

# STRESS AMONG ADOLESCENTS IN THE INTEGRATION OF SOCIAL, EMOTIONAL, AND ACADEMIC LEARNING: INSIGHTS, INNOVATIONS, AND TRANSFORMATIONS WITH YOGA

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## Abstract:

Students experience diverse environments over the years. Various age groups possess unique abilities and face certain constraints within their educational settings. It is common for individuals to exhibit neurotic tendencies or mental health issues, leading to periods of unhappiness, tension, depression, and anxiety to varying extents. Few students are entirely unaffected by these influences. Personal challenges and negative tendencies often manifest in one's health and surroundings. Mental weaknesses can result in poor health and strained interpersonal relationships, with broader implications observed in adolescent academics. These academics emphasize the impact on students' lives, highlighting that stress among school students is a significant issue that can adversely affect their well-being and academic performance.

An essential consideration in educating children is addressing hormonal imbalances. For instance, an underactive thyroid gland may contribute to mental dullness, while disharmony in the gonads can also lead to cognitive decline. Many children demonstrate high intelligence until the ages of 12 or 13, after which a decline may occur, particularly if hormonal disharmony is present. The body processes a certain number of hormones, and when waste products are not properly eliminated, they are reabsorbed, impacting brain function.

Educators should consider introducing yoga to children, as scientific evidence supports its positive effects on the brain, consciousness, and character. It is crucial to determine how to effectively integrate yoga into students' lives, prompting educators to contemplate its implementation in every student's educational journey

**Key words:** Hormonal: neurotic tendencies: scientific evidence: brain function.

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## 1. INTRODUCTION:

Stress among school students is an important concern with possible adverse effects on their welfare and academic success. Many studies take action have been examined to handle this challenge. Yoga therapy has improved identification as an effective practice approach for various age of adolescents. Academic stress is connected with a variety of negative health outcomes, including depression and physical illness. Yoga serves as a powerful tool to boost students' overall well-being, fostering both personal development and social relationships. As part of whole yoga into health education programs can bolster mental health efforts and elevate quality of life. The study, spanning from January 2014 to November 2023, were included using key search terms like yoga, stress, tension, and pressure. The selection process followed the systematic review [1].

### 1.1 Databases and Search Terms:

This study targets a of regular, healthy Students, excluding those with pre-existing medical conditions. Earlier this assessment, all document identified as closely connected through their titles and abstracts were deemed eligible for inclusion. Additional information regarding the PICO standard is available. Population (P): The study focuses on regular healthy participants, excluding hospitalized individuals, those with clinical conditions, and Intervention/Exposure (I): Implementation of a yoga-based intervention. Comparison (C): Comparative analysis of studies involving healthy adults practicing yoga versus those not engaging in yoga practice, where such comparisons have been conducted. Outcome (O): Examining the Benefits of Yoga Practice on stress levels [2,3].

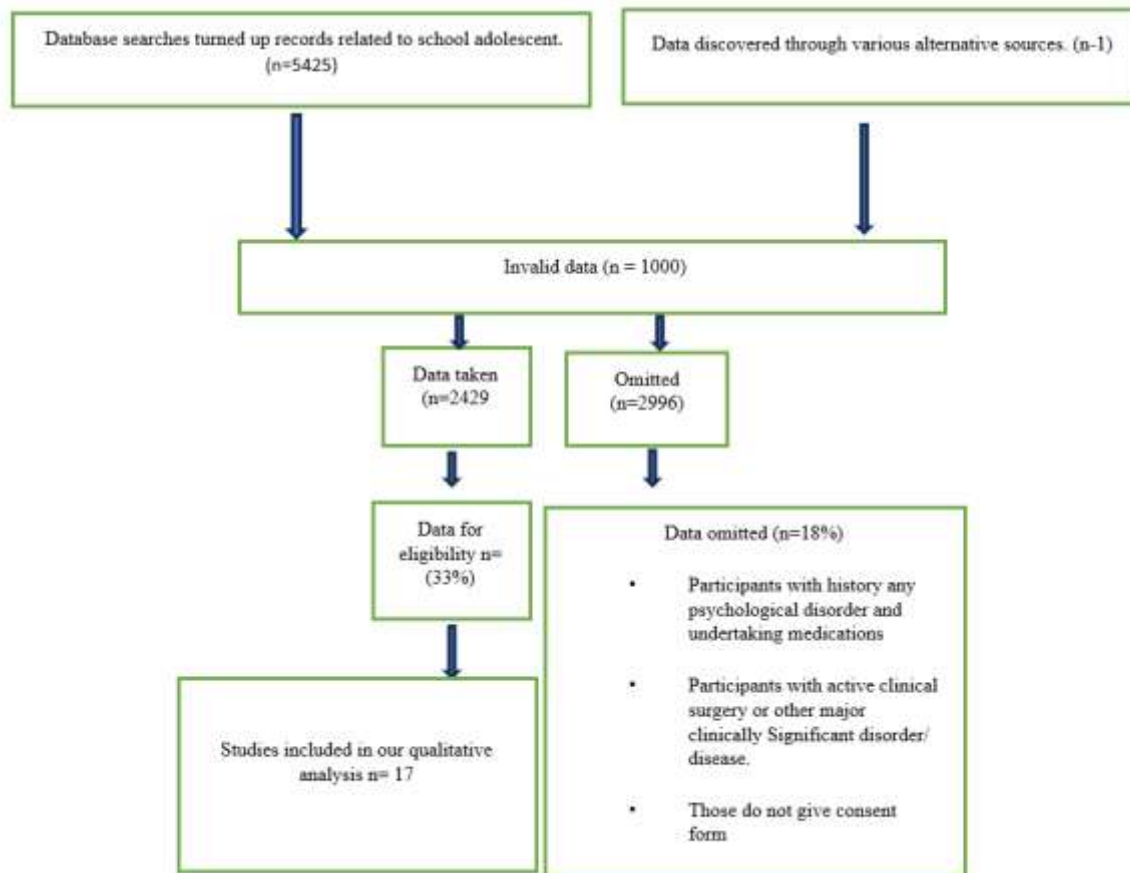
Key words: PICO: clinical: hospitalized: Implementation

### 1.2 Method:

We did a thorough review of existing research to see if our idea held up.

### 1.3 Flow chart of methodology:

**Table 1. Survey Study conducted on the status of stress among adolescents.**



On the Meta analysis conducted covering India location, overall number 5425 adolescents were studied in the last 15 years. Following are the inferences. systematically reviewed the studies on yoga based stepping in for stress reduction non clinical adolescent's studies. were categorized and analysis on their classified my methodology and out comes according to the length of the interposing, yoga type, and calculate of outcome. This document was chosen from January 2014 to November 2024 using keywords like yoga mental stress & pressure. The selection process followed the systematic review. This study examines fifteen abstracts related to various types of stress levels among adolescents. The sample size Starts at a minimum of 30 students Capping at 850 students. Check list quality Assessment list of adolescents.

## 2. Inclusion and Exclusion Criteria: table 2

	Inclusion parameters for study samples"	What didn't qualify for inclusion
Students	Students below 18 years	Student with clinical symptoms (physical or mental disorder, or undergoing regular medical check)
Program/measures implemented	Original research studies examining the effects of yoga on stress	descriptive study In-depth review of existing research
Comparison	Demographic method to collect the data the students	Case-control studies (Not observing the students)
Study findings	Study findings detailed the effect of yoga on stress	
Period of Time	Analysis 2015 to November 2023	

Data evaluation revealed. Our search excluded non-research articles, such as reviews, theses, books, and editorials. Additionally, Previous studies have examined the psychological effects of yoga, indicating its potential benefits for depression, anxiety, and self-efficacy; however, this particular study focused solely on participants from Indian schools [4].

### 2.1 Quality Assessment:

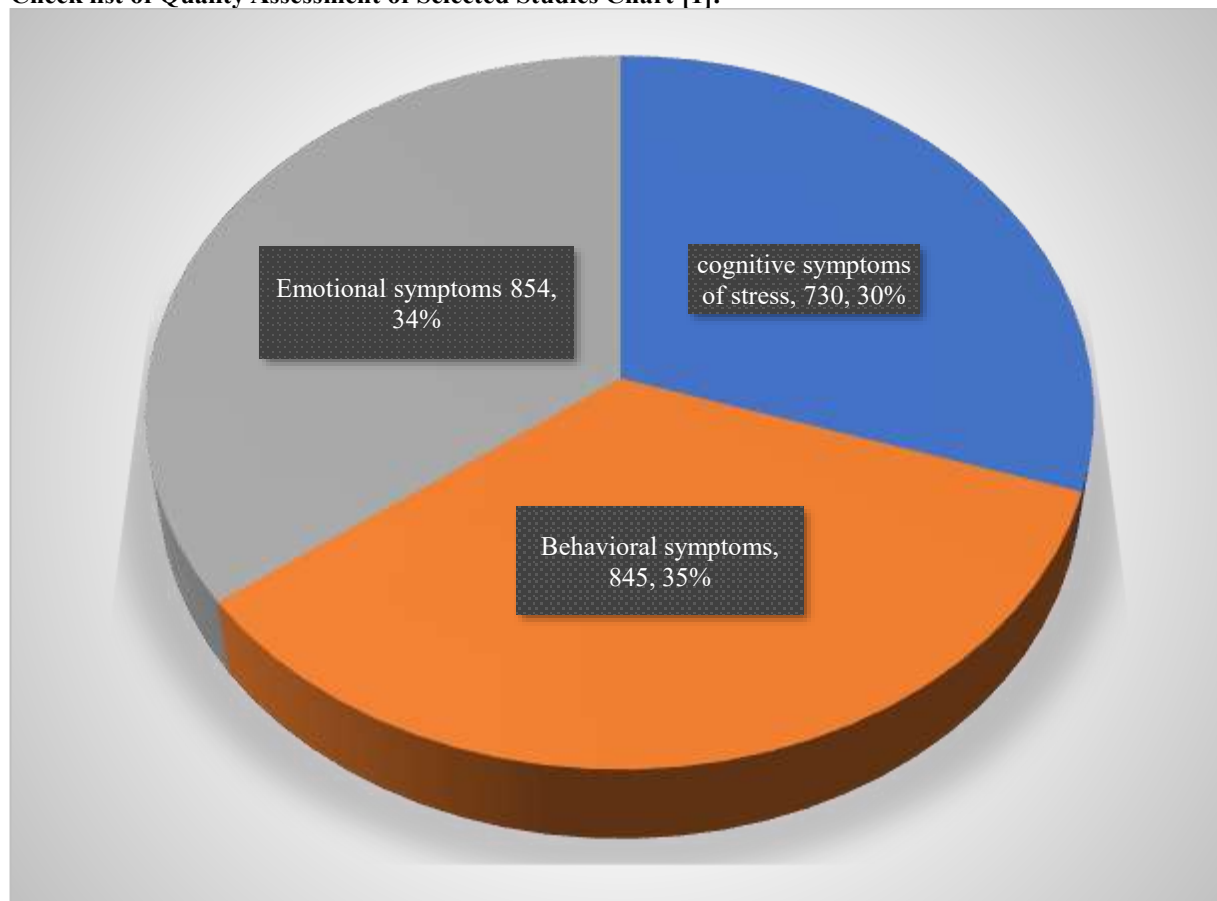
Education settings can play a crucial role in mitigating student academic stress by implementing evidence-based programs that foster stress management and coping skills. While a comprehensive review of school-based stress

management programs is beyond the scope of this study, research has consistently shown that education-focused initiatives can positively impact academic achievement and reduce health risks [5][6].

## 2.2 Bias Assessment:

We considered publication bias in our review by using a thorough search strategy and a tool from Cochrane to assess study quality. This tool looks at four aspects of study validity.

### Check list of Quality Assessment of Selected Studies Chart [1]:



Stress symptoms can be grouped into four main categories, as outlined by Vlisides et al. (1994): [13] 1. emotional, 2. behavioural, 3. cognitive, and 4. physical indicators. The physical impact of stress significantly affects students' health [7]. Students who are easily stressed tend to become irritated by minor issues. Stress diminishes their tolerance, making them more susceptible to temper problems. Although students strive to remain calm, their worries and disturbances often lead to a loss of control [8]. Cognitive symptoms of stress include blaming others for mistakes, indecision, carelessness, and Behavioural symptoms are reflected in changes to activity patterns and levels, disengagement from social interactions, emotional outbursts, increased suspiciousness, alterations in communication skills, and fluctuations in appetite. Based on this study, the pie chart illustrates the distribution of data collected on emotional symptoms, cognitive stress, and behavioural symptoms. Emotional symptoms account for 34% [854 instances], cognitive stress represents 30% [730 instances], and behavioural symptoms make up 35% [(845 instances)] of the total data collected. chart [1]

Key words: 1. emotional, 2. behavioural, 3. cognitive, 4. disengagement, and 5. Tolerance.

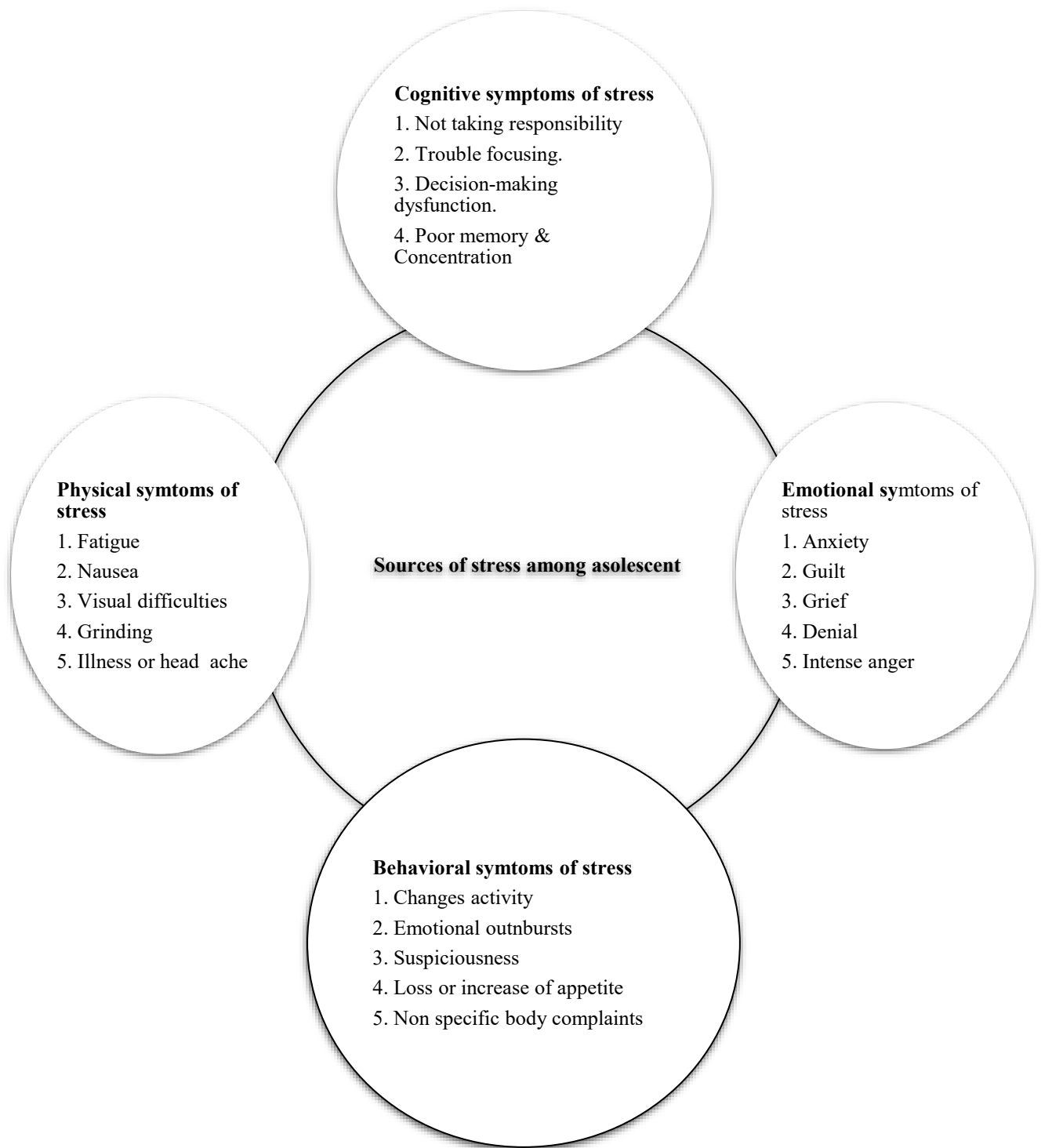
## 2.3 Impact of stress academically:

The pressures of modern education can significantly impact students, often resulting in exam stress. Common challenges include a lack of interest in attending classes, insufficient motivation from teachers and parents, and difficulties in understanding the material. These factors contribute to academic stress, which takes a considerable toll on adolescents [9] [10].

## 2.4 Effects of Yoga on Stress:

The study used a yoga-based approach, two types of slow or box breathing for 5-6 min, hand and leg asanas 2 mins, foot massage 2mins, neuro muscular breathing asana method 3 to 4, kabalabathi 5 mins and multiple asanas 5 mins in traditional methods, breathing technique for We tested a yoga and mindfulness program with kids in grades 6-12 to see if it helped with behavioural issues. We measured the kids' behaviour before and after the program.

### Stress as a transaction chart 2:



**Table:3 The variant of stress behaviours observed in adolescents:** [11to25]

Author	conclusion	country	cognitive symptoms of stress	Behavioral symptoms of stress	Emotional symptoms of stress	Total	Results obtained	Total no of adolescent tested	Analysed on boys	Analysed on Girls
Amar Deep Kaur1	Authors findings of this Analysis underline the important of socio emotional support in schools, suggesting that students thrive in environments characterized by cooperation, autonomy, and opportunities for co-curricular engagement. Schools should prioritize the creation of supportive climates, focusing on student well-being, to promote reduced academic stress and improved learning outcomes.	India	160	156	0	316	79%	400	200	200
Raman Kumar Sandal 1	Our study found that depression and anxiety are common among adolescents in Chandigarh. Early detection and help can make a big difference	India	20	0	57.65	78	19%	407	257	213
Sukanya Gupta	The mental health of school students is a worrying issue, with many experiencing depression, anxiety, and stress. We need to work together to find solutions and provide support to those who need it.	India	20	26.9	97.7	145	18%	812		812
K. Jayasankara Reddy	Studies have demonstrated that stress-reduction techniques such as biofeedback, yoga, life skills training, mindfulness meditation, and psychotherapy can be highly effective in supporting students	India	40	96	26	162	48%	336	162	174
Akbar Hus Pant	The parenting styles have more dominating impact on adolescents psychological wellbeing. so adolescents positive relationships with their parents	India	20	60	0	80	80%	100	50	50
Gaurav, Bera T. K, Shete Sanjay Uddhav	A six-week yoga program may help students feel less anxious and stressed before board exams. It would be interesting to study if it has the same effect on students taking other competitive exams	India		14	15	29	48%	60	60	0
Ellen Z Anderson	The output shows that students girls are experiencing more than stress comparatively to boys.	India	0	0	62	62	62%	374	nil	nil
Trisha Chow	This study provides evidence for the test-retest reliability of the ASQ, suggesting its utility as a measurement tool for assessing adolescent stress in various contexts, including research and clinical environments	India	30	0	6	36	5%	120	32	88
Ranjita Jena	Mountain of inactivity stress among school students underscore the need for targeted interventions to address the mental health burden.	India	30	0	92	122	27%	449		
Sibnath Deb	stress and anxiety among boys and girls students across grades 10 and 12 were found to be similar.	India	0	252	0	252	63%	400	206	194
Strodl, Est	Many high school students in Kolkata are struggling with academic stress, with around two-thirds feeling anxious or overwhelmed. We've come up with some potential strategies to help students cope with the pressure.	India	30	66	64	160	84%	190		
Dr. Sreevani Rentala	Our study helps us better understand what causes stress in school for teenage girls, so we can create programs to help them manage stress more effectively.	India	216	0	200	416	80%	520	0	520
Vaishnav, Bhalendu S	3. Yoga-nidra is a powerful tool for promoting adolescent well-being, helping teens develop healthy habits and a positive mindset."	India	6	0	0	6	17%	36	20	16
Jitesh Pillai	Stress is a common experience for many high school students, particularly those from less educated families, girls, and students who struggle in school. While parental pressure can increase with age, most students find ways to manage their stress, often using active coping strategies like talking to friends or seeking help from teachers."	India	48	70	164	282	76%	371	207	164
Ramar G.	This study reduce acadamic stress in students. It's also a cost-effective and non-invasive approach that can complement other therapies.	India	21	29	0	50	100%	50	nil	nil
Kauts	The results are clear: yoga helps students perform better in school. And, not surprisingly, students who were less stressed did better than those who were more stressed, showing that	India	89	75	70	234	29%	800	400	400
	Total sample		730	845	854	2429	45%	5425		
			30%	35%	35%				1594	2831
									36%	64%

### 3. Inferences.

On the Meta analysis conducted on 16 abstract covering India location overall, 5425 adolescents were studied in the last 15 years. Following are the inferences.

- Girls were screened most on the study conducted covering 64%
- Boys were screened with 36%
- Classification of gender is not available for 18% which is 1000
- Overall results obtained for 45% [2429] of adolescents screened with 5425 people
- Results were not available or not able to determine for 55%
- 30% of adolescents are having cognitive symptoms of stress which is 730 people
- 35% of adolescents has behavioural symptoms of stress
- Another 35% of adolescents has emotional symptoms of stress
- One of the studies was conducted only on girls
- Few authors did not specify the gender classification on their study performed.

### 3.1 DISCUSSION & LIMITATION

The findings of this study reveal a significant prevalence of internalizing symptoms related to depression and anxiety among adolescents. Furthermore, there is a compelling connection between mental health issues and social determinants of health. Excessive school pressure can lead to violence and hurt adolescent development [26]. A range of self-report instruments are available to assess academic stress and its relationship to health problems in adolescents. The impact of pressure on the emergence of mental health challenges underscores the necessity for future interventions aimed at promoting mental well-being, particularly those that emphasize the development of stress coping skills within school environments.

### 3.2 CONCLUSION:

This paper looks at the stress students face, where it comes from, how it affects them, and what happens if it's not managed. Since stress is a normal part of life, parents, teachers, and counsellors should teach students how to deal with problems and how to overcome it. So parents and teachers set them up to Advice for a bright, healthy future."

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