

1.0 INTRODUCTION

According to United Nations Children's Fund (UNICEF), a child below 18 years of age who has lost one or both parents to any reason of death considered as an orphan (Unicef, 2012). By this definition, there were nearly 140 million orphans globally in 2015. Further, Asia accounts a larger number of orphans in the world; 61 million (Unicef, 2012). The estimated orphans in India in the year 2010 was to be 2,32,46,000, which accounts for 6.8% of the total child population (Unicef, 2010). The state of being an orphan is very challenging during the adolescence stage of human development. Children at orphanages suffer from a set of multidimensional and intertwined psychosocial problems (Sebsibe et al., 2014). Research has documented the immense and complex psychosocial effects of orphan hood. Orphans were found to suffer greater psychological distress than non-orphans (Nyamukapa et al, 2008). Further, adolescence is the most rapid phase of human development and highly vulnerable to mental disorders, which in turn cause a significant long-term disability (Patel et al., 2007).

Yoga is defined as various component (Nagendra, 2010) such as *āsana* (seat or meditative posture), *prāṇāyāma* (regulation of breath), *pratyāhāra* (withdrawing the mind from the objects of sense experiences), *dhāraṇa* (confinement of the mind to one point or one object or one area) and *dhyāna* (relaxed dwelling of the mind in a single thought with awareness while practicing unbroken concentration). Research has shown significant enhancement of physical fitness (Telles et al., 2013), cognitive function (Sharma et al., 2014) and psychological well-being (Berger et al., 2009) in

a diverse population following the yoga-based intervention. Yoga plays a vital role in the management of anxiety and depression in children (Hagen & Nayar, 2014).

1.1 NEED FOR THE STUDY

Psychological well-being symbolizes a positive age and stage appropriate outcome at physical, social, and psychological levels during the stage of human development. The state of being an orphan is very challenging during the adolescence stage which lack a conducive environment to pass successfully to the next stage of human development (adulthood). Psychological needs are frequently overlooked due to the shocking financial crisis that confronts them, difficulty in recognizing psychological reactions and most of the programs tend to focus on providing for material needs rather than addressing the psychological issues. High levels of psychological distress found in orphans suggest that material support alone is not sufficient for these children. Orphaned children continue to experience emotional problems and little is being done in this area of emotional support. Further, if psychological problems are not addressed satisfactorily orphans will end up involving in the risk behavior such as substance abuse, impulsive behavior, violence activity and other behavior which is not acceptable in the community.

Despite the affluence of research on psychological well-being, there is no agreement as to how it should be defined and measured. Further, systematic review argued that there is no standard method to assess psychological well-being in children. Furthermore, the measures of psychological well-being are only a single construct and do not conciliate the multifaceted nature of childhood (Pollard and lee 2003). Moreover, the psychological well-being serves as an umbrella term for many domains that evaluate psychological functioning. Bradburn conducted the pioneer

study (Bradburn, 1969) highlighted that psychological well-being is interchangeable with happiness and mentioned two dimensions which are positive and negative affect. Bradburn emphasized that although positive and negative affect are independent of each other, the frequency of both positive and negative affects determines the level of psychological well-being. Hence in this thesis, 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.

1.2 PURPOSE OF THE STUDY

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 (Makame et al., 2002). The purpose of this study was to extend our knowledge and understanding application of yoga and its related constructs on orphan hood. The researcher sought to learn more about the relationship between yoga related constructs the mindfulness and psychological wellbeing among orphans. Further explore the application of yoga-based intervention on psychological wellbeing among orphans.

1.3 BRIEF OVERVIEW OF THE STUDY

This study is presented in six chapters. The first chapter provides the introduction to orphan hood, the purpose of the study, and need for this study. The second chapter includes scriptural review of ancient Indian scriptures pertaining to happiness. The third chapter includes a detailed review of the scientific literature related to psychological well-being, mindfulness, yoga for children, yoga for orphans etc. The

fourth chapter presents the aims, objectives and research questions along with hypotheses. The fifth, and sixth chapters present two major works. Each of the above chapters includes introduction, methodology, data analyses, results, discussion, limitations and recommendations for future research according to each research question.