

## **Impact of Om meditation on Emotional well-being among adolescents**

**Meeta Bhatnagar**

M.A.Yoga, Assistant Yoga Therapist  
[meeta.parag@gmail.com](mailto:meeta.parag@gmail.com)

### **Abstract**

*Self-confidence is an important factor that affects many areas of life. It enables people to believe in their abilities, take risks and overcome challenges. Confidence fosters a positive mindset, enabling people to overcome obstacles and handle criticism constructively. It also enhances interpersonal relationships by allowing individuals to communicate more effectively and assertively. Ultimately, self-confidence is the foundations for a fulfilling and successful life, helping individuals navigate their path with assurance and resilience.*

*This study examines the impact of yoga practices, specifically Om chanting, on emotional regulation and self-confidence among school-going children. With increasing mental health concerns among adolescents, yoga is explored as a holistic, cost-effective intervention to enhance psychological well-being. The study aims to assess self-confidence levels and evaluate the effects of yoga practices on both average and problem-stricken students. Drawing on existing literature, yoga is associated with reduced stress, improved emotional balance, and enhanced cognitive functioning. The findings indicate significant improvements in adolescents, stress management, and emotional well-being following regular practice. The study concludes that integrating yoga into daily school routines can promote emotional well-being, self-confidence and overall personality development in children.*

**Keywords:** Om Meditation, Emotional Well-Being, Self-Confidence, Adolescents

### **Introduction:**

Dark umbrella looms over the youth in America and around the world, and the weight upon the shoulders of those who bare it is becoming insufferable. Teen depression/mental health is a legitimate crisis that we are in the throes of witnessing. “Anxiety problems, behavior problems, and depression are the most commonly diagnosed mental disorders in children” . Amongst children aged 3-17 years in 2016-2019, millions suffer from: Anxiety 9.4% (approximately 5.8 million, Behavior problems 8.9% (approximately 5.5 million), Depression 4.4% (approximately 2.7 million), Of those 2.7 million, 15.1% had a major depressive episode and 36.7% had persistent feelings of sadness or hopelessness As if these numbers weren’t staggering enough,

many children/teens who suffer from depression also suffer from other additional ailments: Having another mental disorder was most common in children with depression: about 3 in 4 children with depression also had anxiety (73.8%) and almost 1 in 2 had behavior problems (47.2%) (CDC, 2023).

A survey conducted by the Royal Society for Public Health asked 14-24 year olds in the UK how social media platforms impacted their health and wellbeing. The survey results found that Snap chat, Facebook, Twitter and Instagram all led to increased feelings of depression, anxiety, poor body image and loneliness (R. Ehmke, 2022).

Mental health problems in children in the U.K. are seen in children as young as 2 years, and each month almost 50,000 children and adolescents are referred for mental health interventions or treatment by the NHS (NHS, 2018). It is a problem worldwide; for example, according to the World Health Organization (WHO, 2020), approximately one million school children aged between 11-15 years have some form of mental health disorder, such as feeling low and anxious.

Adolescence (ages 10–19), the transitional period between childhood and adulthood, is marked by rapid physical, cognitive, and emotional development, with academics as a central focus. As adolescents progress from foundational education to secondary school, they encounter increased academic pressures and heightened expectations from both family and schools, contributing to substantial academic-related stress (Evans et al., 2018). While stress, when moderate, can drive students to perform better, an excessive and enduring stress can lead to serious psychological issues, including anxiety and emotional distress (Deb et al., 2015). The collective nature of yoga practice engenders social interactions and empathic understanding. This aspect of yoga can cultivate a sense of belonging and social support, which is paramount for adolescents navigating complex social landscapes. Empirical evidence suggests that adolescents engaged in yoga programs exhibit increased empathy and enhanced social communication skills, which are crucial components of their social development [Khunti K, Boniface S, Norris E, De Oliveira CM, Nicola Shelton 2023, Deb et al., 2015]. As a form of physical exercise, yoga enhances body awareness, flexibility, and muscular strength. These somatic benefits are intricately linked to self-esteem and body image, which are particularly salient, given the prevalence of body-related concerns among adolescents. Positive alterations in physical health can engender a more favorable self-perception and corporeal relationship, thereby contributing to enhanced psychological well-being [James-Palmer A, Anderson EZ, Zucker L, Kofman Y, Daneault JF 2020].

Yoga is accepted as a holistic system of practices that includes many techniques, such as physical postures, various breathing exercises, and relaxation techniques and have shown promise in improving children's physical (Kongkaew et al., 2018) and mental health (Miller et al., 2020).

Studies have attracted interest in developing and applying meditation and yoga-based interventions in schools worldwide (Khalsa and Butzer, 2017). Some researched benefits of Practicing yoga are higher energy levels, fine motor coordination, muscle tone, flexibility, postural alignment, and cardiovascular fitness (Felver et al., 2020). Also, yoga requires limited space and no equipment; it is easy to learn and has been accepted worldwide (Mehta et al., 2012), and appeared in the U.K. in the early 1970s; approximately 500,000 people practiced yoga each week in the U.K. (Wood, 2020). Yoga with children can allow them to redirect energy positively, helping them calm their minds and bodies, especially during anxiety periods. It may be helpful for those who can be destructive and aggressive. Yoga may increase a child's well-being, enhance self-worth, and promote fewer negative behaviors. The implementation of yoga in class is fun, easy, and cost-effective, according to Khalsa and Butzer's (2017) review. Wolff and Stapp (2019) argued that teachers have an invaluable role in implementing yoga in schools. They found that the breathing techniques acquired during yoga increased the ability to self-regulate and improve attention.

#### **Emotional well-being:**

The definition of EWB encompasses satisfaction with relationships, the subjective perception of social support. EWB is an umbrella label for several related psychometrically defined concepts, including psychological well-being, positive mental health, health-related quality of life, thriving, and subjective well-being. These concepts encompass several psychological dimensions, including positive emotions and moods (e.g., happiness); the relative absence of negative emotions, moods, and states (e.g., stress, sadness, loneliness); life satisfaction; sense of meaning and purpose; quality of life; and satisfaction with other life domains (e.g., work satisfaction, satisfaction with relationships) (Feller et al. 2018)

#### **Self-confidence:**

Self-confidence is a foundational aspect of well-being, contributing to overall life satisfaction and psychological health (Cloninger, 2004) . It is a fundamental trait that plays a critical role in various aspects of life. It refers to an individual's belief in their own abilities, judgment, and capacity to succeed. Self-confidence plays a crucial role in fostering resilience and promoting overall well-being, as it empowers individuals to confront challenges with a positive mindset (Seligman, 1990).

#### **Om Meditation:**

Om chanting to improvements in anxiety, Stress management, emotional regulation, and cognitive functioning in neurotypical populations and individuals with anxiety disorders (Pundir & Chauhan, 2023; Mueller etw al., 2019).

### **Adolescents**

Adolescence is a developmental stage characterized by significant emotional, social, and cognitive changes, which can be accompanied by 1P.G. Student, heightened levels of stress, anxiety, and mood disturbances (Steinberg, 2014). For girls in early adolescence (ages 10 to 14), these stressors are compounded by academic pressures, social relationships, and concerns about body image. As such, there is a growing need for effective, low-cost interventions that can help manage stress and improve mental well-being during this critical period of development. Mindfulness-based interventions, including meditation and chanting, have shown promising results in improving emotional regulation and reducing stress among adolescents (Zoogman et al., 2015).

### **Objectives:**

The present study has been conducted with the following objectives in mind. To comprehend the level of self confidence among the adolescents. To undertake a study of the effect of chanting of Aum on an average and problem-stricken students. To undertake a study of waning self confidence among the youth.

### **Reviews Of Literature –**

The adolescent phase is marked by significant psychological, emotional, and social development, making it a vulnerable period for experiencing stress, anxiety, and depression. An increasing body of research highlights spirituality as a protective factor that enhances resilience and emotional well-being in adolescents. This literature review examines how spirituality contributes to adolescent well-being, particularly in coping with stress, fostering social connections, and promoting psychological stability.

1. Hagen and Nayar, 2014; Hagen et al., (2021, 2023;). Although limited in number, studies conducted among children, adolescents, and young adults show promising results regarding the ability of yoga to decrease stress and improve resilience, mood, and self-regulation skills in school environments.
2. Kothale M. and Dengale D. (2025), This study aimed to examine the effectiveness of an eight-week Omkara chanting program in enhancing mindfulness levels among early adolescent girls. A pre-test post-test experimental research design was used with a total sample of 30 girls aged 10 to 12 years from a Marathi medium school in Sutarwadi, the findings suggest that the Omkara chanting program significantly improved mindfulness among early adolescent girls and may serve as a culturally relevant and cost-effective intervention for enhancing mental well-being in school-based settings.
3. Yang, Q., Wang, Y., Yuan, S., et al. (2025). The study investigates the impact of a 12-week structured yoga intervention on attention and behavioral regulation in school-aged children.

It is positioned within the growing field of school-based mental health interventions using mind–body practices.

4. Thulasi et al. (2025) studied the effects of yoga practice on school-age adolescents. The results showed that regular yoga practice improved participants' mental health and quality of life. Furthermore, yoga practice reduced stress levels and increased concentration in studies and daily tasks.
5. Patra et al. (2025) developed a yoga-based exercise regimen for children and adolescents and studied its effects. The results showed that yoga practice is beneficial and acceptable for children and adolescents with mental health problems. Yoga practice reduced levels of depression, anxiety, and stress, and improved emotional balance.
6. Kumar et al. (2025) studied the effects of yoga practice in schools. The research found that regular yoga practice improved students' concentration and mental balance, and reduced problems such as academic stress and insomnia. The study also showed that even a short period of regular yoga practice can have a positive impact on students' mental health.
7. Pradhan et al. (2024) studied a 12-week yoga practice with school students. Students regularly practiced asanas and pranayama. Results showed that students who practiced yoga significantly reduced stress and anxiety levels and improved mental health and overall well-being.
8. Kerekes et al. (2024) analyzed several studies on the effects of yoga on children and adolescents. The study concluded that yoga practice improves mental health, cognitive ability, and emotional regulation. Furthermore, yoga has been found to reduce stress and anxiety in children and enhance overall well-being.
9. Giridharan et al. (2024) reviewed the mental health effects of yoga programs in schools. The study found that yoga practice reduced stress, anxiety, and emotional problems in children and adolescents. It also improved self-control, concentration, and mental balance.
10. Ranjani et al. (2023) studied the effects of yoga practice on adolescents. The results showed that yoga practice reduced stress levels and improved attention, memory, and cognitive ability. The study also suggested that regular yoga programs in schools may help improve students' mental health.
11. Khunti et al. (2022) Khunti et al. (2023) conducted a systematic review and narrative synthesis of randomized controlled trials (RCTs) to examine the impact of yoga interventions on mental health among school-aged children.
12. Jensen & Kenny, (2004) Yoga research on children also points to improved attention and emotional control.
13. Pew Research Center (2018) Several studies have established the link between spirituality and reduced psychological distress in adolescents. The Indian Council of Medical Research (ICMR) found that practicing yoga and meditation significantly lowers stress levels and

enhances emotional resilience among Indian youth. These findings align with research from the University of California, which reports that mindfulness-based spiritual practices correlate with lower levels of anxiety and depression. These studies suggest that spiritual engagement fosters self-acceptance and self-reflection, both of which are crucial in managing adolescent stressors.

14. Moreover, mindfulness, meditation, and prayer have been scientifically proven to contribute positively to adolescent mental health. Yoga and meditation, in particular, have been shown to regulate cortisol levels, reducing stress and enhancing emotional stability (ICMR, 2021). The National Mental Health Survey of India (2015–16) found that adolescents who engaged in daily meditation exhibited higher self-esteem and fewer depressive symptoms compared to those who did not practice spirituality.

## Conclusion

Our findings suggest that there is significant improvement in the working confidence and stress among adolescents so; it is advisable to incorporate OM chanting, among adolescents as an everyday practice since the benefits are appreciable and long-standing. Also, this practice is simple, inexpensive, and easy to do, when this becomes a habit of practice, children may see a remarkable change in their personality. Improved self-control and mindfulness in adolescent and school children. On the basis of the present finding, this can be taught to adolescent and school children to enhance their self-control and mindfulness which can ultimately prevent them from severe mental health problems and enhance their overall well-being.

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