STANDARD INTERNATIONAL CODE USED TO TRANSLITERATE SAṂSKṚTA WORDS

A	=	**अ**	ṇa	=	**ङ**	Pa	=	**प**
Ā	=	**आ**	Ca	=	**च**	Pha	=	**फ**
I	=	**इ**	Cha	=	**छ**	Ba	=	**ब**
Ī	=	**ई**	Ja	=	**ज**	Bha	=	**भ**
U	=	**उ**	Jha	=	**झ**	Ma	=	**म**
Ū	=	**ऊ**	Ña	=	**ञ**	Ya	=	**य**
ṛ	=	**ऋ**	ṭa	=	**ट**	Ra	=	**र**
ṝ	=	**ॠ**	ṭha	=	**ठ**	La	=	**ल**
E	=	**ए**	ḍa	=	**ड**	Va	=	**व**
Ai	=	**ऐ**	ḍha	=	**ढ**	Śa	=	**श**
O	=	**ओ**	ṇa	=	**ण**	ṣa	=	**ष**
Au	=	**औ**	Ta	=	**त**	Sa	=	**स**
aṁ	=	**अं**	Tha	=	**थ**	Ha	=	**ह**
aḥ	=	**अः**	Da	=	**द**	kṣa	=	K
Ka	=	**क**	Dha	=	**ध**	Tra	=	N
Kha	=	**ख**	Na	=	**न**	Jña	=	Q
Ga	=	**ग**						
Gha	=	**घ**						

CERTIFICATE

This is to certify that Mr. Rajesh Rao K, a Ph.D. scholar, bearing the university registration number 1100812017, with effect from September 2020, under the Division of Yoga and Humanities. He has successfully completed the prescribed course work and fulfilled all other requirements for the submission of his thesis.

The thesis, entitled A STUDY ON THE IMPACT OF YOGIC COUNSELLING MODULE ON PSYCHO- SOCIAL WELL-BEING OF ADOLESCENTS WITH COGNITIVE DISTORTION, is based on the bona fide research work carried out by him in accordance with the regulations of the university. Furthermore, it is declared that the subject matter of this thesis has not been the basis for the award of any degree, diploma, fellowship, or similar title previously.

Satya Prakash Purohit

Ph.D. Supervisor

Date
Place**:** Bengaluru

DECLARATION

I, Rajesh Rao K, hereby declare that this study was conducted by me at Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Bengaluru, under the supervision of Dr. Satya Prakash Purohit, Ph.D., Assistant Professor, Department of Humanities, SVYASA University, Bengaluru.

I also declare that the subject matter of my thesis entitled A STUDY ON THE IMPACT OF YOGIC COUNSELLING MODULE ON PSYCHO- SOCIAL WELL-BEING OF ADOLESCENTS WITH COGNITIVE DISTORTION has not previously formed the basis for the award of any degree, diploma, associate-ship, fellowship, or similar titles.

Date: Rajesh Rao K

Place: Bengaluru (Candidate)

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ABSTRACT

BACKGROUND

Adolescence is a critical developmental stage characterized by significant physical, emotional, and social transformations, including identity formation and increased sensitivity to societal expectations. In India, this phase is compounded by academic pressures and family expectations, often leading to psycho-social challenges. Research reveals a high prevalence of mental health issues among Indian adolescents, with 23.33% facing mental health challenges and 7.3% experiencing mental disorders, particularly in urban areas. These challenges are closely linked to cognitive distortions, which are irrational thought patterns such as mind reading, personalization, and catastrophizing. These distortions contribute to emotional distress, anxiety, stress, and depression. Beck's cognitive theory connects these distortions to the onset of depression, highlighting adolescents' vulnerability. Additionally, cultural stigma and limited access to mental health services often worsen the issue, leaving many adolescents to cope in isolation. To address these concerns, holistic interventions targeting psycho-social and cognitive aspects are crucial. This study introduces the Yogic Counselling Module (YCM), derived from ancient Indian scriptures, as a framework for fostering emotional regulation, self-awareness, and adaptive coping strategies. The theoretical foundation integrates Social Learning Theory (SLT) proposed by Bandura and Cognitive Behavioral Therapy (CBT), proposed by Beck. The SLT emphasizes learning through observation and positive reinforcement to improve stress management and self-esteem.

The Western psychological approach of Cognitive Behavioural Therapy (CBT) focuses on identifying and restructuring negative thought patterns, a concept that aligns closely with yogic principles such as self-reflection and contemplation. In yoga, *Svadhyaya* (self-study) and

Mananam (reflection) mirror the techniques used in CBT to correct thinking errors. Through the exploration of constructs like *Manas* (Mind) and *Ahamkara* (Ego), adolescents can critically assess their mental processes and behaviors, fostering self-awareness and emotional regulation.

Ancient Indian scriptures, including the *Patanjali Yoga Sutras* and the *Bhagavad Gita*, provide additional tools for addressing cognitive distortions, further aiding emotional regulation. These texts promote self-awareness, resilience, and mindfulness, which adolescents can apply to manage mental health challenges such as stress and anxiety. The Yogic Counselling Module (YCM) aims to integrate these principles through guided reflection on yogic teachings to correct cognitive distortions and enhance psycho-social well-being, including resilience and emotional regulation. By merging modern therapeutic frameworks with traditional yoga philosophy, YCM offers a holistic approach to addressing the psycho-social challenges adolescents face today.

AIMS-AND-OBJECTIVES

AIM OF THE STUDY

To develop aYogic Counselling Module (YCM) and evaluate its impact on the psychosocial well-being of adolescents, particularly in relation to cognitive distortion.

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 psychosocial 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 at three time points: pre-intervention, post-intervention, and follow-up.
4. To evaluate the impact of YCM on observed behaviours 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 Ethics committee.

METHODS

PARTICIPANTS

A total of 83 participants were recruited in the present study, with an age group of 13-18 years. All recruited adolescent participants were from an educational institution in Bengaluru. The recruited participants were allocated into two groups, the Yogic Counselling group (YCM) and Control group (CG) with YCM (n= 41) and CG (n= 42) participants. The adolescents who could read and write in English, had no prior counseling experiences, and were willing to participate were included in the present study. The adolescents who had earlier psychological issues, chronic illness, or head injuries were excluded from the study.

DESIGN

The present study adopted a Randomized Control Trial design to conduct the present study.

ASSESSMENTS

a) HIT Questionnaire (for cognitive distortions with Cronbach's alpha = 0.77–0.95)

b) DASS-21 (for depression, anxiety, and stress with Cronbach's alpha = 0.81–0.97)

c) Hare Self-Esteem Scale (for self-esteem with Cronbach's alpha = 0.70–0.85)

d) SWEMWBS (for mental well-being with Cronbach's alpha = 0.84–0.91)

e) ERQ-CA (for emotion regulation with Cronbach's alpha = 0.71–0.88)

f) CAMM (for mindfulness with Cronbach's alpha ≈ 0.80)

g) BRS (for resilience with Cronbach's alpha ≥ 0.80)

INTERVENTION

The intervention utilizes the developed Yogic Counselling module(YCM). The program comprises a 15-session group-based YCM sessions, followed by a 12-session weekly support group classes. Each session, lasting 40–45 minutes, is meticulously structured to foster a learning-conducive environment, address key topics, and link them to cognitive distortions and their remediation.

RESULTS

The YCM group showed significant improvement from Pre to Post and Follow-up in all domains of Cognitive distortions with statistically significant changes ($p < 0.05$ to $p < 0.001$). Anxiety decreased by 20.28% at Post ($p = 0.001$) and 24.66% at Follow-up ($p = 0.014$). Other secondary variables showed improvements in their directional scores. Pearson's correlation analysis showed a negative correlation between Repression and Cognitive Distortion ($r = -0.32$, $p < 0.05$), and a positive correlation between Repression and Self-esteem ($r = 0.288$, $p = 0.06$), though not significant. Cognitive Distortion was positively correlated with Anxiety ($r = 0.551$,

$p < 0.001$) and Stress ($r = 0.347$, $p < 0.05$), and negatively correlated with Resilience ($r = -0.455$, $p < 0.01$).

CONCLUSION

The shreds of evidence suggest that YCM interventions may provide a promising approach to enhancing emotional regulation, reducing maladaptive cognitive patterns, and improving overall well-being. The study demonstrated significant improvements in the YCM group from Pre to Post and Follow-up, with notable differences compared to the CG at both time points. Pearson's correlation analysis showed a negative correlation between Repression and Cognitive Distortion and a positive correlation between Repression and Self-esteem. Cognitive Distortion was positively correlated with Anxiety and Stress, and negatively correlated with Resilience. These findings suggest that YCM interventions can effectively enhance emotional regulation, reduce maladaptive cognitive patterns, and improve overall well-being.