

ABSTRACT

Background

Child below the age of 18 years and have lost both or single parents are considered as an orphan. There are 143 million child are orphan in worldwide. In India the number of the orphan approximately 55 million. It is found that orphan child have more psychological distress; depressive disorder, hopelessness, vegetative symptoms, and suicidal ideation then normal child or non-orphan child. Yoga may help one to reach a state free from mental illness. It maintains and improves the positive value from the orphans.

Method

The effect of yoga and physical exercise was studied on Emotion Regulation and Positive and Negative Attitude and working memory in 48 boys. All participants were assessed before and after yoga and Physical exercise practiced for 4 week, everyday, 1 hours per day. Sections of the Positive and Negative Affect Schedule (PANAS) were used to assess; Positive and Negative Attitude associate and Emotion Regulation was assessed using Emotion Regulation Questionnaire (youth) and N Back test was used to measure the working memory.

INTERVENTION

1 hour yoga and physical exercise practices ware designed which is the combination of breathing, loosening, Surya Namaskara, asana along with pranayama practices, physical activity followed by relaxation.

Result

Working memory was measured by N back test 1. The yoga group showed greater percentage of improvement for N-back hit (11.01%), N-back miss (82.45%), N-back wrong(62.79%) in comparison to physical exercise group N-back hit (6.09%), N-back miss (62.96%), N-back wrong(36.0%). In between group comparison, significant difference was observed for N-back hit ($P=0.008$) and N-back miss ($P=0.026$) score but no significant difference was found on N-back wrong ($P=0.825$) score.

In within group comparison both the groups did not show any significant improvement in the emotion regulation and also in the subscales. The yoga group showed greater percentage of vii improvement CR

(8.01%), ES (14.95%), total emotion regulation (5.95%) in comparison to physical training group CR (7.94%), ES (2.19%), total emotion regulation (3.09%).

The yoga group showed greater percentage of improvement for all the variables, PANAS +VE (17.36%), PANAS-VE (10.29%), in comparison to physical training group PANAS+VE.(12.73%), PANAS-VE (6.25%),

Conclusion

This study suggested that yoga may effective to promote the mental health of orphan and adolescent.

Keyword

Orphan, Positive and Negative attitude, Emotion Regulation, yoga, physical exercise, Mental heal