

Effect of Yoga Module on Quality of Sleep, Attention & Mobile Phone Addiction in School Students with Frequently Mobile Users

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Abstract:

Introduction: Today's time is completely modern in which we all depend on material comforts. Today's children are using smartphones faster than adults and spend more time with these devices because they are members of the first generation who have such devices. Are born and live in environments where smartphones and the internet are common. However, when they overuse smartphones and become addicted to smartphones, it may cause them to face various psychological, emotional and physical health problems from an early age. In a survey conducted on online media addiction among children age between 9 to 17 in India as of September 2023, the majority of parents stated that their children were addicted to more than one online media platform such as videos, social media, online gaming, or OTT. By contrast, eight percent of urban parents reported their kids were not addicted to any online media forms.

Objectives: The objective of this study is to present a review of papers over the last ten years that discuss how yoga module can be used as a Quality of Sleep, Attention and mobile phone addiction in school students' problems.

Methods: The literature was searched from 2013 to 2023 using a range of resources including the Cochrane Library, PubMed and Google Scholar. Excessive mobile phone use in children may impair their physical and mental health such as sleep and attention. Many researches on the effects of yogic activities on factors are included in this review. To review the effects of yoga on psychological and physiological variables caused by mobile phone use, this article presents several forms of yogic exercises that have been shown to reduce a variety of symptoms associated with mobile phone addiction disorders.

Result and Discussion: This article provides a comprehensive assessment of the results of research on yoga as a complementary therapy for mental factors related to mobile phone addiction disorders. The results point to the possibility of applying yogic practices as a complementary therapy to enhance mental and physical well-being during the issues that arise in children affected by mobile phone addiction. Its benefits for children's mental and emotional health have expanded further.

Keywords: Yoga Module, Mobile phone Addiction, School Students, Attention & Quality of Sleep.

Introduction:

Mobile addiction is when someone focuses more on their mobile device and personal use of it. These are such as constantly checking emails or text messages. This is when you constantly use it instead of using the time for other things. It can be harmful to your mental health, social life, school, or work performance (Akhtar, et, al.,2023). Attention is very important in human life. It is a necessary condition for the implementation of any activity. It is the attention that completely executes all our mental processes; Attention is one of the important conditions for the successful implementation of all types of human activities and their effectiveness (Ismatillayeva, et, al.,2023). Sleep is natural and such that you cannot obtain it from any medicine, device, psychiatric counselling and help from others. Of course, there is still no other option and alternative to sleep. Your sleep is just as important as your work and your diet (Nandkar, et, al.,2021).

Prevalence of problem:

Excessive use of smart phones causes sleep problems in children. This has also been made clear in previous studies, in which a study in Karachi, Sindh, Pakistan, found sleep-related problems in children under 15 years of age due to the use of mobile phones (Akhtar et al., 2023). Digital devices such as mobile phones play an important role in the education and lives of children and adolescents, with excessive use or addiction becoming a global concern. According to the Pew Research Centre, 67% of smart phone users have admitted to checking their phone for calls or messages when their phone did not vibrate or ring (Krogstad & Cohn, 2016). Smart phones are being used in advanced learning to store important files and data and enhance their learning knowledge and skills. Everyone is able to learn anything anywhere and at any time, reducing the learning interaction between teacher and student. In contemporary years, mobile has become the most important technological and entertainment device for teenagers around the world. (Ripandi et al., 2023). Excessive cell phone use among children is so common; 43% of 13-year-olds never turn off their phones, day or night, which may develop because phones have become an important tool of social interaction (Hong et al., 2020). A study reported that most of the adolescents who belong to lower socioeconomic status in India did not know about the positive as well as negative outcomes of smart phones and the addictive

use of the devices. Mobile phone addiction, also known as mobile phone dependence or problematic mobile phone use, is a combined state in which excessive psychological craving and mobile phone overuse lead to significant physiological, psychological, and social impairment (Liu et al., 2022). A new kind of health disorder in this category among adolescents, “smartphone’s addiction, abuse, or misuse,” is now challenging health policymakers globally to think about this rapidly emerging issue. Indian adolescents and children are also affected by this high smartphone engagement (Davey et al., 2014). In 2017, worldwide, mobile phone users were 4.77 billion. There was an increase in mobile phone users in India from 2013 to 2019, which accounted for 730.7 million users in 2017, which includes 340 million smartphone users. Smartphones have been used for many purposes, such as to teach, to communicate, to store essential files and data, to acquire knowledge and skills, and to do anything anywhere and anytime in a comfort zone that makes the young and children's minds become dependent easily. If mobile dependency persists, then there will be possible long-term health risks, including behavioural change and diminished academic performance in adolescents (Prio et al., 2023). Most of the population will run toward technology and gradually become dependent on it. Especially adolescents, youth, and children are highly prone to misuse the device; therefore, this study will provide awareness among parents, teachers, and students (Gong, L., & Liu, Q.2023). Nearly 62 percent admit that their children aged 13 to 17 spend 3 hours or more per day on their smartphones, browsing social media, checking videos, or playing games, and 44 percent say they are addicted to it (Solera & Gómez 2022). According to the survey, nearly 55 percent of parents admit that their children aged 9 to 13 have access to a smartphone for almost the whole day, while 71 percent of respondents with children aged 13 to 17 say their children have smartphones for almost the whole day (Ding, K., & Li, H., 2023). From January to November 2022, the survey received over 65,000 responses from citizens living in 287 districts across India, with the number of responses varying by question. According to the survey, parents also concur that their excessive use of gadgets, early access to children, and school activities moving online during the pandemic are factors that fuel their children's addiction. 68 percent of parents believe the minimum age for creating a social media account should be raised from 13 to 15 years, the survey revealed (Yadav et al., 2023).



1: Benefit of yoga



Fig

Fig 2: Mobile addiction in children

Yoga improves school children concentration & attention problems (*Lange, et, al.,2014*).
yoga practice is an adjunct effective for stress, sleep and associated disorders (*Panjwani, & Wadhwa, 2021*)

Objectives

- To search the databases and research the scientific article from the year 2013- 2023.
- To evaluate the pattern of mobile phone use among children.
- To investigate the effect of Yoga module on Quality of Sleep, Attention and mobile phone addiction in school students' problems.

Methodology

The study review includes research from cross-sectional studies and randomized controlled trials. The major terms related to yoga module and quality of sleep, attention with mobile phone addiction issues have been thoroughly researched. From 2013 to 2023, literature was searched using a number of databases such as PubMed, Google Scholar, and the Cochrane Library.

This review includes numerous studies on the effects of yoga on a variety of psychological factors, including addiction ,anxiety, well-being, quality of sleep, attention & Concentration and symptoms associated with mobile addiction disorder, This article included distinct types of Yoga activity like pranayama , Asanas that lessen numerous symptoms linked with mobile phone addiction in order to review the impact of Yoga activity on psychological and physiological factors in Mobile Phone Addiction.

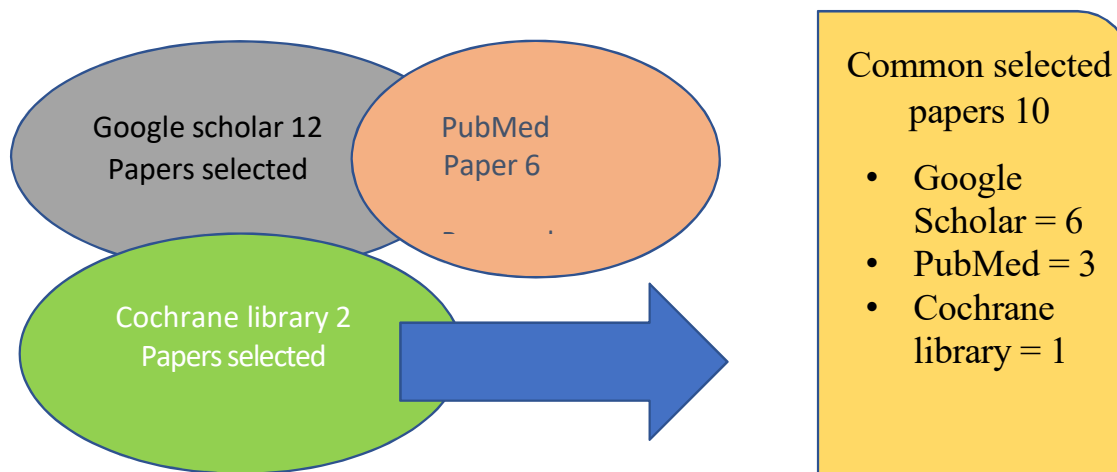


Fig 4: Research Method

2013-2023 Review papers Results and Significance of the work

Table 1: Result

| S.No. | Authors, Year | Research Method | Intervention | Results |
|-------|---------------------|-------------------------|--|---|
| 1 | Cohen,et.,2019 | RCT | 6 week yoga training | ↑ Improve attention in pre-school children |
| 2 | Rani,et.,2016 | RCT | 6 months yoga nidra , Pranayama and prescribed meditations | ↑ Well- being, general health, ↓ Anxiety, stress |
| 3 | Hariprsad,et., 2013 | Cross – sectional study | Sūkṣmavyāyāma, Yogāsana, Prāṇāyāma , meditation & Nādānusandhāna | ↑ Improve Quality of Sleep |
| 4 | Aggarwal,2020 | RCT | 4 weeks anulom vilom Pranayama , bhujangasana and matasyaasna | ↓Low stress & Depression ↑ Quality of life |
| 5 | Panjwani,et., 2021 | Cross – sectional study | Yoga for 6 months | Meditation and related practices prevent the age related changes in sleep architecture in middle aged persons |
| 6 | Ganesh, et.,2015 | RCT | From 1 st menstrual cycle to 2 nd cycle slow pranayama (Nadi Sodhan)and fast pranayam (Kapalbhati) | ↑ Quality of life, well being ↓ sterss level |
| 7 | Eggleston, 2015 | Systematic review | Asana, Pranayam, meditaion | Yoga Exercise is very for Children |

| | | | | |
|----|---------------------------|---------------------|---|---|
| 8 | Mary,et.,2016 | Review Artical | Pranayam and yogasana | Yogasana and pranayama is Alternative therapy in Mobile phone Addiction |
| 9 | Putchavayala,et., 2022 | Narrative Review | 30 days Yoga practice like- Pratyahara, Pranayama, Meditaion, Aasnas | ↓Decrease mobile phone addiction, Mental illness |
| 10 | Gupta,et.,2023 | Review Artical | 2 months Yoga activity Morning & Evening Session | Yoga improve Physical & Physiological health in children with MPA |

From 2013 to 2023, this study provides a comprehensive assessment of the existing scientific evidence on yoga activity as a complementary treatment of psycho- physiological elements in mobile phone addiction, quality of sleep & attention.

Conclusion

The findings suggest that yoga has the potential to be used as a complementary therapy to improve physiological and psychological health during mobile addiction. It further extends its utility for better, quality of sleep, attention physical and mental wellness in children.

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