

4.0: AIMS AND OBJECTIVES

4.1 AIM

- To explore the association between mindfulness and psychological well-being in orphan children
- To evaluate the effect of Yoga based program on psychological well-being in orphan children

4.2 OBJECTIVES

- To examine associations between mindfulness and depression among orphan children.
- To examine relationship of mindfulness and psychological factors (i.e., cognitive function, Positive Emotion, and Negative Emotion) in the orphan children.
- To examine the extent to which mindfulness account for significant variance in psychological well-being of the orphan children
- To assess the effect of yoga intervention on mindfulness of the orphan children.
- To measure the impact of yoga intervention on depression in the orphan children.
- To assess the effect of yoga intervention on emotional regulation in the orphan children.
- To determine the influence of yoga intervention on positive and negative affect in the orphan children.
- To investigate the effect of yoga intervention on happiness in the orphan children.

4.3 RESEARCH QUESTION AND HYPOTHESES

Research Question 1: What is the relationship between mindfulness and psychological well-being in orphan children?

Hypothesis 1: Higher levels of dispositional mindfulness will be positively related to the psychological well-being in orphan children.

Research Question 2: What is the effect of Three months Yoga based program on psychological well-being in orphan children?

Hypothesis 2: Three-month yoga program will enhance psychological wellbeing of Orphan children

4.4 OPERATIONAL DEFINITION

Emotion Regulation

Emotion indexes only part of the rich individual variability that exists in emotional behavior. In addition, individuals display variations in the intensity, persistence, modulation, onset and rise time, range, and liability of and recovery from emotional responses. Emotion regulation strategizes through cognitive reappraisal and expressive suppression (Gross & John, 2003).

Psychological well-being

Psychological well-being is usually conceptualized as some combination of positive affective states such as happiness (the hedonic perspective) and functioning with optimal effectiveness in individual and social life (the eudemonic perspective) (Deci & Ryan 2008).

Mental well-being

Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work

productively and fruitfully, and is able to make a contribution to her or his community. (“World Health Organization, Promotion of mental well-being,” 2017)

Mindfulness

Mindfulness has been described as a process of bringing a certain quality of attention to moment-by-moment experience (Kabat-Zinn, 1990).

It has been further classified by measuring two key components. The first component involves the self-regulation of attention in the present moment. The second component involves adopting a particular orientation toward one’s experiences in the present moment (Bishop et al., 2004).

Happiness

Happiness is not just the absence of depression, but also the presence of a number of positive emotional and cognitive states. (Joseph et al., 2004).

Depression

Depression is a common mental disorder, characterized by persistent sadness and a loss of interest in activities that you normally enjoy, accompanied by an inability to carry out daily activities. (“WHO | Depression,” 2017)