

YOGA FOR ADULT HEALTH

Henny Dwi Susanti^{1*}, Tri Lestari Handayani², Nurul Aini³, Ika Rizky Anggraini⁴
Yoyok Bekti Prasetyo⁵, Rusnani Binti Ab Latif⁶

^{1,2,3,4,5}Nursing Department, Faculty of Health Sciences, University of
Muhammadiyah Malang

⁶Nursing Department, Faculty of Health Sciences, UITM CPP Kampus Bertam,
Pulau Penang, Malaysia

Email Korespondensi: hennydwi@umm.ac.id

Disubmit: 08 Juni 2024

Diterima: 28 Juli 2024

Diterbitkan: 01 Agustus 2024

Doi: <https://doi.org/10.33024/jkpm.v7i8.15570>

ABSTRACT

Yoga is an exercise that combines mind, spirit and body. This yoga combines breathing techniques, physical postures, relaxation and meditation. The aim of this community service is to improve the health of teenagers. This community service activity starts from the preparation stage, distributing questionnaires for pre-tests, explaining the purpose, benefits of yoga, steps for yoga exercises, and doing yoga exercises. Next, participants were given a questionnaire to assess the post-test. This activity was carried out in collaboration between the University of Muhammadiyah Malang and UiTM Cawangan Pulau Pinang Bertam Campus at the Az Zahra orphanage in Bandar Laguna Merbok, Sungai Tani, Kedah, Malaysia. Showed significant results that teenagers understood the importance of yoga for health and they carried out the steps of yoga exercises. Yoga is very beneficial for the health of teenagers. It is best to do yoga every day to maintain both physical and psychological health in teenagers, so that health is maintained well.

Keywords: Yoga, Adult, Physic, Psychology

1. INTRODUCTIONS

Yoga is a therapy that combines mind-body therapy (Zhang et al., 2022). This therapy is very popular and well-known for maintaining and achieving health and can stabilize emotional conditions and psychological changes for the better. Yoga practice is increasing, with lifetime and 12-month prevalence yoga practice in the United States was 13.2 and 8.9%, respectively (Cramer et al., 2018). Yoga is a therapy used to describe practices including physical postures (asana), breath control techniques (pranayama), meditation/mindfulness, and relaxation (Govindaraj et al., 2016). Various yoga therapies with different styles have different benefits both physically and psychologically/mental health. Yoga therapy starts from pure meditation or breathing exercises to quite intense physical activity (Das et al., 2022). Research results explain that yoga can help reduce a person's stress and can increase relaxation in the body (Pascoe et al., 2017), and can reduce anxiety that occurs in a person, because yoga is a therapy that combines a person's body and mind.

Yoga therapy and postures are carried out sequentially and require proper body position which functions to increase breathing, so that it can strengthen the body's diaphragm muscles (Govindaraj et al., 2016). Yoga therapy is a therapy that connects the activation of neural circuits related to motor coordination, procedural and body awareness (Basu-Ray, 2021). This therapy is useful for improving mind-body integration and self-control. Previous research explains that high strength positions compared to bent positions can reduce cortisol and can increase the hormone testosterone, thereby increasing the strength of feelings and increasing positive thoughts. The rhythmic, slow breathing techniques used in yoga have physiological effects that are associated with positive health outcomes, potentially preventing the effects of trauma experienced by a person. Slow breathing techniques can increase the release of the hormones oxytocin and prolactin which are associated with calm (Madan et al., 2023). The theory explains that rhythmic breathing techniques can stimulate the hypothalamus, which links executive function and stimulation of cortical areas of the brain related to alertness (Gothe et al., 2016). The physiological mechanisms of yoga therapy can reduce anxiety symptoms in a person (Riley & Park, 2015). Meditation carried out in yoga therapy requires breathing exercises (Das et al., 2022). So, yoga therapy is very beneficial for the health of teenagers in reducing the psychological symptoms that occur.

The community service carried out for teenagers at UiTM Malaysia is very beneficial for the health of these teenagers. Especially, to improve physical health and psychological changes in teenagers. The aim of this community service is to improve the health of adult with yoga exercise.

2. PROBLEM AND QUESTIONS

Adolescent psychology experiences development in emotional and social aspects. He begins to look for his identity, and often rebels, so parents have to pay attention. Adolescence is a transition period from children to adults that occurs at the age of 10-19 years. Not only physically, during this period there is psychological development of teenagers in emotional and social aspects. When in this period, teenagers are very energetic, critical, idealistic, and have a great interest in what is right and wrong. It is true that this is also a period prone to conflict between children and parents, but

understanding the psychology of teenagers will make them become individuals with character when they grow up. The psychological development of teenagers, the psychological development of teenagers, the psychological development of teenagers differs based on their age. Adolescence is a period of rapid and profound change that lasts for a long time during which individuals mature biologically, psychologically, and socially, and thus have the potential to be able to live independently. The developmental task during this period is the formation of identity and the acquisition of autonomy. Although it is a process with large individual differences in beginning and end, gradual development, synchronization of development between different fields, and other aspects, psychosocial development in this period usually has the same characteristics and similar developmental patterns. The reason we chose community service at the Az Zahra orphanage in Bandar Laguna Merbok, Sungai Tani, Kedah, Malaysia was because most of the teenagers in the orphanage had minimal knowledge about the importance of yoga for adolescent health. Adolescence is a beautiful time. Maybe for some people this sentence is a sentence that can be confirmed easily. A time when some people can feel freedom, joy, free association with many peers.

The aim of this community service is to improve the health of adult with yoga exercise.

The questions problems of this community health service are what is the knowledge of teenagers before health education about yoga is carried out, and what is the knowledge of teenagers after health education about yoga?



Figure 1. Location of activity

3. LITERATURE REVIEW

Yoga is a comprehensive (holistic) health system that is formed from the ancient Indian cultural system since 3,000 BC. Yoga or yuj in ancient Sanskrit means union. Distribution between alma or self and brahma (the almighty). In essence, through yoga a person will the better you know all aspects of himself, the closer he will be with its creator. Others said that

believes that yoga is a combination of movement, calming the mind, breathing exercises and meditation (Zhang et al., 2022).

This part we give eight yoga exercise, such as: (1) padmasana this position is useful for balancing the mind and improving blood circulation throughout the body; (2) Yoga mudra This posture is very good for improving the function of the liver, kidneys, pancreas, bladder and abdomen; (3) Janu sirshasana, this position has the benefit of training flexibility in the muscles and hip joints; (4) Baddha Konasana, this posture is useful for flexing the hip joints which aims to release tension in the hip joints, relax the hamstring muscles and knee joints, improve blood circulation towards the pelvis and reproductive organs and keep them healthy; (5) upavishta konasana, this position is very good for preventing pain in the hips and circulation in the body; (6) eka pada raja kapothasana, this position rejuvenates the lower spine, improves blood circulation to the pelvis and reproductive organs and makes them healthy, develops optimal neck and shoulder muscles, and overcomes bladder problems; (7) padahastasana, This Asana position is useful for increasing the flexibility of the spine, increasing the vitality of the reproductive organs and maintaining youth; (8) virabhadrasana, This position trains and strengthens the ankles, knees, waist and shoulders, as well as strengthening the legs, hips, chest, back and neck. The chest/lungs open so that breathing capacity can be optimal and improve blood circulation.

Community service in the form of yoga exercise activities for teenagers in orphanages has several important contributions that can be seen from various aspects: (1) Physical and Mental Health, improves Physical Fitness: Yoga exercises help improve muscle strength, flexibility and balance. This is important for youth in foster care who may not have regular access to structured physical activity (Mohammad et al., 2019); (2) Reduces Stress and Anxiety: The practice of yoga involves breathing techniques and meditation that can help reduce stress and anxiety levels. Teenagers in foster care often experience emotional distress, and yoga can be a tool for managing those emotions (Herbert, 2022); (3) Improves Sleep Quality: Regular yoga practice can help improve sleep patterns, which is important for healthy physical and mental development (Xie et al., 2021); (4) Social and Emotional Development, improve Social Skills: Group activities such as yoga can strengthen a sense of community and improve social skills, as teens learn to cooperate and interact with fellow participants (Uebelacker et al., 2021); (5) Increased Self-Confidence: Through accomplishments in yoga practice, teens can experience increased self-confidence and a sense of personal accomplishment; (6) Education and Increasing Knowledge, Education about Holistic Health: Teaching yoga can also include education about the importance of a healthy lifestyle, nutrition, and self-care, which can benefit teens in the future, Developing Self-Awareness: The meditation and mindfulness practices that are part of yoga can help teens become more aware of themselves and their surroundings, which can lead to better decision making (Saeed et al., 2019); (7) Long Term Opportunities, Career Opportunities: Knowledge and skills in yoga can open up future career opportunities, such as becoming a yoga instructor or getting involved in the health and fitness industry. (8) Independence: Through the physical and mental development gained from yoga, teenagers can become more independent and ready to face the challenges of life outside the orphanage; (9) Community Support, Formation of Positive Communities: Yoga activities can help form positive communities among youth in foster care, providing

important social support for their development (Wieland et al., 2021). Overall, community service through yoga exercises for teenagers in orphanages can have a broad and sustainable positive impact, helping them grow into healthy, balanced and independent individuals.

4. METHOD

The method used in this community service is the method of providing health education about yoga. The number of participants who took part in this community service was 22 teenagers. This method of implementing community service is carried out at the Az Zahra orphanage in Bandar Laguna Merbok, Sungai Tani, Kedah, Malaysia. The choice of this location aims to increase international cooperation and is one of the efforts of the University of Muhammadiyah Malang to achieve international recognition by 2023. Implementation of community service This community begins with the signing and cooperation of an MOU between both parties. Next, the community service team distributed questionnaires to participants with several questions as follows Yoga exercise is a combination of breathing, meditation and stretching, the Purpose of yoga is to build for physical, the Purpose of yoga is to build for emotional, the Purpose of yoga is to build for mental health only, the Purpose of yoga is to build for improve blood circulation. And continued providing health education about yoga, the benefits of yoga exercises, and steps for doing yoga exercises. The next step is doing yoga exercises together, and the final step is giving another questionnaire to the participants. The final step is to carry out evaluation and documentation during community service activities.

5. RESULT AND DISCUSSION

a. Result

Present the PkM results in accordance with the order in which the questions are formulated and include three different photos of the PkM activities and provide brief information that is relevant to the picture or photo. Figure 1 provides a questionnaire to participants, followed by providing health education about yoga to participants. The number of community service participants was 22 participants, and most of the participants' knowledge was still lacking.



Figure 1. Health Education Yoga for Adulth Health

The Figure 2. shows the yoga exercise activities carried out by the participants, and most of the participants were able and enthusiastic about doing yoga exercises.



Figure 2. Yoga activity

The figure 3. evaluates knowledge about yoga exercises, evaluates community service during activities and documents community service activities.



Figure 3. Evaluation and Documentation

Community service carried out on 22 teenagers from orphanages found that most of the teenagers' knowledge about yoga was in the good category. Teenagers have a complete understanding of what yoga is, including the benefits and movements of yoga. Knowledge about the benefits of yoga for the physical and mental health of teenagers is increasing. They may now be more aware of how yoga can help in managing stress, improving emotional balance, and supporting overall health. Teenagers have a better ability to do yoga poses correctly. They may have learned basic movements as well as breathing and meditation techniques. Understanding of the importance of

meditation, mindfulness and breathing techniques in youth yoga is increasing. Teenagers may now have a greater appreciation for the holistic aspects of yoga that involve the body, mind, and spirit. In accordance with previous research, Yoga is a physical, mental, and spiritual discipline that originates from ancient India (Yatham et al., 2023). The term “yoga” means “to unite” or “connect,” referring to the unification of body, mind, and spirit (Estevao, 2022). Yoga first appears in ancient texts such as the Vedas and the Upanishads, as well as in classical texts such as the Bhagavad Gita and the Yoga Sutra by Patanjali (Chauhan et al., 2017; Eraballi & Pradhan, 2017; Kumar et al., 2010). Over time, yoga has evolved into various forms and styles, including Hatha Yoga, Ashtanga Yoga, Kundalini Yoga, and more (Estevao, 2022). Each form of yoga has a different focus and approach, but all have the same goal of achieving balance and harmony between body and mind.

Yoga is not just about body postures or asanas, it also involves breathing exercises (pranayama), meditation (dhyana), and ethical principles (yamas and niyamas). Asanas are physical poses that help improve flexibility, strength, and balance. Pranayama is a breathing technique that helps regulate vital energy in the body. Meditation helps calm the mind and increase self-awareness. Yamas and niyamas are moral and ethical guidelines that help in living a life with more meaning and integrity. The benefits of yoga are extensive and cover various aspects of physical, mental and emotional health. Physically, yoga can improve flexibility, muscle strength and body posture. The various yoga poses help stretch and tone the body's muscles, increase blood flow, and improve balance. Regular yoga practice can also help reduce chronic pain, such as lower back pain, and improve the function of the cardiovascular and respiratory systems.

Mentally and emotionally, yoga has a significant impact in reducing stress and anxiety (Lemay et al., 2019). Breathing exercises and meditation help calm the nervous system, lower levels of stress hormones such as cortisol, and increase feelings of well-being. Yoga can also improve concentration, clarity of thought, and creativity. By practicing mindfulness and meditation, a person can develop better self-awareness, reduce negative thoughts, and increase feelings of gratitude and happiness. Apart from the physical and mental benefits, yoga also has a deep spiritual aspect. The practice of yoga can help a person find inner peace, improve relationships with themselves and others, and deepen their understanding of the purpose of life. Meditation and breathing exercises help connect individuals with higher energies, open the energy chakras in the body, and achieve a higher state of consciousness. Many yoga practitioners report feeling more connected to the universe, experiencing personal transformation, and finding deeper meaning in life through consistent yoga practice.

Yoga has also been scientifically recognized as having many health benefits. Research shows that yoga can help reduce blood pressure, improve heart function, and manage diabetes (Chattopadhyay et al., 2023; Chauhan et al., 2017). Yoga has also been proven effective in treating depression, sleep disorders and anxiety disorders. In studies involving cancer survivors, yoga has been found to help reduce fatigue, improve quality of life, and provide important emotional support during treatment. Many hospitals and health centers now offer yoga classes as part of their rehabilitation and stress management programs. Apart from that, yoga also has social benefits.

By participating in yoga classes, one can build a supportive community, meet like-minded people, and experience a sense of community. Yoga classes are often a place where individuals can share experiences, support each other, and build meaningful relationships. The yoga community can be a source of inspiration and motivation to continue practicing and achieving health and wellness goals.

Not only that, yoga also has a positive impact on daily life. By integrating yoga principles into the daily routine, one can experience increased productivity, better time management, and better sleep quality (Panjwani et al., 2021). Breathing and meditation techniques can be used at any time to overcome stressful situations, improve focus and restore calm to the mind. By practicing yoga regularly, one can develop self-discipline, perseverance, and patience, all of which are important for achieving success in various aspects of life. In this modern era, yoga has become a global phenomenon with millions of people around the world adopting it as part of their healthy lifestyle. From celebrities to professional athletes, many recognize the benefits of yoga and incorporate it into their workout routines. Yoga is no longer limited to hostels or meditation centers in India, but has spread to gyms, studios and living rooms across the world. Yoga apps, online videos, and virtual classes have made yoga more accessible to anyone, anywhere.

Although yoga offers many benefits, it is important to remember that each individual is unique and responses to yoga may vary. Therefore, it is highly recommended to start with classes led by experienced instructors, especially for beginners. Instructors can provide proper guidance, correct posture, and ensure safe and effective practice. In addition, it is best to consult a health professional before starting a yoga program, especially if you have certain health conditions. Overall, yoga is a holistic and versatile practice that offers a variety of benefits for the body, mind, and spirit. By practicing yoga consistently, one can achieve balance, peace and optimal health. Yoga is not just a physical practice, but also a journey towards self-understanding and spiritual enlightenment. In an increasingly busy and stressful world, yoga provides a valuable tool for maintaining well-being and finding calm in everyday life. The results of this outreach are expected to show a significant increase in knowledge about yoga among teenagers, including a better understanding of its benefits, better practice abilities, and a deeper appreciation of the spiritual and mental aspects of yoga. With this approach, health education outreach about yoga can have a significant positive impact on the health and well-being of adolescents.

Community service carried out in orphanages, especially targeting teenagers, has proven to be very beneficial, especially in the health aspect. An outreach program involving yoga practice is an example of an intervention that has succeeded in improving the quality of life and well-being of teenagers in orphanages. Before the intervention, adolescents' knowledge about yoga and its health benefits was very limited. They do not have an adequate understanding of how yoga can help in maintaining physical and mental health. This lack of knowledge results in a lack of structured and beneficial physical activity for them. However, after being given counselling and training regarding yoga, there was a significant increase in their understanding of the concept of yoga, its benefits, as well as practical steps for doing yoga exercises.

This increase in knowledge does not only occur in theoretical aspects, but also practically. Teenagers in orphanages become more aware of various yoga poses, breathing techniques, and meditation that can help them reduce stress, increase flexibility, strength, and body balance. This understanding is important because teenagers often face various emotional and physical challenges that can be overcome with regular yoga practice. The health benefits obtained from this community service program are very diverse. From a physical perspective, teenagers who regularly do yoga show improvements in muscle and joint flexibility, muscle strength, and body balance. Yoga also helps improve blood circulation and reduces the risk of injury by improving body posture. Additionally, breathing exercises in yoga help improve lung capacity and overall respiratory function. From a mental perspective, yoga has been proven to be effective in reducing stress and anxiety levels. The meditation and breathing techniques taught in yoga help teenagers relax and focus, which in turn can improve their concentration and academic performance. Yoga practice also helps in improving sleep quality, which is very important for the health and development of teenagers. Additionally, regular yoga practice can help improve self-confidence and emotional well-being, which is very beneficial in overcoming various psychological challenges they may face.

This community service program also has a positive impact in social terms. Through group yoga sessions, teens learn to work together, support each other, and build better social relationships. These shared activities create a positive and supportive environment, which is crucial for their social and emotional development. Overall, community service that focuses on counselling and yoga practice in orphanages has a very positive and sustainable impact on adolescent health. This program not only increases their knowledge and skills about yoga, but also helps them to live a healthier and more balanced lifestyle. The health benefits derived from yoga practice include physical, mental, and social aspects, all of which contribute to improving the quality of life for adolescents in foster care. Therefore, similar programs are highly recommended to be implemented in various other orphanages to help teenagers reach their maximum potential in terms of health and well-being.

To improve the health of teenagers in orphanages through yoga, administrators need to take a number of strategic steps that are comprehensive and sustainable. The following are recommendations that can be implemented to ensure the yoga program is effective and provides maximum benefits for teenagers, such as (1) Develop a structured training program, a). Identify Needs and Goals. Administrators must first identify the specific needs of youth in foster care and establish goals to be achieved through the yoga program. These goals may include increasing flexibility, physical strength, reducing stress, and improving mental well-being. B) Routine Schedule, Create a regular schedule for yoga sessions, for example two to three times a week. Consistency is very important so that teenagers can experience the optimal benefits of yoga. C). Program Diversification, to keep teens interested, vary the types of yoga taught, such as Hatha Yoga for beginners, Vinyasa for dynamics and fitness, and Yin Yoga for deep relaxation. This diversification also helps train different aspects of the body and mind. (2) Provision of Facilities and Resources, a). Adequate Practice Space, provide a practice room that is spacious, clean and comfortable. This room should be well ventilated and free from distractions to allow full

concentration during practice. B). Equipment Required, Provide basic yoga equipment such as a yoga mat, blocks, ropes, and blankets. This equipment helps teenagers perform various poses safely and comfortably. C). Educational Materials, Provide books, videos and other educational materials about yoga. This material can help teens learn more about the theory and benefits of yoga outside of practice sessions.

Several studies have been carried out by the author and published, including; effects yoga for menopausal symptoms and sleep quality (Susanti et al., 2022), the effect of mother's nutritional education and knowledge on children's nutritional status (Prasetyo et al., 2023), etc.

6. CONCLUSION

Community service carried out at an orphanage for teenagers by providing education about yoga practice has provided positive results. Before the intervention, adolescents' knowledge about yoga was very limited. However, after being given counselling, there was a significant increase in their understanding of yoga. Teenagers in orphanages not only understand the basic concepts of yoga, but also know its benefits for physical and mental health. Apart from that, they also learn and are able to do the steps of yoga exercises well. This shows that this outreach program is effective in increasing teenagers' knowledge and skills regarding yoga, which in turn can help them adopt a healthier lifestyle.

For the future, it is recommended to expand the reach of this program through collaboration with schools, health centers and youth organizations. The formation of a sustainable community and support from local stakeholders can ensure the sustainability of this program. In addition, introducing an inclusive and scientific evidence-based approach will help build public confidence in the benefits of yoga for teenagers. Thus, community dedication about yoga on adolescent health not only provides direct benefits for participants, but also inspires future generations to care for their bodies and minds holistically.

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