

The Model of Yoga Training for Women Adolescents

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ABSTRACT

Separately living with parents causes adolescent girls who live in orphanages to have lower levels of positive affect. This study aimed to determine the effect of yoga training to increase positive affect adolescent girls in several orphanage in city of Makassar. The subject of the study (N = 10, age 15-19 years) is adolescent girls who lived in the orphanage in Makassar. This study used a quasi-experiment design with an experimental group and a control group. Both groups have a pre-test and post-test in 4th session, 8th session, and 12th session of yoga treatment. Three professional judgments validated the instrument of this study (Positive and Negative Affect Schedule-Expanded Form), with Aiken's V coefficient moves between 0.83 to 1.00. Scale's reliability measured by calculating the Cronbach alpha coefficient with a score of 0.81 for affective positive and 0.89 for negative. This study used data analysis techniques Friedman test with SPSS 22.0 for Windows. The results showed a positive Affect significance value of 0.002 (p < 0.05), which means there is an effect of yoga training to increase positive affect of adolescent girls in the orphanage Makassar. Yoga can be an alternative training program that can be implemented in the orphanage to increase positive affect adolescent girls in the orphanage.

Keywords: *Adolescent girls, orphanage, positive affect, yoga*

1. INTRODUCTION

The family has a vital role in fulfilling the basic needs of adolescents. This condition can affect the development of emotions and behavior of adolescents. Not all teenagers can live with their families for various reasons, for example, because both parents have died, do not have any relatives a family, or due to poverty. An orphanage is a social institution that replaces the role of parents in the care of neglected and orphaned children. The orphanage is one of the children's social welfare institutions that handle orphans and abandoned children. This institution seeks to meet the needs of children both physically and psychologically. The largest number of orphanage in the world is estimated to be in Indonesia, which reaches 8,610. These orphanages take care of around half a million children [1].

The age of children in orphanages ranges from 5-18 years consist of 24% of children under the age of 5 years. 74% of children aged 6-18 years, and 2% of children over the age of 18 years. Community members and religious organizations established around 99% of the orphanages in Indonesia. In the province of South Sulawesi, 145 orphanages care for approximately 5,000 children. In Makassar, nowadays, there are 43 orphanages [2].

Life in an orphanage is not an easy thing, especially for teenagers. Teenagers are a transitional period filled with various conflicts and turmoil within. Papalia, Old, and Feldman [3] argued that adolescence is in the age range of 12 to 20 years. Adolescence is a transition from childhood to adulthood, which is characterized by physical, psychosocial, and cognitive changes. Pascual et al. [4] argue that adolescents are rebellious, full of conflict, fond of fashion, deviant, and self-centered.

Reed and Sheeber [5] suggested that is adolescence is a period of increased negative affect. Youth is always described as a more emotional and moody condition than other periods. Gibbs [6] stated that emotions that emerge in adolescence are extreme and difficult to control, while Bhat [7] explains that orphans have lower emotional stability and higher levels of depression compared to children who have parents. The study involved 210 adolescents aged between 13 and 17 years.

Based on the preliminary study conducted on adolescent girls living in XY orphanages, from 10 adolescents, eight adolescents felt depressed, seven adolescents felt ashamed to live in an orphanage, six were worried, and five felt angry. Although teenagers generally felt depressed, shy, and afraid, all teenagers in

this study also feel happy and excited because they have many friends in the orphanage.

In the first years of living in an orphanage, teenagers feel sad because they have to live far away with their parents and have to live with strangers. Some teens also often cry at night because they miss their parents. Communication of adolescent orphans with their parents is very lacking. Some have even lost contact with their parents. It certainly makes adolescent orphanages experience less affection. This also happens as orphanages caregivers are not paying attention. The teenagers who live in XY orphanage generally have doubts about whether the wider community can accept them. They sometimes also feel ashamed when interacting with others. The orphanage teenagers also have introverts, who are ignorant and are not confident.

Data collection was also carried out at orphanage A, orphanage B, orphanage C, and orphanage D. The results showed that there were 7 adolescent girls in the orphanage who had low positive affect levels and 3 teenage girls who had a high negative effect, namely 1 teenage girl in orphanage A, 1 adolescent girl in orphanage B, 3 adolescent girls in orphanage C, and 5 teenage girls in orphanage D. Teenage girls in the orphanage generally feel less happy, less excited, uncomfortable, embarrassed, depressed, afraid, and irritable.

Various researches continue to be done to increase the positive affect. One method that can be used to increase positive affect is yoga. Yoga is now a trend in various ages, especially teenagers. Gibbs [6] suggests that yoga is an attempt to unite or balance the body, mind, and spirit so that individuals can think and act correctly. Unification allows individuals to believe rightly, behave correctly, reduce suffering, and eliminate wrong understanding.

Philbin (2009) stated that yoga could help individuals to move beyond the function of the ego and explore the mind, emotions, and body. This process will help to increase deep self-awareness. It also can increase vitality and positive states in individuals. Research conducted by Lyubomirsky, King, and Diener [8] proves that positive effects can bring individuals to successful lives, including marriage, friendship, income, performance, and health.

Based on the description above, the researchers are interested in conducting a study about the effect of yoga training on increasing the positive impact of adolescent girls in the Makassar City orphanage. The orphanage was chosen based on the results of previous preliminary data collection, namely in orphanage A, orphanage B, orphanage C, and orphanage D. Therefore, adolescent girls in orphanages are expected to be able to increase the positive effect through yoga training provided.

2. RESEARCH METHOD

This study used a quantitative method consisting of three variables, namely yoga training as a variable X, positive aspects as a variable Y, and age and gender as a control variable. The population in this study were female adolescents living in the Makassar City orphanage while the sample was female adolescents living in an orphanage and had a low level of positive affect or high negative effect. Sampling was conducted based on the results of the selection of subjects in five orphanages using the PANAS-X scale showed that ten young women met the criteria as research subjects from four different orphanages.

The used experimental design was a quasi-experimental study using two groups, namely the control group and the experimental group. The experimental groups were given treatment in the form of yoga training for 12 sessions, while the control group was untreated. Both groups provide a pre-test. The experimental group was assigned therapy in the way of yoga training four sessions and then given a post-test 1 in both groups. Both groups were given post-test 2 again in the 8th session of yoga training and post-test 3 in the 12th session.

Data collection used self-identity questionnaires and the Positive and Negative Affect Schedule-Expanded Form scale. Before conducting the analysis, a prerequisite test is carried out in the form of a validity and reliability test. Hypothesis testing is used to determine the effect of yoga training on increasing the positive effect of adolescent girls in Makassar City. Hypothesis testing in this study uses SPSS 22.0 for Windows. The data analysis technique used in this study is the Friedman test.

3. RESULT AND DISCUSSION

3.1. Description

Hypothetical and empirical data descriptions were obtained from the responses of subjects' to the PANAS-X scale. The PANAS-X level consists of 23 positive affect items and 30 negative affect items. PANAS-X uses five alternative answers, namely, score 1 for scarce answers, score 2 for rare answers, score 3 for occasional answers, score 4 for frequent answers, and score 5 for widespread solutions. High scores on positive affect show high positive affect, while low scores on positive affect show little positive affect and negative affect.

Table 1. Empirical Data of Scale PANAS-X

Group	Shortcuts	Empirical			
		Min	Max	Mean	SD
Eksperiment	Positive	53	67	60.40	4.980
	Negative	74	109	95.40	13.686
Control	Positive	53	70	63.00	10.700
	Negative	71	102	87.20	14.805

Table 1 shows that in the experimental group, the minimum positive affect score was 53, the maximum score was 67, the average rating was 60.40, and the standard deviation was 4.980. Negative affect has a minimum score of 74, a maximum score of 109, an average score of 95.40, and a standard deviation of 13.668. In the control group, the minimum positive affect score was 53, the maximum score was 76, the average rating was 63.00, and the standard deviation was 10.700. The negative effect of the control group has a minimum score of 71, a maximum score of 102, an average rating of 87.20, and a standard deviation of 14.805.

Based on the pre-test conducted, three subjects have profound positive effects, and two items have a moderate positive affect. In the posttest, one-two subjects had a low positive effect; one question had a moderate positive affect, and two issues that had a high positive affect. In post-test two, there were three subjects with moderate positive affect. In the 3 third posttest, four topics had an average positive effect, and one item had a high positive affect.

Besides, in the pre-test, two subjects had a low negative effect, one item which had a moderate negative affect, and two questions that had a high negative affect. In post-test 1, post-test 2, and post-test 3, two subjects have profound positive effects, and three issues have a high positive affect.

3.2. Hypothesis Test

The hypothesis in this study is that there is an influence of yoga training on increasing the positive effect of adolescent girls in the Makassar City orphanage. Hypothesis testing is comparing the measurement results on all treatments given using the Friedman hypothesis test.

If probability $(p) < 0.05$, then H_0 is rejected, and H_a is accepted, but if $p > 0.05$, then H_0 is approved, and H_a is rejected. Based on the results, the experimental group and the control group showed a significance of $p > 0.05$. It indicates that there is no influence of yoga training on decreasing negative effects on adolescent girls in Makassar City orphanage. Analysis of positive affect data conducted in the experimental group showed a significance value of $p = 0.002$ ($p < 0.05$), whereas in the control group showed a significance value of $p = 0.154$ ($p > 0.05$), so H_0 in this study was rejected, and H_a was accepted. Then, there is the influence of yoga training on increasing the positive effect of adolescent girls in orphanages in Makassar City.

3.3. Discussion

Descriptive data in this study obtained from the response of the PANAS-X scale. The positive Affect shows that 7 subjects have a low positive affect and three topics that have a moderate positive affect. In negative effect, 3 items have a little negative effect, three questions have a moderate negative affect, and four subjects have a high negative affect.

High negative affect and low positive affect condition on adolescents, especially on the girls, commonly happen. Reed and Sheeber [5] suggest that an increase in negative affect in adolescence is associated with increased stress. Helgeson [9] suggests that women feel more pressure because they experience more traumatic or stressful events than men. However, in adolescent girls living in orphanages, other factors cause an increase in negative affect.

Based on the interviews conducted showed that all research subjects generally feel sad because they have to live separately from both parents. Pascual et al. [4] argue that the family has an essential role in meeting the

Table 2. Friedman Test Result

Group	Affect	p	Description
Eksperiment	Positive	0.002	Significant
	Negative	0.564	Insignificant
Control	Positive	0.154	Insignificant
	Negative	0.762	Insignificant

basic needs of adolescents that can affect the emotional development and behavior of adolescents. The results of the interview also revealed that life in an orphanage made the subjects feel uncomfortable because they were always scolded or punished. Sudrajat [2] stated that the function of care performed by orphanages is very lacking. Orphanages generally only focus on material needs, but they don't take into account psychological and emotional development needs — the orphanage care by giving strict rules and physical punishment.

Hypothesis test results using the Friedman Test showed a significance value of $p = 0.002$ ($p < 0.05$) on positive affect and $p = 0.564$ ($p > 0.05$) on negative affect. It means that there is an influence of yoga training on increasing positive affect on adolescent girls in the Makassar City orphanage. These findings are in line with research conducted by Granath et al. [10], which suggests that the four-month hatha yoga program shows significant improvement in individual psychological and physiological conditions. Mental conditions include stress, fatigue, anger, and quality of life.

Mazaya and Supradewi [1] suggested that children who are in orphanages experience many psychological problems that are characterized by introverted personality, withdrawal, apathy, full of anxiety, and easily discouraged. They generally have difficulties in interpersonal and rigid relationships when interacting with others. Ribakova et al. [11] suggested that the life of an orphanage can cause emotional, personality, and intellectual disorders in adolescents.

Pascual et al. [4] showed that there are statistically significant differences in favoring adolescent girls to more often feel negative effects and difficulty in identifying and describing emotions, while boys are more likely to feel the positive affect. Reed and Sheeber [5] suggested that an increase in negative affect in adolescence is often associated with an increase in stress. Helgeson [9] suggests that women feel more pressure because they experience more traumatic or stressful events than men.

Campos, Frankel, and Camras [12] suggest that effect is feelings and emotions that arise in individuals when they are in conditions or interactions that are considered essential for individuals. Helgeson [9] stated that affect is a mental process that includes feelings, emotions, temperament, and mood. Coleman and Hammen [13] suggested that emotions have an essential meaning in the lives of individuals, namely as energy generators, communication media, information carriers, and success information.

Froh, Kashdan, Ozimkowski, and Miller [14] suggested that the positive effect on adolescents would lead to life satisfaction, prosocial behavior, positive behavior in daily life, and experience positive social

interactions. The positive effect needs to be improved to optimize the health and well-being of orphaned adolescents. Lyubomirsky, King, and Diener [8] suggest that experiences from positive effects, such as happiness and joy, affect the physical, social, and intellectual conditions of individuals.

4. CONCLUSION

Hypothesis test results indicate that there is an influence of yoga training on increasing the positive effect of adolescent girls in the Makassar City orphanage. There is a significant difference in the positive effect of teenage girls in the experimental group before and after participating in yoga training, which shows that yoga training can increase the positive effect of teenage girls in the Makassar City orphanage.

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