

Research Paper

## Effects of Yoga Nidra on Frustration Level in School Going Adolescent Students

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### ABSTRACT

**Background:** Yoga Nidra is considered as a powerful relaxation and meditative practice that enables practitioners to achieve complete and conscious relaxation. This practice is rooted in the principle of pratyahara, the withdrawal of the senses from external objects and focusing on the inner physical and mental world. In the dynamics of adolescent's life, it is often observed that students regularly feel a sense of frustration due to academic pressure, peer pressure, changes in physical body and many other physio-psychosocial factors. **Method:** This study aims to observe the effect of Yoga Nidra Practice on school going adolescents of age between 13 to 18 years. The study is done on 31 school going students who were provided Yoga Nidra for one month as intervention under pre-post experimental group design. **Results:** Following the intervention, the students' frustration levels were found to be significantly lower ( $p < 0.01$ ). The level of frustration decreases significantly were seen in the boys' group, the girls' group and the total sample size ( $P < 0.01$ ). **Conclusion:** The finding indicates that there is significant effect of regular Yoga Nidra on frustration level of school going adolescent students. Regular practice likely helped participants remain composed in challenging situations.

**Keywords:** *Yoga Nidra, Frustration, School Students, Adolescents*

Yoga has derived from the Sanskrit word "yuj," which means "to join" or "a method of spiritual union" (Mishra S, Dash SC, 2017). The ultimate goal of yoga is to improve physical and mental well-being, promote personal growth, and improve health, ultimately leading to samadhi, a pure state of consciousness (Mishra S, Dash SC, 2017; Vijay C, Pal R, 2023). Among the various yoga practices, Yoga Nidra is the most relaxing and meditative technique that helps practitioners achieve full and conscious relaxation (Kumar K, 2004). It is based on the concept of pratyahara, which means the withdrawal of the senses from the outer world (Pundeer A, Singh PK and Singh AR, 2013).

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It was derived from the concept of Nyasa, which is considered one of the most effective practices for achieving profound emotional, mental, and physical relief (Vaishnav BS et al., 2018; Kumari P, Tripathi JS). It is a condition of deep consciousness between alertness and sleep, sometimes known as a paradoxical state of conscious rest, rather than regular sleep or hypnosis (Vaishnav BS et al., 2018). During the meditation state, practitioners can connect naturally to the hidden thoughts and feelings that help them to understand themselves better and achieve better inner balance (Moszeik EN, von Oertzen T, and Renner KH, 2022; Lerner M, 1971).

Various scientific evidence shows that practicing Yoga Nidra can better improve well-being among various groups, including healthcare professionals and college-going students (Joshi R, 2020). Practicing Yoga Nidra has been found to enhance emotional stability and self-confidence in children by reducing levels of anxiety, aggression, and depression (Vijay C, Pal R, 2023), while also providing a preventive therapy that can reduce psychosomatic distress, enhance well-being, and vitality, and release accumulated tension (Vaishnav BS et al., 2018). In recent years, regular yoga practices have helped to alleviate symptoms of neuropsychiatric disorders (Balasubramaniam M, Telles S and Doraiswamy PM, 2013) including stress, and anxiety (Li AW, Goldsmith CA, 2011; Kumar K, 2004), depression, and post-traumatic stress disorder (Balasubramaniam M, Telles S and Doraiswamy PM, 2013; Woodyard C, 2012). Moreover, it also enhances overall well-being and quality of life, and has beneficial impacts on mental health such as happiness, emotion regulation, self-esteem, and life satisfaction among adolescents (Woodyard C, 2012; Janjhua Y et al., 2020).

Multiple studies investigate the effects of Yoga Nidra on both psychological and physiological variables. One mixed-method study showed that practicing Yoga Nidra three times in a week showed significant improvements in psychological well-being, happiness, perceived stress, and quality of life. Additionally, participants also reported increased self-confidence, enthusiasm, alertness, clarity of thought, and anger control (Vaishnav BS et al., 2018). Another study also supports this fact: participants who practiced Yoga Nidra for seven weeks reported significantly lower stress levels compared to the control group (Lakshmipathy S, Easvaradoss V, 2018). One more study evaluating the Yoga Nidra practice showed significant reduction in anxiety and depression in women with menstrual disorders (Rani K et al., 2012).

Additionally, one study shows the effect of Yoga Nidra on autonomic functions in women with menstrual disturbances by improving blood pressure regulation and heart rate responses, better postural stability, and enhanced handgrip strength, and it indicates positive effects on autonomic functions in women with menstrual irregularities (Monika SU et al., et 2012). Many studies have demonstrated that the effect of Yoga Nidra produces positive outcomes by promoting the regulation and balancing of both psychological and physiological variables (Vijay C, Pal R, 2023; Vaishnav BS et al., 2018; Lakshmipathy S, Easvaradoss V, 2018; Rani K et al., 2012; Monika SU et al., et al 2012). However, research is limited on its effects on adolescent well-being, particularly concerning frustration and emotional regulation. The effectiveness of Yoga Nidra to specifically manage the level of frustration among school-going students remains underexplored. We hypothesized that there would be a significant effect of Yoga Nidra practice on the level of frustration in school-going students. Therefore, this study aims to identify the effect of Yoga Nidra practice on the frustration level of school-going students.

## **METHODS AND MATERIAL**

### *Variables*

The study has the following variables under study.

- Independent Variable – Yoga Nidra Practice
- Dependent Variable – Frustration Level

### *Hypotheses*

The following hypothesis has been formulated for current research as per the review of literature.

- **H1**– Post Intervention there would be a significant reduction in the frustration level of school students.
- **H2**– Post Intervention there would be a significant reduction in the frustration level in school-going boys.
- **H2**– Post Intervention there would be a significant reduction in the frustration level in school-going girls.

### *Ethical Clearance and Study Design*

The Morarji Desai National Institute of Yoga in New Delhi's Institutional Ethical Committee accepted the experimental study with a pre- and post-test, File No. MDNIY/202-21/RES/IR/EC/001/A21. This was conducted offline at school. The intervention proceeded for three weeks (20 days) from November 4, 2024, until November 23, 2024. The participants were given assurance regarding the confidentiality of their given information. Written consent was taken from students.

### *Participants*

A sample of 31 school-going students including, both boys and girls aged between 13 and 18 years, participated in this study. Students were selected as per the inclusion and exclusion criteria of this study.

### *Inclusion and Exclusion Criteria*

Participants enrolled as regular school-going students were included. Both male and female students were part of the study. Participants were selected randomly and assigned to a single experimental group, as no control group was used in this study. Participants were required to be subjectively healthy and not suffering with any diagnosed critical illness or disorder. And those who did not meet the specified age criteria or who had been regularly practicing any other form of yoga were also excluded from the study.

### *Assessment tool*

- **Frustration Scale for Adolescent and Adult (FSAA):** Data were gathered using the Frustration Scale for Adolescent and Adult (FSAA), which was created by Dr. Kranti Kumar Srivastava (Srivastava KK, 2018). The abstract of the scale mentions an adult range of 19 years or above; the normative data in the manual indicate that the tool was standardized on individuals aged 13-45 years, including adolescents. In the FSAA scale, each of the 45 statements has five possible answers: Strongly Disagree, Disagree, Neutral, Agree, and Strongly Agree as (0,1,2,3,4).

### *Data Collection and Intervention*

Participation was entirely voluntary, and informed consent was obtained from all participant prior to the commencement of the study. A schematic representation of participants selection

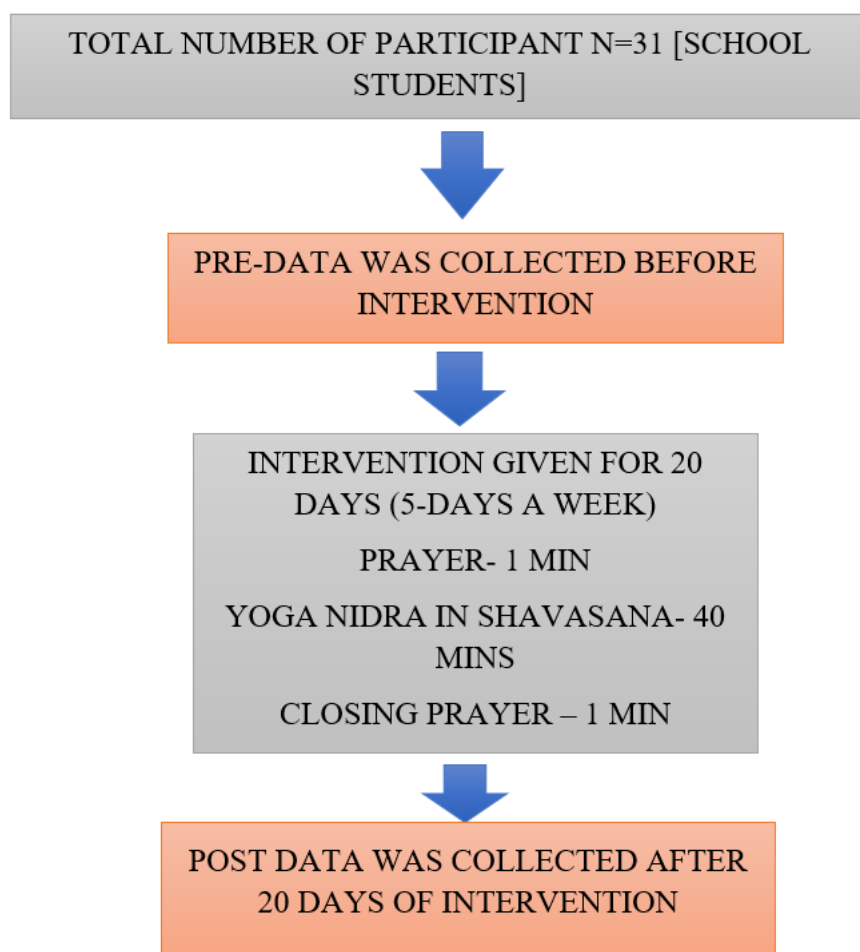
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and data collection with intervention is mentioned in figure 1. Dr. Kranti Kumar Srivastava's Frustration Scale for Adolescents and Adults was used to gather baseline data on an individual basis prior to the intervention. The participants practiced five times a week for 20 days. Each session starts with 1-minute prayer, followed by the practice of Yoga Nidra in Shavasana posture, and concludes the session with prayer. After the intervention, the same scale was used to collect post-intervention data once more. The gathered information was arranged in a pre- and post-intervention format in Microsoft Excel before being statistically analyzed.

### *Statistical Analysis*

Paired sample t-tests were used to compare pre- and post-intervention scores. Data is expressed as mean, standard deviation and t-value, with significance set at  $P < 0.05$ . Frustration scores were extracted from the Frustration Scale for Adolescents and Adults (Dr. Kranti Kumar Srivastava) and organized in pre-post format in Excel. Analyses were performed using Excel and GraphPad InStat software.

**Figure:1 Systematic Representation of Data Collection and Intervention**



## **RESULTS**

The results of the study are presented in Table 1 below. Pre- and post-intervention analysis revealed differences in frustration levels following Yoga Nidra practice. The intervention resulted in a statistically significant reduction in the level of frustration scores in the boys' group, the girls' group, and the total sample. In the boys' group, the mean frustration score

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reduced from  $100.7 \pm 20.8$  pre-intervention to  $88.25 \pm 16.01$  post-intervention, and this improvement in the mean was highly statistically significant ( $P < 0.01$ ). In the girls' group, the initial mean frustration score was  $104.8 \pm 18.91$ , which reduced to  $91.7 \pm 16.12$  after the intervention, and this change in the mean was similarly highly statistically significant ( $P < 0.01$ ). In the total sample size, the initial mean frustration score was  $102.41 \pm 19.7$ , which dropped to  $89.9 \pm 15.9$  after the intervention, and this shift demonstrates a statistically significant improvement ( $P < 0.01$ ). These findings show that Yoga Nidra effectively reduces frustration levels among school-going students, both individually and collectively.

**Table 1. Comparison of Pre- and Post-Intervention Frustration Scores Using Paired t-test**

Group	Number of participants	Baseline (Mean $\pm$ SD)	After 20 days (Mean $\pm$ SD)	t-value
Boys group	15	100.7 $\pm$ 20.8	88.25 $\pm$ 16.01	6.09**
Girls group	16	104.8 $\pm$ 18.91	91.7 $\pm$ 16.12	4.44**
Total Sample	31	102.41 $\pm$ 19.7	89.9 $\pm$ 15.9	7.36**

\*\*  $p < 0.01$  (statistically significant)

SD- Standard Deviation

## DISCUSSION

This study aims to identify the effects of Yoga Nidra on frustration levels among school-going students. Yoga Nidra is considered one of the relaxing and meditative techniques that helps practitioners achieve full and conscious relaxation (Kumar K, 2004), which is fundamentally based on the concept of pratyahara i.e., withdrawal of the senses from the outer world (Pundeer A, Singh PK and Singh AR, 2013).

The practice of Yoga Nidra is composed of a physio-psychological systematic series of exercises. With consistent practice, Yoga Nidra induces a distinctive state in which individuals experience complete physiological sleep while maintaining subtle awareness of inner and outer environments (Vaishnav BS et al., 2018). The practice of Yoga Nidra stimulates the parasympathetic system of the autonomic nervous system, also referred to as the 'rest and digest' system, which is one of its most important effects. This parasympathetic dominance lowers heart rate, reduces blood pressure, relaxes muscular tension, and calms the mind. As a result, Yoga Nidra helps to regulate emotional responses and restore physiological balance and mental well-being (Soni A, Bhati CPS and Srivastava R, 2025).

The results of the current study show a significant reduction in frustration level in the boys' group, the girls' group, and the total sample size. A significant reduction in pre- and post-data indicates Yoga Nidra has positive effects on the psychological well-being of school-going students.

Previous studies also found fact Yoga Nidra significantly decreases the frustration levels, which indicates a positive outcome on emotional regulation (Sahu M, 2023). Beyond frustration level, Yoga Nidra is known as the most relaxation technique for stress management and various stress-related disorders (Kumar K, 2008). Additionally, Yoga Nidra has been increasingly employed as an integrative therapeutic approach to promote and enhance emotional stability, psychological well-being, and autonomic functioning (Li AW, Goldsmith CA, 2012; Woodyard C, 2012; Janjhua Y et al., 2020).

Research findings also suggest that practicing Yoga Nidra produces beneficial physiological changes. One study reported that Yoga Nidra has been proven to result in considerable

changes in menstrual abnormalities, demonstrating particular benefit in cases of pathological amenorrhea (Rani K et al., 2011). Regular practice of Yoga Nidra also helps to improve the autonomic regulation and cardiovascular function. The observed benefits include greater control of heart rate, improved postural blood pressure regulation, and beneficial changes in physiological markers such as the expiration-to-inspiration ratio, Valsalva ratio, and total cardiac output (Rani K et al., 2011). Additionally, Yoga Nidra practice promotes parasympathetic dominance and improves heart rate variability, enhancing autonomic stability, both alone and following Hatha Yoga or other physical activity (Markil N et al., 2012). These physiological effects of Yoga Nidra shift towards the parasympathetic dominance and lower the sympathetic arousal (Markil N et al., 2012). Sleep quality is also enhanced and improved by the practice of Yoga Nidra, which promotes a calm and restful mental state (Datta K, Tripathi M and Mallick HN, 2017). A long-term Yoga Nidra practice has significant improvements in various elements of insomnia, such as the ability to fall asleep, sleep duration, and overall sleep quality. Moreover, regular practice effectively reduced emotional distress associated with sleep disturbances, bolstering a calmer and more peaceful mental state (Datta K, Tripathi M and Mallick HN, 2017). Additionally, Yoga Nidra practice has produced improvement in Stage 3 (deep) sleep, reduces total wake time, and improves perceived sleep quality. Following supervised training sessions, Yoga Nidra can thus be effectively employed as a therapeutic approach for managing chronic or persistent insomnia (Datta K et al., 2021).

Furthermore, the Yoga Nidra practice has been shown to produce greater improvements in psychological well-being, balance autonomic functioning, and improve sleep quality, thereby highlighting its effectiveness as a relaxation-based intervention for promoting mental health, emotional balance, and stability. These findings support the original hypothesis that there is a significant positive effect of Yoga Nidra on the frustration level of school-going students, and the findings align with the prediction. Scientific evidence also proves that Yoga Nidra practice promotes well-being and inner peace, which indicates towards the parasympathetic. Regular practice of Yoga Nidra may move to reduce frustration level and improve quality of life.

### **CONCLUSION**

This study evaluated the effect of Yoga Nidra on frustration in 31 adolescents (aged 13–18). Frustration levels were measured using the Frustration Scale for Adolescents and Adults before and after a 20-day intervention, during which participants practiced Yoga Nidra five times a week. Results showed a clear reduction in frustration post-intervention, indicating that Yoga Nidra effectively supports emotional regulation and stress management. Regular practice likely helped participants remain composed in challenging situations. These findings suggest that incorporating Yoga Nidra into school wellness programs may enhance emotional well-being in adolescents.

### ***Limitation & Suggestions for Future Research***

The present study has a small sample size for appropriate differentiation between gender-based groups; further research may have larger gender-based groups. Limited time duration in this study; further investigation could have a longer duration for broader validation. The absence of a control group, which restricted comparative analysis, means further research may include a control group in their study to strengthen the findings.

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### ***Conflict of Interest***

The author(s) declared no conflict of interest.

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