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**A STUDY OF ANALYZING THE CONNECTION OF MEDITATION AND YOGAS ON PSYCHOSOCIAL WELLBEING AMONG DRUG ABUSING YOUTHS IN IMPHAL, MANIPUR WITH SPECIAL REFERENCE TO WILLING WAY FOUNDATION, KHONGMAN**

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**Abstract**

Many kinds of meditation treatment along with yogas were found to be applied to most of the drugs abusers who were officially under de-addiction treatment in many Rehabilitation centres. There are many major psychosocial issues being faced by youths like family problems, depression, anxiety, substance abuse, sexual abuse and violence.

Objectives: i) to study some of the important meditation yoga asanas which are commonly used in the field, ii) to study the influence of meditation and yogas in the psychosocial wellbeing.

Methodology: The study was based on a rehabilitation centre of Imphal "The Willing Way Foundation". Every meditation and yoga asanas schedule was found to be 6 days in a week every morning. Three Asanas-Surya Namaskar, Padmasana and Savasana along with mindfulness and meditation were found to be performed by every drug abuse youths in the center. Sometimes, Tadasana and Nadi Shodhana were added secondarily. It was found that meditation done under Surya Namaskar resulted with improved nerve cells, better physical condition and increase of appetite. It helps the drug abuser to be healthy with balanced nutrition. The study further found that meditation done under Padmasana could resume one's lost decision making tendency and also revealed that meditation with Savasana gives self realization of one's own improvement in both physical and psychological matter. It could bring motivation to the drug abusers who are under de-addiction treatment. Lastly it was found that none of the mindfulness practices and yoga asanas could provide guarantee about not happening relapse case.

**Keywords:** Youths, Drug Abuse, Psychosocial, Meditation, Yoga, Asanas, Relapse.

**Introduction**

Drug addiction is one of the most psychological hazards being faced by any society today. A drug is "A chemical substance used in the treatment, cure, prevention of ailments or diagnosis of diseases or used to otherwise enhance physical and mental wellbeing ( Yesuf, et al 2018)." Dependency on drugs is called drug addiction. Drug addiction includes intoxication under alcohol, heroin, cocaine, tobacco, inhalant, marijuana, opium etc. Drug addiction mainly focuses on the uses of drugs and psychological and physiological effects of drugs on the body.

Some drugs that are frequently abused by the youths:

1. **Alcohol** – alcohol is an intoxicating beverage containing a hydroxyl (acid) substance (Haruna 2017). Even though its consumption is allowed in some cultures, alcohol is quite toxic and capable of distorting brain structures and functions, especially during childbirth( Wilcox et al , 2004). Alcohol can lead to dysfunction in the interpersonal abilities of youths who consume it.
2. **Cocaine** - A nervous system stimulant which users administer by insufflation through the nose, can be snorted in powder form, smoked when in the form of rocks (crack cocaine), or injected when made into liquid (*Muriay, et.al, 2008*)
3. **Nicotine** - A habit forming stimulant that are commonly found in tobacco plants and often used in insecticides. The substance which is mostly found in cigarettes is one of the frequently addictive stimulants that is abused by youths (*Ilgem, et.al,2010*).



4. **Phencyclidine** – A veterinary anaesthetic illegally used as hallucinogens in humans, commonly referred to as PCP, this drug can cause the user to feel extremely paranoid, become quite aggressive and to have an unusual amount of physical strength. This can make the individual quite dangerous to others (*Yusuf, et.al,2018*).
5. **Sedative, hypnotic or anti-anxiety drugs** – A commonly used nervous system depressant (*Haruna, 2017*): an overdose or misuse of the substances can lead to respiratory arrest and death of the user.

**Data of Drug abused in Manipur:**

Group	Types of drug abused	Percentage of uses
10-75 yrs.	Opioids	4%
10-75yrs	Alcohol	22.4%
18-24yrs	Heroin	87.8%
18-24yrs	Sp	6.8%
18-24yrs	Others	5.4%

Source: **The Sangai Express. Com(2003)**. Manipur Ranks High in Substance Abuse

**ChartHarm ReductJ.(2014)**

Major psychosocial issues include family problems, depression, anxiety, substance abuse, sexual abuse and violence. The causes of psychosocial problems include:

- Childhood Abuse, Trauma or Neglect
- Social Isolation or Loneliness
- Experiencing Discrimination and Stigma, including Racism
- Social Disadvantage, Poverty or Debt
- Bereavement
- Severe or Long Term Stress
- Having a Long term Physical Health Condition
- Unemployment or Losing a Job
- Homelessness or Poor Housing
- Being a Long Term Care Taker for Someone
- Drug and Alcohol Misuse
- Domestic Violence, Bullying or Other Abuse as an Adult
- Physical Causes such as Head Injury or a Neurological Condition such as Epilepsy can have an impact on the person’s behavior and mood.

Among these causes, Drug and Alcohol Abuse is one of the major concerns. Since drug addiction or abuse being a major problem faced by the society, it is very important to study about it to get its solution. It is very important to understand how drug addiction or abuse give influence to the psychosocial behavior of people. Moreover, it is a fact that physical condition also contributes to one’s mental status. Physical condition and mental status are interlinked, they contribute to each other.

Meditation is the practice of self awareness, sometimes referred ‘mindfulness.’ There are many different schools of meditation that span history and the globe. However, all of them share a common goal of heightening their practitioners’ connection with their mind and body (*Joe Gilmore 2023*).

Meditation can be a valuable tool in the fight against addiction by promoting greater self awareness, emotional regulation and stress reduction. Regular meditation practice helps individuals recognize their cravings and triggers without immediately acting on them, allowing them to develop healthier coping mechanisms. Meditation fosters a sense of inner



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calm and balance, reducing the need for external substances to escape from emotional distress, ultimately supporting individuals in their journey towards recovery and sobriety ( Joe Gilmore 2023).

### Review of Literature

Sarah E Priddy et al. (2018) revealed that mindfulness based interventions such as mindfulness based relapse prevention, mindfulness training for smokers, mindfulness oriented recovery enhancement, acceptance and commitment therapy, yoga reduced substance dependence and craving as well as other addiction- related symptoms like Pain, health- related quality of life, depression and anxiety & emotion.

Rozeeda Kadri et al. (2020) showed that randomized control trial on spiritual meditation gave positive impact on the addiction behavior as well as mental health and clarifies its reliability on addiction therapy problems

Rechard Korechi, Frank J et al. (2020) revealed that Mindfulness Based Interventions appear to be as effective as existing evidence based treatments for substance use disorders at reducing the frequency and quality of alcohol and drug use, substance related problems, craving for substance use and at increasing the rate of abstinence.

### Significance of the study

The study would be of great importance to the drug abuse youths. Moreover these, it would be helpful to the drug abuse youths to get relieved or relaxed from physical agony too. This study would provide wellbeing treatment for those youths who want to be emotionally and spiritually stable. It would further help to study how meditation is connected with psychosocial behaviors among youths.

### Operational definitions of the keywords used:

Youths: Young people aging from 20 to 35 years.

Drug Abuse: Consumption of drugs in a wrong way or in a wrong dose or both.

Psychosocial well being: It refers to the wellbeing of psychosocial issues like loneliness, anxiety, stress, depression and adjustment.

Meditation: Practice of mindfulness or focusing the mind on a particular object or thought.

Yogas:

### Objectives

- i) To study some of the important meditation and yoga asanas which are commonly used in the field
- ii) To study the influence of meditation and yogas in the psychosocial wellbeing

### Research Questions

1. What are the main psychosocial behaviors of drug abuse youths?
2. How do meditation and yoga influence drug abusing youths in connection with their addiction behavior and psychological well- being?

### Discussion

As a survey method with purposive sampling technique, the investigator found that Surya Namaskar, Padmasana and Savasana along with mindfulness meditation practices were performed by all the drug abuse youths in the drug de addiction center. Tadasanasa and Nadi Shodhana were sometimes added secondarily. So, they performed every 6 days in a week in



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the morning session. It was revealed that Surya Namaskar meditation helps to improve the nerve cells, there would be better physical condition and increase in appetite. This asana helps to make a healthy body with proper and balanced nutrition. The study further found that with the meditation done under Padmasana, a person could resume one's decision making tendency which had been lost because of side effects of drug abuse or other reasons. It also added that one could make a fixed decision while meditating with Padmasana. The study further concluded that performing meditation with Savasana gives the capability of one's self realization of own improvement. This asana is so helpful in giving motivation to people who are under treatment for drug de-addiction. But none of the mindfulness meditation and yoga could provide a guarantee that the patient would not come with relapse.

Trait, mindfulness has been associated with higher levels of life satisfaction( Brown & Ryan, 2003), agreeableness( Thompson & Waltz,2007, conscientiousness (Giluk 2009; Thompson & Waltz,2007 ), vitality(Brown & Ryan, 2003), self esteem( brown & Ryan, 2003; Rasmussen& Pidgeon,(2010), empathy( Dekeyser, Raes, Leijssen, Leyse, & Dewulf, 2008), sense of autonomy( Brown & Ryan, 2003), competence( Brown & Ryan, 2003),optimism( Brown & Ryan, 2003), and pleasant effect( Brown & Ryan, 2003). Studies have demonstrated significant negative correlations between mindfulness and depression( Brown & Aryan, 2003; Cash &Whittingham, 2010),neuroticism( Dekeyser et al., 2008; Giluk, 2009, absent mindedness( Herndon, 2008, dissociation( Baer et al., 2006; Walach et al., 2006), rumination( Raes & Williams, 2010, cognitive reactivity( Raes, Dewulf, Van Heeringen, & Williams, 2009, social anxiety( Brown & Ryan, 2003; Dekeyer et al., 2008; Rasmussen & Pdgeon, 2010), difficulties in emotion regulation( Baer et al., 2006) experiential avoidance (Baer et al.,2004), alexithymia(Baer et al.,2004). In the study, the researcher found that practicing meditation increases ones's mental and spiritual stability by reducing stress, depression, anxiety which were being suffered from because of the side effects of drugs or as result of suddenly forced treatment for de addiction in the rehabilitation center and separation from the previous peer group. With this stability one could refresh the bonding with the family, friends and society which was not able to maintain before. It further found that following a routine mindfulness practice could provide a new pattern of living. Another investigation from the said rehabilitation center reported another aspect of meditation. It explained that while practicing meditation if one tries to focus on a negative thought, then its influence will give negativity to the person. This is the point where every meditation practitioner or a guide should be aware of.

### **Suggestions**

- Since most of the drug abuse youths face the relapse case, it is better to undergo and practice more on those meditation and other asanas which can prevent from coming to relapse.
- Other meditations like Preksha meditation is recommended since this type of meditation purifies our emotions and our conscious and realizing our own self. It can modify one's behavior, attitude resulting in integrated development of personality.
- It will very much better to teach meditation since childhood as a part of syllabus in college compulsorily in order to prevent from substance abuse in future.
- Meditation listening to a melodious spiritual music will be helpful in order not to make the practitioner focus on negative thought during the process.

### **Conclusion**

From the observations of the study analysed above, it is concluded that practicing meditation in every drug de addiction center as a part of entire de addiction treatment has a very good positive influence. With the comparision of both positive and negative influence of meditation towards the drug abusing youths, it is concluded here that the positive influence of meditation is more and recommended for further use.



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