CHAPTER-4

4.0-AIM AND OBJECTIVES

4.1 AIM OF THE STUDY

The aim is to develop and implement a Yogic Counselling Module (YCM) and assess its effectiveness in improving the psychosocial well-being of adolescents, with a specific focus on addressing cognitive distortions.

4.2 OBJECTIVES OF THE STUDY

1. To develop a Yogic Counselling Module (YCM) focused on improving psychosocial well-being among adolescents.
2. To evaluate the efficacy of YCM on the psychological well-being of adolescents through a pilot study.
3. To assess the effect of YCM on cognitive distortion, stress, self-esteem, mindfulness, mental well-being, resilience, depression, anxiety, and emotional regulation by comparing at three time points: pre-intervention, post-intervention, and follow-up.
4. To evaluate the impact of YCM on observed behaviors in the classroom (obedience, attention & punctuality) and at home (through teachers' and parents' observations).
5. To examine the correlations among the primary variable (cognitive distortions) and secondary variables (stress, self-esteem, mindfulness, mental well-being, resilience, depression, anxiety, and emotional regulation).
6. To document recommendations to address cognitive distortion through yogic counseling as requested by the IEC.

4.3 JUSTIFICATION OF THE STUDY

Adolescent mental health disorders contribute to 16% of the global disease burden, with depression and anxiety being the leading causes of disability (WHO, 2021). These challenges affect academic performance, social life, and overall well-being, leads to isolation, stress, and uncertainty in life (Li, 2023; Qin et al., 2020). While mindfulness-based interventions (MBIs) help manage emotional challenges, there is a growing need for culturally grounded solutions. The YCM is based on traditional Indian teachings, which combine preventive and therapeutic benefits and addresses psycho-social issues while correcting the cognitive distortions, offering a holistic intervention.

Negative self-perceptions are linked to depression, eating disorders, and adjustment difficulties (Harter & Marold, 1992). Self-esteem and emotional regulation play an important role in the growth of adolescents and self-esteem is crucial in adolescence, as it reflects the gap between self-concept and desired identity (Orth et al., 2018). Indian philosophical traditions, particularly yogic teachings emphasize self-regulation, resilience and empowerment which significantly improve coping mechanisms.

Western and Indian counseling paradigms differ significantly. Western counseling often follows a reductionist approach focusing on symptom reduction using therapies like cognitive-behavioral therapy (CBT) and psychoanalysis to address emotional, psychological, or behavioral issues. In contrast, Yogic Counseling adopts a holistic paradigm viewing the individual as an integrated being where the physical, mental, emotional and spiritual aspects are interdependent. Drawn from the Pancha-Kosha model, which includes the physical, vital, mental, intellectual, and spiritual layers of existence, Yogic Counseling addresses mental health through the integration of all these aspects.

Western counseling aims to alleviate emotional distress and restore functional ability, while Yogic Counseling goes beyond symptom relief focusing on the holistic integration of body, mind and spirit.

Through practices like pranayama (breathing exercises), dhyana (meditation), and mindfulness (a balanced state of mind), the Yogic Counseling Module (YCM) will enhances emotional resilience, helping adolescents manage stress and achieve emotional balance. Mindfulness meditation, a key component of YCM, promotes self-awareness, emotional regulation, and spiritual connection, making it a comprehensive solution for mental health challenges in adolescents. Pranayama has been shown to reduce catastrophic thinking by alleviating anxiety and promoting calm, rational thoughts and leads to deeper meditation.

While MBIs and CBT are supported by research, there is a need for a comprehensive, culturally relevant approach to adolescent mental health. YCM offers an integrative framework combining cognitive restructuring, emotional regulation, and ethical discipline to address cognitive distortions and emotional distress. By promoting self-awareness, emotional intelligence, and resilience, YCM helps adolescents build healthier thought patterns and adaptive behaviors.

YCM's cultural grounding in ancient Indian wisdom provides a holistic approach and is not solely focused on symptom management but also on long-term emotional and spiritual well-being.

Future research should explore the practical applications of YCM in educational and counseling settings through large-scale studies and longitudinal interventions to establish its effectiveness in improving adolescent mental health and in this course of action this study

introduces YCM as a culturally relevant intervention for improving adolescent mental health, rooted in ancient wisdom yet adaptable to contemporary needs.

4.4 HYPOTHESIS FOR STUDY

1. The Yogic Counselling Module may have an impact on the level of Cognitive Distortion among adolescents.
2. The Yogic Counselling Module may have an impact on the level of Stress among adolescents.
3. The Yogic Counselling Module may have an impact on the level of Self-Esteem among adolescents.
4. The Yogic Counselling Module may have an impact on Emotion regulation and coping among adolescents.
5. The Yogic Counselling Module may have an impact on the level of Mindfulness among adolescents.
6. The Yogic Counselling Module may have an impact on the level of Mental Well-being among adolescents.
7. The Yogic Counselling Module may have an impact on the level of Resilience among adolescents.
8. The Yogic Counselling Module may have an impact on the level of Depression among adolescents.
9. The Yogic Counselling Module may have an impact on the level of Anxiety among adolescents.
10. The Yogic Counselling Module may have an impact on Observed Behaviour in the classroom among adolescents.
11. The practice of the Yogic Counselling Module may have an impact on Observed Behaviour by Parents, Teachers, and Friends among adolescents.

4.5 NULL HYPOTHESIS FOR STUDY

1. The Yogic Counselling Module may not have an impact on the level of Cognitive Distortion among adolescents.
2. The Yogic Counselling Module may not have an impact on the level of Stress among adolescents.
3. The Yogic Counselling Module may not have an impact on the level of Self-Esteem among adolescents.
4. The Yogic Counselling Module may not have an impact on Emotion regulation and coping among adolescents.
5. The Yogic Counselling Module may not have an impact on the level of Mindfulness among adolescents.
6. The Yogic Counselling Module may not have an impact on the level of Mental Well-being among adolescents.
7. The Yogic Counselling Module may not have an impact on the level of Resilience among adolescents.
8. The Yogic Counselling Module may not have an impact on the level of Depression among adolescents.
9. The Yogic Counselling Module may not have an impact on the level of Anxiety among adolescents.
10. The Yogic Counselling Module may not have an impact on Observed Behaviour in the classroom among adolescents.
11. The practice of the Yogic Counselling Module may not have an impact on Observed Behaviour by Parents, Teachers, and Friends among adolescents.