

## **7.0 GENERAL DISCUSSION AND CONCLUSIONS**

Orphan is defined as a child less than 18 years of age whose mother, father or both parents have died from any cause of death. Psychological well-being symbolizes a positive age and stage appropriate outcome at physical, social, and psychological levels during the stage of human development. Children at orphanages suffer from a set of multidimensional and intertwined issues at psychological wellbeing. Literature highlights the enhancement of basic requirements of orphans and an urgent need to expand and improve current intervention programs to ameliorate the psychological and emotional regulation of losing a parent.

The current research studies have advanced our knowledge and understanding of the role of yoga- related construct mindfulness and yoga-based intervention on psychological wellbeing among orphans. The research design was ground-breaking in incorporating different research methods such as cross-sectional and interventional design. Specifically, the research program combined a cross-sectional design in Study I and II employed a randomized pre-post design to evaluate yoga-based intervention on psychological wellbeing among orphans. Psychological wellbeing is operationalized as a dependent variable explained by several independent variables, including happiness, mindfulness, cognitive functioning, depression, emotional regulation, positive affect and negative affect. Consistent relationships were found between yoga related construct mindfulness and psychological wellbeing among orphans. The significant association between dispositional mindfulness and depression. Further, mindfulness had significant relationships to positive and negative emotion. Furthermore, correlation analysis showed that all the variables in this study (mindfulness, cognitive, depression, positive affect and negative affect) had a significant influence on each other among

orphan adolescents. Existing research suggests a relationship between yoga- related construct mindfulness and psychological wellbeing.

Furthermore, results from this study suggest that these relationships occur in naturally existing variability in orphan adolescents, in the absence of an intervention explicitly designed to influence any of these constructs. The current findings support the therapeutic potential of yoga related construct mindfulness. Results suggest that high levels of mindfulness can protect against the negative effects of psychological distress. The ability to experience the present moment awareness is likely to be a particularly important skill in this context. As yoga related mindfulness may increase psychological wellbeing, the findings of this mechanism can provide useful suggestions to design intervention and prevention programs. This further suggests that interventions that nurture mindfulness may be a feasible and effective method of building psychological wellbeing among orphan adolescents.

Children and youth coming from orphanages are at risk of developing behavioral problems. The study II examined the efficacy of implemented yoga-based intervention in an orphanage setting, for the enhancement of psychological wellbeing. Participants were randomly assigned to an intervention and to a control group. Mindfulness, depression, emotion regulation, happiness, positive affect and negative Affect were quantitatively assessed before and after the intervention, by means of self-reported questionnaires. Results suggested a potential of the intervention to enhance psychological well-being among orphan adolescents. These interventions can have impact on orphan children in coming years and this learning may help them later in their development to cope with the demanding situation. In sum, this study sheds light that a yoga-based intervention will promote psychological well-being among orphan adolescents. Further research with a larger

sample is recommended to ascertain whether the observed effects can be replicated and to determine the extent to which yoga-based intervention can produce long-term effects on psychological well-being