



# Impact of Yogic Intervention on the Well Being of HIV Affected Adolescents

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## **Abstract**

*The present pretest and post test experimental design was designed to find out the effect of yoga therapy on psychological well being among HIV affected adolescents. It was hypothesized that there would be significant difference due to the effect of yogic practices on psychological well being among HIV affected adolescents. To achieve the purpose of the study 26 boys were having HIV staying at child care center in Puducherry city aged between 13 to 19 selected underwent for yoga practices for twelve weeks, five days for a week for a maximum of one hour in the evening, the consent from the authority and the individual has received after explaining the procedure of the study, the pretest and post test were conducted before and after the training for two group. The psychological well being was measured by Adolescent Wellbeing scale devised by Birlson. The data collected from the groups before and after the training period were statistically analyzed by using computer/SPSS and interpreted. The 't' test was carried out to determine the significance difference and tested at 0.05 level of significance. The result of the study was showed that the psychological well being level was significantly increased as the result of the yogic practices; hence the hypothesis was accepted at 0.05 level of confidence. The conclusion was that the yogic practices helped to increase the level of psychological well being among HIV affected adolescents.*

**Keywords:** Yoga, HIV, Psychological well being, Adolescents.

## **Introduction**

The literal meaning of yoga comes from Sanskrit word 'yoke' which means union. Though the origin is unknown Sage Patanjali is considering as the codifier of yoga, the modern Studies suggest that this practices of yogic techniques has immense benefits on the physical, mental and spiritual and social development of an individual stress, anxiety, depression back pain etc though yoga has received

less attention in the medical literature, it has become increasingly popular in recent decades. Human immunodeficiency virus (HIV) and acquired immune deficiency syndrome (AIDS) is a specific conditions caused by infection of human immunodeficiency virus (HIV) According to UNAIDS Joint United Nations Programme on HIV/AIDS there was a 70% decline in the number of new HIV infections among children between 2000 and 2015. Despite this significant progress, the number of children becoming newly infected with HIV remains unacceptably high, the adolescent population living with HIV has been neglected. In the world more than 1.75 billion, that means every fifth person in the world is an adolescent it is a difficult stage in all aspects and their needs for autonomy and independence and their evolving decisional capacity intersect and compete with their concrete thinking processes, risk-taking behaviors, preoccupation with self-image, and need to fit in with their peers An estimated 2.5 million children around the world are living with HIV/AIDS (joined United Nations program on HIV/AIDS (JNAIDS), 2010 report on the global aids epidemic. “The most common disorders found are psychological well being disorders” (M.N. Vrinda and S.N. Mothi 2013). According to APA (American psychiatric association 2012) Psychological well being disorders among HIV people range from 2% - 40%, as HIV-related illnesses become more advanced, and HIV people live longer because of effective treatment, the rate of psychological well being disorders seems to increase The prevalence of mental and behavioral health issues among HIV-infected adolescents may not be well understood or addressed as the world scales up HIV prevention and treatment for adolescents. Too little has been done to measure the impact of mental health challenges for adolescents living with HIV, it is well known that the efficiency of yoga to deal with the mental problems

### **Aim & Objective of the study**

The purpose of the study was to find out the effect of yoga therapy on psychological well being among HIV affected adolescents

### **Hypothesis**

It was hypothesized that there would be significant difference due to the effect of yoga therapy on psychological well being among HIV affected adolescents

### **Review of Related Literature**

Vreeman RC, McCoy BM Lee S. (2017) mental health challenges among adolescents living with HIV, it is a critical and neglected health challenge for HIV infected adolescents. The objective of this study is to analyze the current literature about the mental health challenges faced by adolescents living with HIV, including access to mental health services, the role of mental health challenges during transition from pediatric to adult care services and responsibilities, and the effect of mental health interventions. Mental and behavioral health challenges are prevalent in HIV-infected adolescents, including in resource-limited settings where most of them live, and they impact all aspects of HIV prevention and treatment to evaluate interventions to best sustain or improve the mental health

of this population and the health issues should be addressed proactively during adolescence for all HIV-infected youth and the system should give more mental health support is integrated into the care management for HIV, particularly throughout lifespan changes from childhood to adolescence to adulthood. The lack of research and support for mental health needs in resource-limited settings presents an enormous burden for which cost-effective solutions are urgently needed.

Jennifer L. Frank, Bidyut Bose & Alex Schrobenhauser-Clonan (2014) This pilot study aimed to assess the effectiveness of yoga-based social-emotional wellness promotion program, 49 students from an alternative education school in an urban inner-city school district. Results showed that those who participated in the Transformative Life Skills program demonstrated significant reductions in anxiety, depression, and global psychological distress, intrusive thoughts, physical arousal, and emotional arousal were reported as well. Students exposed to Transformative Life Skills reported being significantly less likely to endorse revenge-motivation orientations in response to interpersonal transgressions and reported overall less hostility than did students in the comparison condition. Results of this study provide evidence of the potential for Transformative Life Skills to influence important student social-emotional outcomes among high-risk youth. Limitations and suggestions for future research are discussed.

### **Tools & techniques**

Psychological well being

**Purpose** : To summarize the psychological well being among the adolescents.

**Equipment used** : Adolescent Wellbeing scale devised by Birleson

**Procedure** : The scale is useful with adolescents at initial assessment, but also useful to monitor progress.

**Scoring:** The responses to each question are scored 0, 1 and 2, the responses are scored depends on the nature of the statement. The response indicates, No concern -0, Possible concern-1, Unhappiness or low self esteem-2

A score of 13 or more will indicate the likelihood of a depressive disorder. There will be some who score high, but who on careful consideration are not judged to have a depressive disorder, and others who score low who do have one. In most instances the way a young person responds to the different questions will be as important and as valuable

### **Methodology**

To fulfill the goal of experimental study 26 boys were having HIV were selected between the age group of 13 to 19 years The yogic practices were introduced to the group for a specified period of the time (twelve weeks). the efficiency of the yogic practices pre and post test measured through Psychological well being The level of significance was fixed at 0.05 level of confidence which was considered adequate for the purpose of study.

The yogic practices chart given to experimental group;

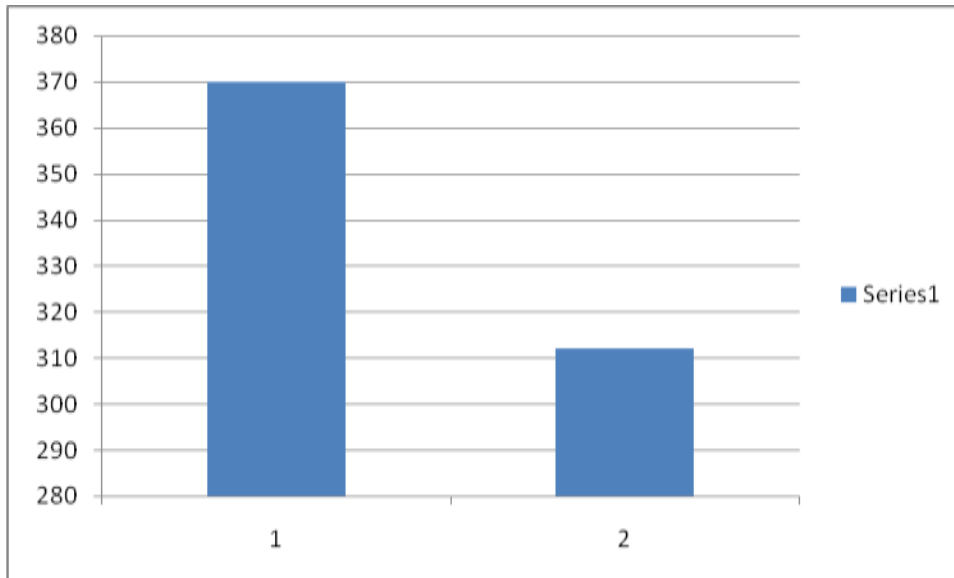
	Asanas	Pranayamas	Relaxation techniques
Seethaleekarana Vyayama	Thadasana, Urthahastasana	Sukha Pranayama Nadisuddhi Pranayama	IRT (Instant Relaxation Technique) QRT (Quick Relaxation Technique) DRT
Loosening exercise	Prasaritha hastasana Trikonasana Vajrasana Padamasana	Om kara pranayama	
Surya Namaskar	Paschimothanasana Makarasana Bhujangasana Dhanurasana Sarvangaana Matyasana Halasana Savasana		(Deep Relaxation Technique) Yoga Nidra

### Results and discussions

Computation of 't' ration between pre and post test scores

Sl no	group	Mean	Std. Deviation	Mean Difference	't' ratio
1	pretest	14.23	3.76	2.23	4.762*
2	post test	12.00	2.00		

\*Significance at 0.05 level of significance



The table shows that the obtained value is greater than the table value, it shows that there is a significant difference that exists between pre-test and post-test on psychological well being

### Data analysis

The data pertaining to the variable collected from before and after training period were statistically analyzed; here researcher adopted SPSS for the better accuracy of the data analysis process.

### Conclusion

Hence, it is found that the Yogic practices increases the HIV affected children's psychological well being level. Hence, we can assume that Yogic Practices have a positive impact to increase the level of psychological well being on HIV affected adolescents.

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