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Yoga for Youth mental Health and Well-Being

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Abstract :-

This article discusses yoga as a potential tool for youth to deal with stress and regulate themselves. Yoga provides training of mind and body to bring emotional balance. We argue that youth need such tools to listen inward to their bodies, feelings, and ideas. Yoga may assist them in developing in sound ways, to strengthen themselves, and e contributing social beings. First, we address how youth in today's world face numerous expectations and constant stimulation through the Internet and other media and communication technologies. One reason why youth experience stress and mental health challenges in that globalization exposes the youth all over the world to various new demands, standards, and options. There is also increased pressure to succeed in school, partly due to increased competition but also a diverse range of options available for youth contemporary times than in the past. Our argument also partially rests on the fact that modern society offers plenty of distractions and unwelcome attractions, especially linked to new media technologies. The dominant presence of multimedia devices and the time spent on them by youth are clear indicators of the shift in lifestyles and priorities of our new generation. While communication, learning, and entertainment, they also result in constant competition for youngster's attention. A main concept in our article is that yoga may help youth health. We present research literature suggesting that yoga improves youth physical and mental well-being. Similarly, yoga in schools helps students improve resilience, mood, and self-regulation skills pertaining to emotions and stress.

Keywords:- Youth mental health, well-being, yoga

Introduction:-

Globalization exposes youth all over the world to various new standards and options. Now youth not only have new resources in their lives, but are also expected to perform well. Different institutions youth lives, such as family, school, and the media, constantly provide stimulations as well as expectations. This exposure to new expectations and demands has the potential to create stress in youth lives, especially related to evaluation of their performances.

We have observed youth are quite good at hiding their distress and emotional stress from their parents, since they do not want their parents to worry on their account. They desire to please their parents by their "appropriate" and "socially right" behaviors. Youth dislike upsetting their parents and being the reason for adding to existing parental stress. According to a constructivist approach, youth actively participate in their own development process. Moreover, youth interact with everyday life situations with world views that could be different from those of adults. In line with this theory, we believe that youth function as an agency for their own well-being and have the evolving capacity to be partners of wellness with their families, friends, and society. However, youth depend on the environment set by society to facilitate their potential for development.

This discusses yoga as a potential tool for the youth to deal with stress and to regulate themselves. Yoga provides training of mind and body to bring emotional balance. It is claimed



that yoga leads to alignment and harmony. A recent thesis suggests that yoga is a tool to listen to your heart. We argue that youth need such aid to listen inward, to their bodies, feelings, and ideas. Thus, yoga may contribute to healthy development and good mental health; health promotion for youth needs to include improvement of their attention, self-esteem, empowerment, and self-regulation. We believe that youth need to develop based on their unique personalities, and to interpret and achieve the balance between their own strengths and societal expectations. Yoga may assist them in developing in sound ways, to strengthen themselves, and be contributing social beings.

Youth and Mental Health :-

There are also examples of today's youth who demonstrate more serious attitudes than those of earlier generations. Moreover, youth behave more decently and less criminally, and are more hard-working in school. Youth also share more values with their parents than did their predecessors, and while young people "hang out" online, many from the parent generation do the same. This similarity may be one of the reasons for the decrease in drug use. In fact, mental health problems are common among youth in all over the world.

The current scenario is challenging for both teachers and parents, as well as for youth to foster a positive mental health status. The transition from early childhood to youth and adulthood can be demanding in itself. In the midst of dealing with physical changes, youth also have to deal with social relations. The pressure on young people also varies, encompassing academic, commercial/marketing, and relational issues, as well as succeeding in school, being popular, having a fit or slim body, wearing the right brands of clothes, and owning the latest technological gadgets.

Media is used by youth and Health challenges :-

Modern society also offers innumerable distractions and undesired attractions, especially linked to modern and communication technologies. Although media is a knowledge resource for youth mental health, its intense use leads to questions concerning young people's capacity and interest to bring balance between physical and mental activities.

We understand the media generation as the youth who live in a hypermedia environment. In many countries, including India, unequal access to media is an important concern, especially, since information and communication technologies (ICT) are regarded as major knowledge resources for the future.

Benefits of yoga and youth :-

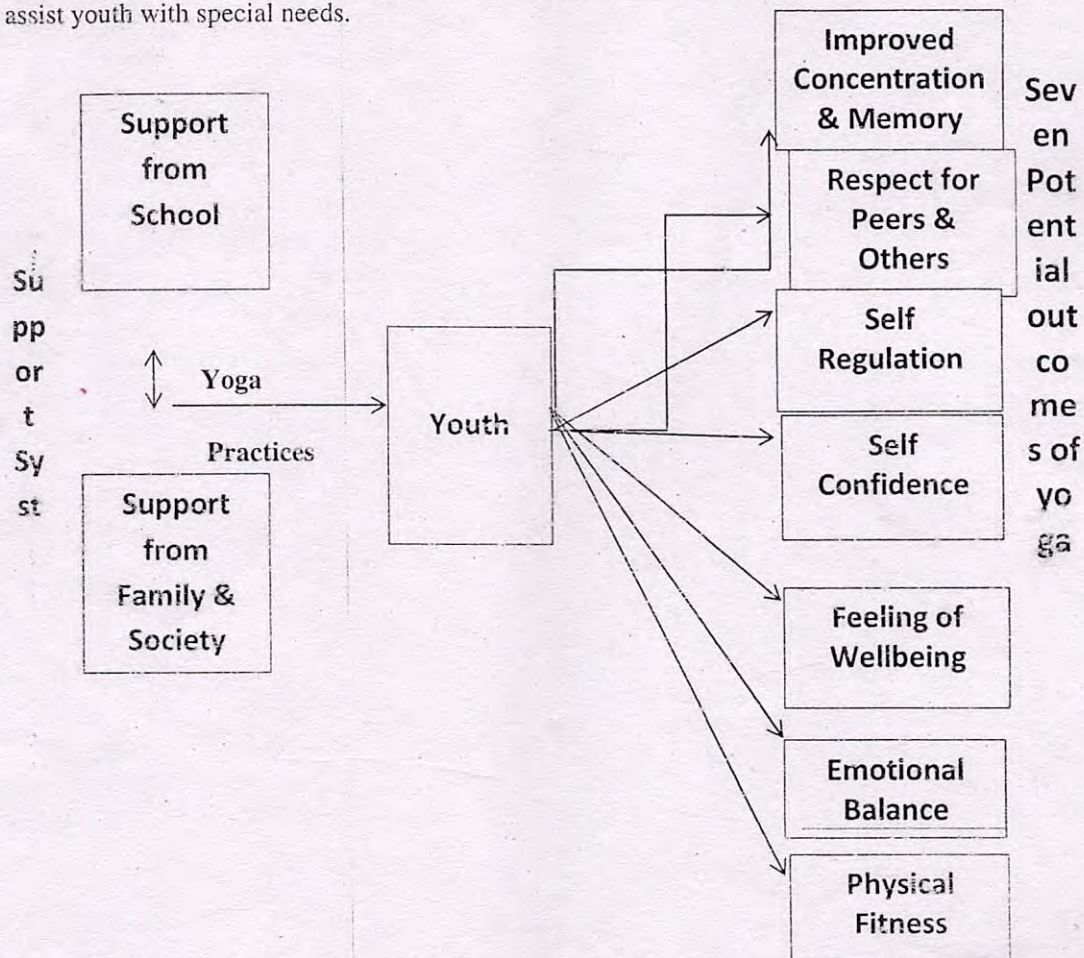
Yoga is an ancient Indian practice, which has been spread all over the world, and is even being revitalized in India itself. Yoga consists of certain postures (asanas), regulated breathing techniques (pranayamas), hand poses (mudras), and meditation. There is experiential knowledge on which poses are appropriate for different bodily functions. Yoga's positive impact on the physical and mental health of individuals and their well-being has been an established truth in the ancient as well as individuals and their well-being has been an established truth in the ancient as well as contemporary yoga literature. The recent scientific research on yoga provides empirical evidence for some of these claims, and specifies that certain yoga practices are beneficial for the mental and physical health of youth.



The ancient practice of yoga may help youth cope with stress and thus contribute positively to mental health. In a recent book on yoga education in India, the author claims that "in a nutshell, yoga is a powerful medium for developing the personality of youth and making them capable of facing the present-day challenges and problems.

The increased global interest in yoga in recent decades is primarily due to the expectancy that yoga can calm the mind and increase overall health and well-being. Youth mental health and well-being include developing healthy relationships with peers and teachers, and being able to self-regulate emotionally, mentally, and behaviorally.

"The beauty of yoga is that its benefits are available to students of every school-age group," according to Henningsen. She discusses how yoga can be a comprehensive approach to stress, something which is needed in the often tension-filled lives of youth today. Yoga can help foster motivation, cultivate internal locus of control, improve sleep, and generally encourage healthy and balanced living. Yoga may also aid in shifting self-awareness inward to youth's own cues and emotions, and thus, counteract negative social and cultural influences, including the current media pressure to be always online and available. As yoga often results in improved focus and concentration, regular practice is frequently accompanied by better academic performance. Yoga has also been shown to help youth with attention problems as well as to support executive function development. A number of studies have also suggested that yoga can assist youth with special needs.





Conclusion:-

This Paper claims that yoga can be a valuable tool for youth. The business enterprise has recognized the value of yoga globally. Across urban areas in recent times, yoga training centers, practice centers, private agencies, and individuals for both profit and non-profit sectors have opened yoga class and organized sessions in various forms and approaches. May people pay fees to use these facilities in yoga class and practice yoga? However, schools, pre-schools, and the public sector of education are not keeping up with the trend, notwithstanding their prime responsibility of developing the full potentials of youth.

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