
A REVIEW ON THE BENEFITS OF YOGA IN CHILDREN

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ABSTRACT

In Malaysia, the number of youngsters suffering from stress and anxiety is increasing. Mind–body treatments such as mindfulness therapy, meditation, and yoga have been used to decrease and/or manage the psychological consequences of stress and anxiety in many different nations, according to evidence. The intervention of yoga as a meditative movement practice in helping schoolchildren manage stress and anxiety is examined in this review study. A variety of databases, including PubMed/MEDLINE and PsycINFO, were used to find articles. This review includes both peer-reviewed and non-peer-reviewed papers published in English. All of the research looked at included some kind of contemplative movement practice. The yoga pathways of asanas (postures), pranayama (expansion of life force), dharana (concentration), and dhyana (meditation) were all included in the intervention. A total of eight papers were evaluated after meeting the inclusion criteria. The results of this study show that yoga may help with stress management and anxiety reduction, among other things. Despite the variability and sample size constraints in most, if not all, of the research examined, yoga seems to be an effective technique for helping children deal with stress and anxiety. It seems that including yoga into the physical education curriculum in Malaysian schools will be beneficial to pupils.

KEYWORDS: Anxiety, Child, Physiology, Stress, Yoga.

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