

ABSTRACT

TITLE OF THE STUDY

Effect of yoga on mindfulness and impulsiveness in students with visual impairment: A Randomized control trial

BACKGROUND

Visual impairment is considered as the lack of eye function. Globally there are 19 million child aged below 15 years, have childhood visual impairment. Childhood vision loss affected their physical, mental, psychological health and quality of life. Practicing yoga improves the quality of life and maintains the psycho physiological health.

AIM

To access the effect of yoga on impulsiveness and mindfulness of the students with visual impairment.

METHODS

Forty male volunteers were randomly divided into yoga (n=20) and control (n=20) group. Yoga group underwent training for 25 days, everyday, 1 hour per day whereas the control followed their regular activities. Impulsiveness and mindfulness were assessed for all participants. The mindfulness was measured by using Children's assessment of mindfulness (CAMM) and impulsiveness was assessed using by Barrett's impulsivity scale (BIS-BRIEF).

RESULT

The baseline was matched for the both variables impulsiveness and mindfulness. In between group no change was observed for both the variables mindfulness (p=0.236), impulsiveness (p=0.113).

Within group comparison did not exhibit any significant improvement for the both group but the percentage of changes was higher for both the variable in yoga group impulsiveness (8.08%), mindfulness (11.55%), as compared to control group impulsiveness (0.89%), and mindfulness (4.51%) respectively.

CONCLUSION

The study suggests that yoga may be considered an effective option to improve mindfulness and impulsiveness scores in students with visual impairment.

KEYWORDS

Visual impairment, impulsiveness, mindfulness, yoga, students.