

Effect of yoga on mental health and emotional maturity of visually challenged students

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Abstract

The study was designed to examine whether practice of Yoga has a positive effect on the mental health and emotional maturity of visually challenged students. The sample consisted of 20 visually challenged students drawn purposively from a Govt. School for the Blind. The main objective of the study was to see the effect of yoga on mental health and emotional maturity of visually challenged students. A Yoga training programme was designed and the subjects were exposed to it for a period of four weeks. The effects of yoga on mental health of visually challenged students were measured by administering Singh & Gupta's Mental Health battery whereas effects on emotional maturity were obtained by applying Singh and Bhargava's Emotional Maturity Scale. The data was analyzed in terms of mean, S.D and t-test. The results indicate that on the whole the level of mental health and emotional maturity of visually challenged students improves after the practice of yoga. Significance differences were found between mean gain scores on all the dimensions of Mental health Battery and Emotional Maturity Scale. Hence, it can be concluded that yoga puts a positive effect on the mental health and emotional maturity of the practitioners. The study has its implications for school administrators, policy makers, parents, teachers, community leaders, and rehabilitation workers.

Key words: Mental Health, Emotional maturity, Yoga & Visually challenge students.

Today's fast competing and changing scenario of society at global level has forced the individuals, especially the disabled ones, to concentrate their efforts on different dimensions of life. It is a matter of great concern that the abilities and potentials of disabled persons have not yet been fully explored and tackled but practically it is a great loss of human resources, which, if discovered, matured, appropriately channelized and utilized could add a new force to the progression of the society. Children with disability are particularly susceptible to physical, social, mental and emotional problems associated directly or indirectly with their experience of disease, disorders and disability. Some of the problems are directly related to limitations preventing the child from enjoying normal contacts with other children and other

physical, social and educational activities typical for his or her age.

A child's handicap cannot be considered in isolation. In order to alleviate his difficulties, it is essential to take into account how well he can function in his physical environment, and the effect, not only of his handicap, but also of the cultural environment to which he is exposed. In the present society, yoga is considered as an important medical technique for developing the physical and mental functioning of an individual, especially of students with disabilities. It is one of the most important, effective and valuable tools available for the students with disabilities to overcome their various physical and psychological problems such as anxiety, emotional instability, frustration and poor mental health etc. Yoga refers to the system of practices that help to control the mind, body and











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