

Association of yogic breathing with perceived stress and conception of strengths and difficulties in teenagers

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Background: Mental health problems are increasing at an alarming rate throughout the world, and teenagers are no exception. They experience high levels of stress in their formative years which often leads to poor social behavior. In the present study, we examine the effect of Sudarshan Kriya Yoga (SKY), a yogic breathing technique on perceived stress and social behavior of school going teenagers.

Method: A cross-sectional survey was conducted. Teenagers who practiced SKY daily constituted the study group and teenagers who did not practice any form of yoga or meditation formed the control group. Child Perceived Stress scale (C-PSS) and Strength and Difficulty questionnaire (SDQ) were used to evaluate the mental health and social behavior of both groups.

Results: Lower stress scores were observed among students who practiced SKY compared to their peers. A significant difference was observed between the groups with respect to emotional problems, conduct problems, peer problems, and pro-social behavior. Gender wise comparison highlighted that the females from the SKY group scored lower on emotional problems sub-scale compared to their counterparts from control group. Results also highlighted an improved peer to peer interaction among both boys and girls in the SKY group..

Biography

Saumya Subramanian is the Research manager and scientist at Sri Sri Institute for Advanced Research. She holds a Masters degree in Medical Microbiology. Her primary area of interest includes to search upon the Scientific basis of Sudarshan kriya and other ancient Indian holistic practices in health and wellbeing of people. She has conducted and lead more than 15 projects to explore the benefits of Sudarshan Kriya on physical mental and emotional health. During the Covid-19 pandemic she was also deeply involved in investigating Ayurvedic formulations to treat the disease. She has 12 publications in national and international journals.