

Significance of Yogic Intervention in management of Depression

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Abstract

Depression is one of the most common mental health disorders in India. Present study was a trail to find out the impact of Yoga on Depression. For this purpose researcher has taken two group (control and experimental), each group had 15 participants. This study was conducted at Ankur Rehab Centre, Indore, M.P. Random sampling was used. Control-Experimental group research design has been used in this study. For obtaining the score on depression, depression test by Prof. O.P.Mishra, Dr. Vidhya Bhoosan and Mr. Santosh, has been used. After collecting the data it's interpreted statistically, t-test has used for checking the significant level. Result shows that the impact of yoga on depression is positively i.e. Yoga decrease the level of Depression.

Key words- (1) Yoga
(2) Depression

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Depression is a significant mental illness with physiological and psychological consequences, including sluggishness, diminished interest and pleasure, and disturbances in sleep and appetite as reported by Hadded & Gunn (2011). It is predicted that by the year 2030, depression will be the number one cause of disability in world wide.

Back et. al. (1993) explained that People with depression often view themselves as unlovable, helpless, doomed or deficient. They tend to attribute their unpleasant experiences to their presumed physical, mental, and/or moral deficits. They tend to feel excessively guilty, believing that they are worthless, blameworthy, and rejected by self and others. They may have a very difficult time viewing themselves as people who could ever succeed, be accepted, or feel good about themselves and this may lead to withdrawal and isolation, which further worsens the mood (Sadok et al. ;2009) . Behavioural theory of depression indicated that there are Deficits in social skills and positive social interactions have been empirically proven to be main contributors to the maintenance of depression. Individuals with depression typically interact with others less frequently than non-depressed persons, and their actions are typically more dysfunctional (Alloy el.al.:1998, Thomas & Robert;2014). Kenneth et. al. (1977) also reported that social skills revolves around the lack of interaction seeking behaviors displayed by the depressed individual. This lack of interaction results in social isolation that furthers the development of a negative self-concept, loneliness, and isolation. An alternative social skills theory attributes problems within interactions with the maintenance of depression. The "pro-happiness social norm" causes people to approach social interactions with the expectation of a positive exchange; however, individuals with depression typically violate these expectations. The lack of responsiveness displayed by individuals with depression becomes annoying to their interaction partners, causing the interaction partners to either avoid interactions with the depressed individual or to approach them more negatively in future interactions, generating a self-fulfilling prophecy of

continued negative social interactions for both individuals. The depressed individual often sends ambiguous social cues that result in a misinterpretation by their interaction partner, such as a lack of responsiveness that can be interpreted as personal aversion. This misinterpretation leads to a decrease of positive interactions, resulting in a further decreased in social interactions, facilitating the maintenance of depression (Christine, M.;1977).

Although, Clinical depression is a serious medical condition that can be treated effectively. The risk of clinical depression is often higher in individuals with serious medical illnesses, such as heart disease, stroke, cancer and diabetes. Of course, like other mental disorder, depression should be consulted to medical professionals. They can help the patient by giving proper medication and treatment with regards to your personal condition. As a supplement to the treatment, patient can choose to practice yoga while in the process of recuperation. In present era depression is curing with yoga extremely because yoga has own functioning which provide balanced hormonal releasing. How, it works on depression that's a question.

Basically the meaning meaning of yoga is – union, addition. It has originated in spiritual self with the absolute, eternal self. In simple terms the philosophy of yoga teaches as that a life when lived as per the will and discipline of the supreme powers. The Ashtang yoga has eight (Ashta) components (Ang) sincere adoption of which accomplishes health, vigor and joy in life and leads to its divine evolution. These components are termed- Yam, Niyam, Asana, Pranayama, Dharana, Dhyana, and Samadhi. The first four have direct bearing upon physical and mental health. The later successively pertain to emotional transmutation and spiritual enlistment. The seekers of ultimate ascent of happy and healthy life are required to successfully traverse the eight phases of Ashtanga yoga.

The yogic treatment should also be different. An introvert personality likes Yoga nidra and meditation very much but he should not practice the same because he will become more introverts. The yogic practice which can bring such persons out from the small circle and give them energy should be adopted. The depressed people in the acute stage of depression become weaker as they feel uncomfortable in any job. The practice should be as simple so that they can perform them gently and get relief slowly.

Objective to the study- To examine the impact of Yoga on Depression.

Variables of present study- Description of variables is given below-

Independent Variable- Yoga

- ✓ **Asanas-** Tadasana, Triyaktadasana, Katichakrasana(5 each), Surya Yog,Shavasana(with breath awareness),Marjariasana,Shashank-Bhujangasana,Gomukhasana,Singhasana(5-10 rds),Kasthatakshan(10 times twice),Siddhasana.
- ✓ **Pranayama-**Bhastrika and Nadishodhan(5rds)
- ✓ **Kriyas-**Kapalbhati (25-50 rds according to capacity), Jalneti and Vaman (thrice a week).
- ✓ **Special-**Om Chanting
- ✓ **Precautions-** Yognidra and meditation lead one towards introversion so a depressed person should not practice them.

Dependent Variable- Depression

Hypothesis- In this research researcher formatted null hypothesis-

There is no significant difference in the level of depression in control and experimental group.

Methodology

Sample Plan- This study was conducted at Ankur Rehab Centre, Indore, (M.P.). 30 participants of 30 to 40 age group were selected randomly. Each participant was equal in educational and social sector. All were teachers and Hindu.

Research Design- Control-Experimental group research design group has been used.

Tool Used- In this research Depression test by-Prof.O.P.Mishra, Dr.Vidhya Bhoosan Verma and Santosh Kumar, have been used to obtain the score on Depression. This test is based on five point self rating. There is 32 items in this test. This test is highly reliable (0.79 by internal consistency method and 0.57 by test- retest method) and valid (coefficient of correlation between Beck depression inventory and present test was found 0.61)

Procedure- Present study was based on pre and post double group research design so data has collected two times. In this study 30 participant has taken and distributed in two group (15 in control group and 15 in experimental group).we provide yoga to experimental group two session in a day (1.5 hour per session). The gap of pre and post data was one month.

Result

Hypotheses- There is no significant difference in the level of depression of control and experimental group.

Group	Mean		S.D	S.E _d	t-value	Level of Significance
	Pre	Post				
Experimental	65.9	38.1	8.49	3.96	4.17	At 0.01 level
Control	66.1	54.6	9.19			

A null hypothesis has been rejected at the level of 0.01 level of confidence according to d.f-28. It indicates that there is significant difference in the level of depression of control group and experimental group. Post data shows that experimental group has no depression or

a lot of degree in the comparison of control group. It shows yoga is useful to reducing the depression.

Discussion and Interpretation

Result states that yoga effect positively on depression. In result table this is clear that the pre mean of experimental and control group is approximately equal but post mean differ from each other it shows the impact of yoga on depression is positive. Studies show that yoga therapy can help with stress, anxiety, and depression. Yoga is a gentle exercise that incorporates both meditation and controlled, physical movements. The focus on deep breathing and stretching your body is effective for relieving the symptoms of depression, such as sleep troubles, pain, and a loss of energy. Up to this day the effects found of yoga on mental health are numerous and the following are some of it, found in literature. People, who exercise yoga, frequently report a sense of deep relaxation, calm and happiness at the end of a yoga session (Monk-Turner & Turner, 2010). It increases muscular strength, flexibility, range of motion, energy and sleep quality (Pilkington et al., 2005). Yoga also improves hormone levels, immune response, cardiovascular health and respiratory functions (Pilkington et al., 2005). Five systematic reviews have shown that yoga has positive effects on depression (Cramer et al., 2012; Tekur et al., 2012; Mehta et al., 2010; Pilkington et al., 2005; Uebelacker, Epstein-Lubow et al., 2010). It is also effective for relieving stress and anxiety conditions that impact physical and mental health conditions (Long, Huntley, & Ernst, 2001). Furthermore, have positive effects of yoga been seen on well-being and satisfaction with life (Impett, Daubenmier & Hirschman, 2006). Although a lot of effects of yoga have been found, it remain lose parts. This could be more true for the effect of yoga on positive health or well-being. Not many studies were found researching the effect of yoga on well-being. This meta-analysis of yoga distinguishes itself by using a proper theoretical framework in the study on

positive health and combining it with the study of a common mental illness. Reducing symptoms is just a small part in the improvement of mental health (Keyes, 2005; Seligman and Csikzentmihalyi, 2002). A dualistic view can show a more complete picture in the study and promotion of mental health. The relevance of more research in this particular area can be beneficial for prevention and better treatments for depression and is relevant to study yoga and its effects on positive health/well-being.

Javnbakht et.al. (2009) found that Participation in a two-month yoga class can lead to significant reduction in perceived levels of anxiety in women who suffer from anxiety disorders. This study suggests that yoga can be considered as a complementary therapy or an alternative method for medical therapy in the treatment of anxiety disorders. Denial and Robert (2014) found positive effect of yogic intervention in treatment of depression as result of chronic lower back pain. Yoga may be useful for reducing depression and anxiety in persons with cLBP (Chronic Lower Back Pain). Basically yoga is a combined approach of healing which emphasis on joining of brain and body. As per other aspect the Strength of yoga is that it can be used as a self-management technique where a yoga exerciser does not need to go to the hospital or therapist. An individual could well use yoga their entire lifetime to improve their well-being as well as preventive means against depressive symptoms or the development of severe depression.

Conclusion

This is clear by the result of present research that Yoga is very effective not only in treatment of depression but improves well being also.

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