



RESEARCH ARTICLE

ANXIETY AND ADJUSTMENT IN RELATION TO MINDFULNESS THERAPY AMONG ADOLESCENTS

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ARTICLE INFO

Article History:

Received 19th November, 2015
Received in revised form
20th December, 2015
Accepted 12th January, 2016
Published online 14th February, 2016

Key words:

Anxiety,
Adjustment,
Adolescents,
Mindfulness Therapy.

ABSTRACT

The Present study tries to explore the effect of Mindfulness Therapy on Anxiety & Adjustment among adolescents. Anxiety is a displeasing feeling of fear and concern while adjustment is the ability to adapt oneself according to environmental demands. The present study aims to investigate the effectiveness of Mindfulness Therapy on Anxiety reduction & improving the levels of adjustment among adolescents. For this data was collected randomly from Ganna Kishan College, Mohammadi Lakhimpur Khiri District U.P. on 100 adolescents (50 Males and 50 females). Sinha Comprehensive Anxiety Test (SCAT) by Sinha & Sinha (1961) & Adjustment Inventory for College Students (AICS) developed by Sinha & Singh (2005) were utilized to measure Anxiety & Adjustment of the respondents respectively. The Intervention Programme (Mindfulness Therapy) proceeded through 12 sessions. The respondents were given 12 sessions for Mindfulness Therapy. Each session consisted of 40 minutes. The Result of the present study revealed some significant finding indicating that Mindfulness Therapy was significantly effective for Anxiety reduction and for improving quality of total adjustment & for its various dimensions such as Home, Health, Social, Educational and Emotional adjustment among adolescents.

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Citation: Neeta Gupta and Neharshi Srivastava, 2016. "Anxiety and adjustment in relation to mindfulness therapy among adolescents", *International Journal of Current Research*, 8, (02), 26227-26231.

INTRODUCTION

The period of adolescence is of supreme importance in the life of human. It is the period in which a person gets physical, emotional and mental maturity. Adolescence is a time of emerging risky health behaviors and many adult mental health disorders have their onset during this time period. Mental health refers to our cognitive, and/or emotional wellbeing - it is all about how we think, feel and behave. WHO (2007) defines mental health as the concept as: a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her own community. Individually, mental health affects our expressive, cognitive, perspective, relational, and coping abilities, undergirding our general health and wellbeing and capacity to integrate into and become productive members of society (Dwivedi and Harper, 2004). There are a number of personal and environmental factors which affect the mental health of adolescents.

Among the different factors, anxiety is an important factor. Anxiety is an emotional process which has several components Spielberger (1972) specifies its components as Evaluative situation, Anxiety-state, Cognitive reappraisal and Coping, avoidance or defensive behaviors. Anxiety is one of the major psychological variables which is considered as an important part of personality development. It is the displeasing feeling of fear and concern (Davison, Gerald, 2008). The root meaning of the word anxiety is 'to vex or trouble'; in either presence or absence of psychological stress, anxiety can create feelings of fear, worry, uneasiness, and dread (Bouras & Holt, 2007). It can be defined in very general terms as a persisting distressful psychological state arising from our inner conflict. Adolescence is a stage of 'storms and stresses.' Being a phase of rapid growth and development during which physical, sexual and emotional changes occur, adjustment problems are at their peak during this period. Most adolescents experience adjustment difficulties in emotional, social and/or educational aspects of their lives. Adjustment is a behavioral process for maintaining equilibrium among one's needs and obstacles offered by the environment. Adjusting to constant changes in their internal as well as

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external environment becomes a major challenge for the adolescents. The adjustment means reaction to the demands and pressures of social environment imposed upon the individual. Mindfulness Breathing is an ancient Indian way of life which includes the practice of deep breathing and meditation. A simple way of relating to our experience, which can have profound impact on painful, negative experiences we encounter. Mindfulness Breathing was shown to be beneficial for the physical and mental health of adolescents. These techniques are useful for bring mindfulness into the activities of everyday life.

“Mindfulness is simply the knack of noticing without comment whatever is happening in your present experience” (Guy Claxton, 1955). The studies which have been conducted in the area of implications and influence of Mindfulness Therapy leave much to be desired in terms of precise variables of personality of the adolescents. Adolescents face so many problems in their daily life with regard to their academic achievement anxiety related to different areas of life and adjustment in school and society. They face all sorts of pressures at the time of admission, examinations, and appointments. Sometimes they find it difficult to work under such pressures, which adversely affect their Self Confidence, Motivation and Adjustment. All these physical and mental conditions have obvious after affects, which feel upon working of youth and paralysis their achievements So, the present investigators visualized a need to study that to see the effect of mindfulness therapy on anxiety and adjustment among adolescents.

MATERIALS AND METHODS

Objectives

1. To identify the effectiveness of Mindfulness Therapy on Anxiety reduction among adolescents.
2. To identify the effectiveness of Mindfulness Therapy on improvement of Adjustment and its various areas among adolescents.

Hypotheses

1. Mindfulness Therapy will significantly reduce the level of anxiety among adolescents.
2. Mindfulness Therapy will significantly make improvement in different areas of adjustment and total adjustment among adolescents.

Sample

A Sample of 300 adolescents (50 male, 150 female) studying in B.A part 1 in Ganna Kishan College Mohammadi, Kheri District U.P, India was chosen through random sampling method. Finally 100 adolescents (50 male, 50 female) who were having high anxiety & poor adjustment were included in the study.

Research Design

The design which is used to conceptualized the study and analyzed the data is ‘Before and After’ research design in

which scores of the subjects before and after therapy are compared using t-test.

Tool Used

Sinha comprehensive anxiety test by **Sinha & Sinha (1961)** was utilized to measure the anxiety level of the respondents. The test has been prepared in Hindi and Final form of the test contains 90 items. The inventory can be scored accurately by hand and no scoring key or stencil is provided so far. For any response indicated as "Yes", the subject should be awarded the score of one, and zero for 'No'. The sum of the entire positive or yes responses would be the test anxiety score of the individuals.

Adjustment inventory for college students by **Sinha & Singh, (2005)** was utilized to measure the quality of adjustment in different areas of life among adolescents. The inventory has been prepared in Hindi and it has 102 items (Home-16, Health-15, Social-19, Emotional-31 and Educational-21). Inventory can be scored by hand or by scoring stencil. For any answer indicative of adjustment zero is given, otherwise a score of one is award.

Mindfulness therapy Mindfulness Breathing means bringing your attention to your breath. Instead of letting your mind spin off into yesterday or today, take mindful breaths. Focus on your breathing, and sense the effects of breathing throughout your body (**KC Health Center, 2010**).

This therapy is also called the 4-7-8 breathing exercise. This exercise is utterly simple, takes almost no time, requires no equipment, and can be done anywhere. Although you can do the exercise in any position, sit with your back straight while learning this exercise. Place the tip of your tongue against the ridge of tissue just behind the upper front teeth, and keep it there through the entire exercise. You will exhale through your mouth around your tongue; try pursing your lips slightly if this seems awkward.

- Exhale completely through your mouth, making a whoosh sound.
- Close your mouth and inhale quietly through your nose to a mental count of four.
- Hold your breath for a count of seven.
- Exhale completely through your mouth, making a whoosh sound to a count of eight.
- This is one breath.

Now inhale again and repeat the cycle three more times for a total of four breaths. The respondents were given 10 times this breathing exercise and the whole session lasted for 40 minutes. In this way, the respondents were given total 12 sessions for one month. All these 12 sessions were given to the respondents thrice in a week for one month.

Statistical Analysis

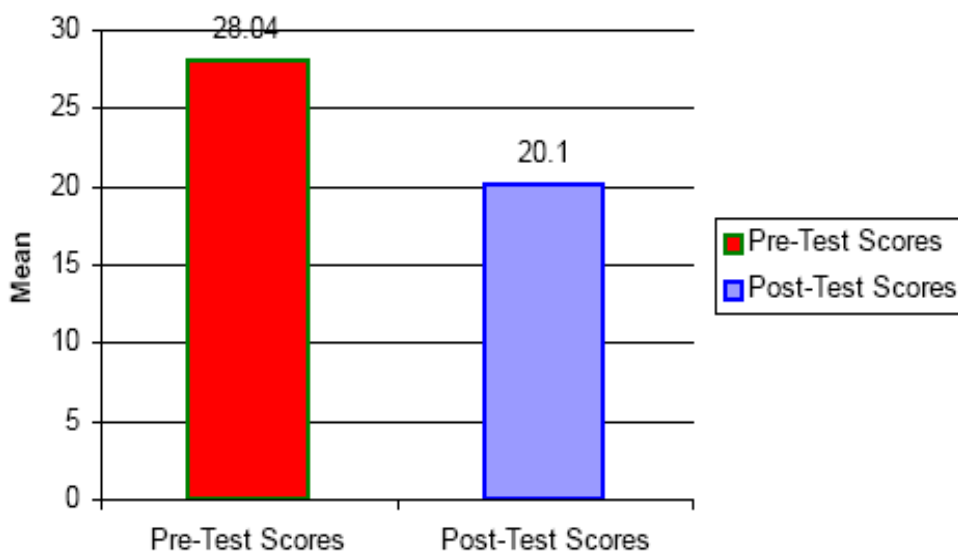
The obtained data was analyzed using Mean, SD and t-test. The results of analyses are presented in the Tables.

Table 1. Mean, SD and t value on Anxiety & all the areas of Adjustment among Adolescents

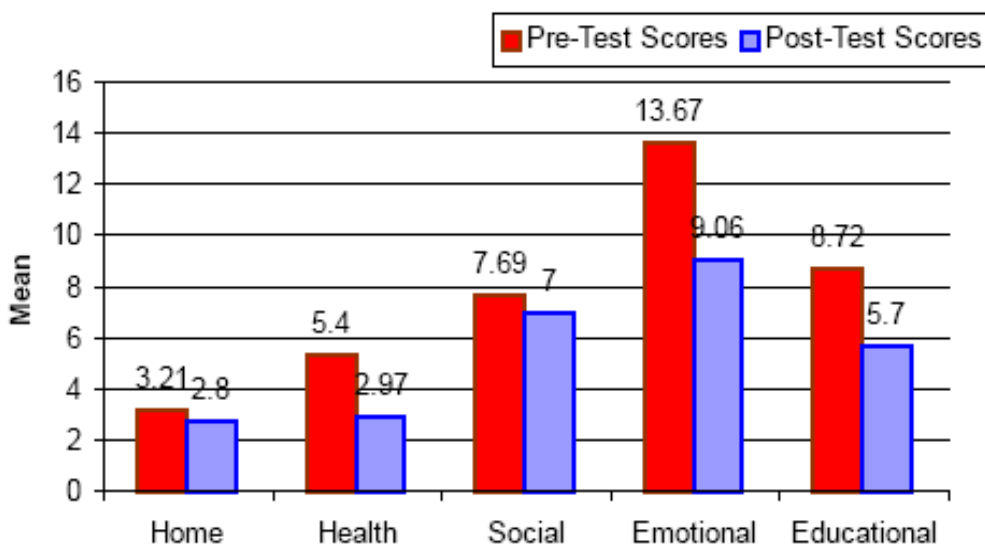
Variable	Mean		S.D		t value
	Before	After	Before	After	
Anxiety	28.04	20.01	9.61	9.82	4.87**
Adjustment (Home)	3.21	2.80	2.09	2.20	1.14
Adjustment (Health)	5.40	2.97	1.94	2.05	3.24**
Adjustment (Social)	7.69	7.00	2.53	3.03	1.47
Adjustment (Emotional)	13.67	9.06	3.36	5.56	5.91**
Adjustment (Educational)	8.72	5.70	2.72	2.83	6.42**
Adjustment (Total Adjustment)	38.69	27.64	7.92	13.06	6.01**

** Significant at 0.01 level.

Bar Diagram No.– 1 Bar Diagram showing significance of difference between means in relation to anxiety



Bar Diagram 2. Bar diagram showing significance of difference in relation to different areas of adjustments



RESULTS AND DISCUSSION

The obtained results are interpreted as below

1. Anxiety & Mindfulness Therapy

As it is evident from the inspection of table-1 and Bar Diagram no 1 that the t-value for pre and post score of anxiety is found to be significant. It is clear from the inspection of Mean of both the conditions (28.04, 20.10) that mindfulness therapy significantly reduce the level of anxiety among adolescents as the mean of after condition (20.01) is significantly low than the mean of before condition (28.04). These results support that the first hypothesis of the study suggesting that "Mindfulness Therapy will significantly reduce the level of anxiety among adolescent" was accepted. This clearly shows that Mindfulness Therapy leads to a significant alleviation of anxiety level of the adolescents. This result of the present study supported by the findings of Lilja *et al.* (2012), who found significant reduction in state anxiety level. They studied Mindfulness group therapy in primary care patients with depression, anxiety, stress and adjustment disorders, results showed that Mindfulness-based group therapy was non-inferior to treatment as usual for patients with depressive, anxiety or stress and adjustment disorders.

Hofmann *et al.* (2010), studied the effect of mindfulness-based therapy on anxiety and depression: A meta-analytic review, they found that mindfulness-based therapy is a promising intervention for treating anxiety, maladjustment and mood problems in clinical populations. The findings of the present study are in agreement with those reported by Shashi, Chawla, Dhar and Kariyar (1991), Gupta and Gupta (2006), Neharshi (2014), who also reported decrease in anxiety and depression level as a result of practice of Mindfulness Breathing and P.M.R.T. A number of studies considered the impact of more intensive or prolonged training mindfulness breathing. For example, participants in 10 days Meditation & Mindfulness breathing workshop reported increased concentration and stamina and lower level of anxiety (Sharma, Yadav & Hooda, 2005). Woolery *et al.* (2004), found that subjects who participated in a 5 week Mindfulness Exercises course demonstrated significant decreases in self-reported symptoms of depression and trait anxiety (Malathi *et al.*, 1999). Other effects of long-term training in mindfulness therapy included reduce symptoms of anxiety, (Rani and Rao, 1994), enhance the social adjustment and an increased sense of body awareness. (Singh and Rao, 2001). In this way, finding related with hypothesis-1 of the present study, appears to be credible in the background of these studies and observations. These seems to be a strong reason to believe that Mindfulness Therapy are beneficial is reducing high level of anxiety among adolescents.

2. Adjustment & Mindfulness Therapy

As it is evident from the inspection of Table no 1 and Bar Diagram no 2 that the means of total adjustment scores for pre-test (38.69) and post-test condition (27.64). It is revealed that the magnitude of adjustment in the students in post-testing condition is higher than that of the pre-testing, the mean

adjustment score (total) of pre and post-testing of students being 38.69 and 27.64 respectively. Low scores on adjustment indicate satisfactory adjustment. High scores indicate poor adjustment. The t-test has brought out that the difference between these two sets of observation is significant at .01 level. Area wise analysis of adjustment scores revealed that pre-test and post-test scores differ significantly in case of health, emotional, and educational areas of adjustment. The t-value for these areas were found to be 3.24, 5.9, 6.42 respectively. Low score on adjustment inventory indicates better adjustment in any area. In case of health, emotional and educational areas mean scores i.e. 2.97(2.05), 9.06(5.56) and 5.70 (2.83) were found after the intervention of Mindfulness Therapy. This indicates that there is a significant difference between before and after the practice of Mindfulness breathing. It implies that practice of Mindfulness breathing is useful in the enhancement of adjustment in these areas. In case of rest of the two areas of adjustment inventory i.e. home and social areas of adjustment, mean scores are more or less same in pre-test and post-test situations, so the second hypothesis of the study suggesting that "Mindfulness Therapy will significantly make improvement in different areas of adjustment and total adjustment among adolescents" was partially accepted. The finding is supported by Khalsa *et al.* (2009). They found that two months of deep breathing and meditation techniques can reduce performance anxiety and improve the level of adjustment in college going students.

Conclusion

In this way on the basis of the result of the present study it can be concluded that Mindfulness Therapy significantly reduces the level of anxiety among adolescents. It is also evident from the result of the present study that Mindfulness Therapy is also effective in improving the quality of adjustment in most of the areas of life such as (Health, Emotional, Educational Adjustment) and it's also helpful in improving the overall adjustment of the respondents, So it is suggested that Relaxation and Self Management program be initiated by public and private institutions.

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