure exerted by the parents to attain higher grades influences the child's mental status. If the child gets healthier family environment, supportive school environment and motivation from their parents and teachers, then they easily cope up with their mental stress and gets better results in academic as well as in non academic field. On the contrary, if the child doesn't get proper support and motivation, then it will create lots of stress, frustration and even depression among the child. Moreover, constant failure in achieving the expectation of their parents creates suicidal tendencies in the child.

Suicide is a true, universal and generally occurring social incident. It is an act of taking one's own life by own decision. Psychologically, it is a mood disorder. It is generated in a state of severe psychological stress when an individual is unable to see their problems objectively or unable to find an alternate course of action. It is neither wrong nor right; it is not a defect in character; it is morally neutral. It is simply an imbalance of pain verses coping resources. When a child's stress of achieving higher grades resulted in failure or doesn't fulfill the expectation of their parents and teachers, suicidal feelings are the result. *Amelia et al., (2009)* [1], studied suicide ideation among college students. Results indicated that 6% of 1st year students had current suicide ideation. *Arun & Chavan (2009)* [2] investigated stress and suicidal ideas in adolescent students. They found that out of 2402 students, 122 (6%) reported suicidal ideas and 8 (0.39%) students reported suicidal attempt. *Kumar et al., (2012)* [4] concluded that suicidal ideation was more among depressed students; also it was high among those students who live in hostel and nuclear families. Results also revealed that suicidal ideation was significantly high among the depressed female students.

Bhalala (2014) [3] founded that female and urban students showed higher level of suicide tendency than male and rural students. *Zheng & Wang (2014)* [11] concluded that female medical students have higher rate of suicidal tendency. *Wani et al., (2016)* [10] concluded that Female and science students have high suicidal tendency than male students and arts students.

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Several studies pointed out towards the prevalence of suicidal ideation among students. There is a need to identify the therapeutic solution of this problem to save the future generation. Now a day, Yogic practices are considered as the best therapeutic solution to strengthen the mind, body and soul. Yoga inculcates the positive attitude among the students towards the life. It motivates the inner strength of an individual to fight against the problems of life. There are numerous of studies that shows the efficiency of yoga when it comes to treating depression. According to a research conducted by the students of the Deaken University in Melbourne, Australia, performing yoga can greatly help prevent the development and recurrence of depression. The research has also shown that those who are performing yoga tend to have lesser suicidal thoughts. Yoga is described as being a safe and effective method to increase strength, flexibility, and balance that addresses a number of problematic health symptoms. Ray *et al.*, (2001) [7] reported that yoga reduced anxiety but only among male students. Smith *et al.*, (2007) [9] concluded that the practice of yoga reduces perceived stress and negative feelings and improves mental and physical symptoms. Novotney (2009) [6] concluded that yoga affects the body’s physiology and combats unmanaged stress by reducing the stress response activated by the autonomic nervous system. Yoga is also a tool that can be learned and clients can use on their own outside of therapy to cope with stress and anxiety. Furthermore, with a regular practice of yoga, individuals can create powerful changes within themselves that aid them in leading rich and fulfilling lives. Therefore, the present study was carried out with an objective to see whether yoga practices improve the prevalence of suicidal tendencies among depressive students.

Objective

The study was planned with the following objective:

1. To assess the effect of yogic practices on prevalence of suicidal tendencies among depressive students.

Hypothesis

In order to carry out the investigation, the following hypothesis was formulated:

The yogic practices will significantly improve the prevalence of suicidal tendencies among depressive students.

Table 1: Significance of difference between mean pre-test and post-test scores for suicidal ideation variable of depressive students (N=10)

Sr. No.	Variable	N	Mean		SD's		't' value
			Pre-test	Post-test	Pre-test	Post-test	
1.	Suicidal Ideation variable	10	86.7	72.5	8.46	6.18	4.51*

*Significant at 0.01 & 0.05 level

Table-1 reveals that there was significant difference in the pre-test and post-test scores of suicidal ideation variable of depressive students as the calculated value of “t” (4.51) is higher than its tabulated value. Hence, it may be inferred on the basis of result that yogic practice for three month may help the students to develop better positive attitude about

Sample

The sample comprised of 10 depressive students drawn from private clinic by taking prior permission and willingness from their doctor as well as families to participate in three month yogic intervention programme. The age of 10 purposively selected participants was 16 years or above. Only those depressive students were considered who had no previous training or practice in yoga but had some experience of physical exercises.

Tool

Suicidal Ideation scale (SIS-SDBV) developed and standardized by Sisodia and Bhatnagar (2011) [8] was used to assess the prevalence of suicidal ideation among depressive students. This scale is used to measures the suicidal ideation for all the age group. The high score on the test indicates high level of suicidal ideation and vice –versa. The tool was administered before and after the yogic intervention programme and data was collected accordingly.

Methodology

One group pre-test/posttest experimental design was used to conduct the study. The sample was pre-tested by employing the tool specified above to obtain the baseline data for prevalence of suicidal ideation among depressive students. Thereafter, yoga intervention programme was designed and executed for 3 month with the help of an expert and their doctor, one hour per day in the morning. The components of yogic intervention comprised of theoretical classes on *Ashtanga* yoga, *Asanas*, and *Pranayamas*, and practical classes on *Pranayama*. The theoretical session was presented for only first week and practical session continued for the next 11 weeks. The component of pranayama involved training of *Kapalbhati*, *Anulom-vilom*, *Ujjayi pranayam* and *Omkar* recitation with *Surya Namankar* and *Shavasan* as a relaxation technique in the end. The sample was again tested using the same tool after a gap of fifteen days of yoga training programme.

Finding

Table 1: Effect of Yogic practices on prevalence of Suicidal ideation among depressive students (N=10)

The scores of mean, standard deviation and t-value of depressive students for suicidal ideation in relation to yogic intervention programme are given in the Table-1.

their capabilities and talents. Hence, hypothesis of the study i.e. “The yogic practices will significantly improve the prevalence of suicidal ideation among depressive students” was accepted.

Figure 1 depicts the mean scores of suicidal ideation variable before and after the yogic intervention programme.

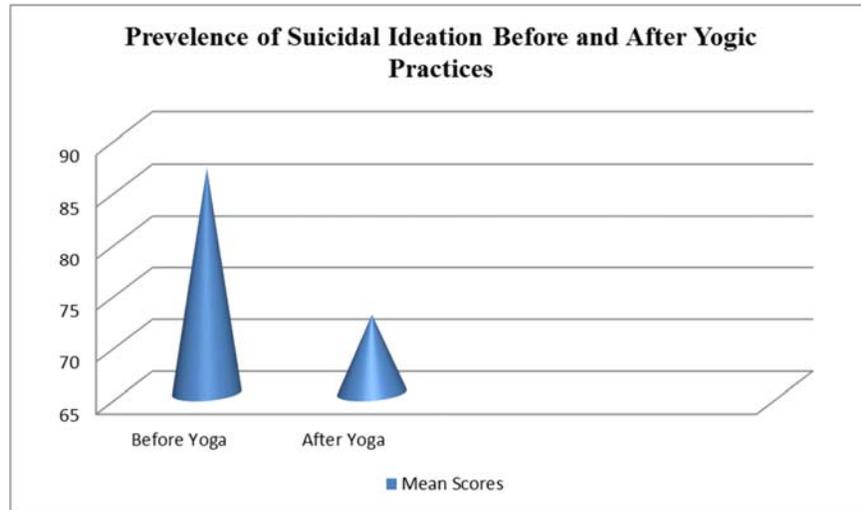


Fig 1: Mean scores of Depressive students for Suicidal Ideation variable

Conclusion

Result revealed that there was a positive effect of yogic practices in improving the prevalence of suicidal ideation among depressive students. Hence, it may be concluded that yoga may help them from coming out of being restless, hostile and aggressive and instills in them the positive attitude to live independent life and being active in social activities. It helps in improving anxiety, frustration and depression among the group. It proves to be a motivational tool in the development of better mind, body and soul which further enables them to conquer the hardship of life. It gives them an enlightenment to face the problems of life confidently and choose a suitable path to lead a successful journey of life. Mullur *et al.*, (2012) concluded that by improving circulation in the endocrine glands, a consistent yoga practice enhances the functions of hormones that play a primary role in the physiology of depression. This results in a reduction in depression and improved overall mood. The yoga practices stimulate and balance all systems of the body. The end result is increased mental clarity, emotional stability and a greater sense of wellbeing. Therefore, there is a dire need to include the yogic programme as a compulsory subject in schools by government and local authorities to save our future generation from indulging in malpractices.

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