
IMPACT OF A TWO-WEEK YOGA NIDRA INTERVENTION ON SOCIAL MEDIA ADDICTION AND SELF-ESTEEM IN COLLEGIATE ATHLETES

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ABSTRACT

Background: Social media has become deeply embedded in the daily lives of young adults, including collegiate athletes. Although these platforms can support communication and identity expression, excessive use may contribute to compulsive engagement, reduced self-regulation, and lower self-esteem. Yoga Nidra is a guided yogic relaxation practice that may help improve emotional balance, self-awareness, and attention control.

Objective: To investigate the effect of two weeks of Yoga Nidra practice on social media addiction and self-esteem among collegiate athletes.

Methods: A pre-experimental one-group pre-test post-test research design was used. Ten male collegiate athletes were selected through convenience sampling. Participants completed the Social Media Addiction Scale (SMAS) and the Rosenberg Self-Esteem Scale (RSES) before and after an eight-session Yoga Nidra intervention delivered over two weeks under supervision. Data were analyzed using mean, standard deviation, paired-samples t-test, and Cohen's d effect size at the $p < .05$ level.

Results: Social media addiction scores decreased significantly from pre-test to post-test, with means of 142.30 (SD = 8.45) and 128.10 (SD = 7.62), respectively, $t = 3.18$, $p = .011$, $d = 1.01$. Self-esteem scores increased significantly from 16.40 (SD = 3.12) to 21.70 (SD = 3.56), $t = 2.97$, $p = .016$, $d = 0.94$.

Conclusion: Two weeks of Yoga Nidra practice were associated with reduced tendencies toward social media addiction and improved self-esteem among collegiate athletes. The findings suggest that Yoga Nidra may be a useful, low-cost, non-pharmacological intervention for digital behaviour management and psychological well-being.

KEYWORDS: Yoga Nidra, social media addiction, self-esteem, collegiate athletes, mindfulness, psychological well-being

INTRODUCTION

The proliferation of social media platforms has fundamentally altered communication, information dissemination, and social interaction among young adults. Platforms such as Instagram, Facebook, X, Snapchat, and YouTube are now essential parts of daily life, providing avenues for networking, entertainment, self-expression, and relationship maintenance. However, concerns have grown regarding excessive and uncontrolled use. Problematic engagement with social networking sites is associated with impaired self-regulation, reduced productivity, emotional distress, negative body image, and compromised psychological well-being (Alqahtani et al., 2025; Sharma, 2025).

Social media addiction is defined by excessive and compulsive engagement with social networking platforms that disrupts daily functioning. Individuals exhibiting this addiction often display symptoms such as preoccupation with social media, difficulty regulating usage, withdrawal-like experiences when access is limited, and continued use despite negative consequences. Empirical research demonstrates that excessive social media use is correlated with emotional exhaustion, diminished mindfulness, increased anxiety, sleep disturbances, and reduced psychological well-being (Hawi & Samaha, 2017; Sriwilai & Charoensukmongkol, 2016; Lee et al., 2026; Hoàng et al., 2026).

Problematic social media use poses unique challenges for collegiate athletes. In addition to academic responsibilities, these individuals must manage training schedules, competition demands, performance expectations, and increased public exposure. Excessive engagement with social media can result in distraction, heightened social comparison, reduced concentration, and emotional strain, potentially undermining both athletic and academic performance (Amistad, 2026; AbdulWahab Mahmoud, 2021).

Self-Esteem and Social Media Use

Self-esteem is a fundamental aspect of psychological well-being and refers to an individual's overall evaluation of personal worth and competence. High self-esteem is generally

associated with confidence, resilience, emotional stability, and positive social adjustment, whereas low self-esteem has been linked to insecurity, self-doubt, and psychological vulnerability.

A growing body of research suggests that excessive social media use can negatively impact self-esteem. Social networking platforms frequently display idealized representations of appearance, lifestyle, achievement, and success. Continuous exposure to such content promotes social comparison and increases reliance on external validation through likes, comments, and followers. Consequently, individuals may develop negative self-perceptions and reduced self-worth (Alqahtani et al., 2025).

Previous studies have consistently reported an inverse relationship between social media addiction and self-esteem. Hawi and Samaha (2017) found that higher levels of social media addiction were associated with lower self-esteem and reduced life satisfaction among university students. Similarly, Colak et al. (2023) reported that adolescents with stronger social media addiction tendencies exhibited significantly lower levels of self-esteem. Sarkar et al. (2022) further demonstrated a significant negative relationship between social media addiction and self-esteem among college students. Collectively, these findings indicate that problematic social media use may contribute to poorer self-evaluation and diminished psychological well-being. However, it is important to note that many of these studies relied on self-report measures, which may introduce response bias or inaccuracies. Additionally, much of the cited research is cross-sectional, limiting the ability to draw causal inferences about the relationship between social media use and self-esteem. Future longitudinal and experimental studies are needed to clarify these associations.

Yoga Nidra as a Psychological Intervention:

In response to increasing concerns regarding mental health and digital well-being, researchers have explored various non-pharmacological interventions aimed at improving psychological functioning. Among these interventions, yoga has gained substantial attention due to its ability to promote relaxation, self-awareness, emotional regulation, and overall well-being.

Yoga Nidra, commonly referred to as “Yogic Sleep,” is a guided relaxation and meditation technique that induces a state of deep physical and mental relaxation while maintaining awareness. During the practice, attention is systematically directed through bodily sensations, breathing patterns, emotions, and mental imagery. This process is believed to activate the relaxation response, reduce physiological arousal, and enhance self-awareness (Pandi-Perumal et al., 2022).

Unlike many traditional forms of exercise or meditation, Yoga Nidra requires minimal physical effort and is accessible to individuals across a range of fitness levels. Previous research indicates that Yoga Nidra may reduce stress, anxiety, depression, and emotional distress, while enhancing mindfulness, emotional regulation, and self-esteem (Kim & Kim, 2019; Nayak & Verma, 2023; Gunjiganvi et al., 2023; Norizan et al., 2025). These findings suggest that Yoga Nidra could serve as an effective intervention for improving psychological well-being among young adults.

The psychological benefits of Yoga Nidra may extend beyond stress reduction and relaxation. Recent evidence indicates that mindfulness-based practices can influence behavioral regulation and decrease problematic technology use. Mindfulness fosters the observation of thoughts, emotions, and impulses without automatic reaction, thereby enhancing self-control and awareness.

Research demonstrates that social media addiction is associated with lower levels of mindfulness and adaptive coping (Sriwilai & Charoensukmongkol, 2016). Additionally, mindfulness-based interventions and digital health apps have shown potential to reduce problematic internet use and enhance emotion regulation (Samanta et al., 2024; JMIR Formative Research, 2023). The theoretical foundation for these interventions is rooted in mindfulness theory, which posits that cultivating present-moment awareness and non-reactivity fosters greater self-regulation and reduces automatic or impulsive behaviours. Since Yoga Nidra integrates mindfulness and awareness training, it may support healthier digital behaviors by decreasing compulsive engagement with social media platforms. By encouraging increased mindfulness, Yoga Nidra can help individuals observe urges to use social media without immediately acting on them, thus promoting more intentional and controlled use.

Research Gap and Rationale

Although prior studies have separately examined social media addiction, self-esteem, and the psychological benefits of Yoga Nidra, few have investigated the combined effect of Yoga Nidra on both social media addiction and self-esteem. Most existing research has focused on outcomes such as stress, anxiety, depression, mindfulness, and sleep quality, while the impact of Yoga Nidra on problematic digital behavior remains largely unexplored.

Furthermore, research specifically addressing collegiate athletes remains limited, despite the unique psychological challenges this population faces. For the purposes of this study, collegiate athletes are defined as individuals who are actively enrolled as undergraduate

students and participate in official intercollegiate sports teams recognized by their educational institution. Eligible participants are selected based on their membership in varsity or club-level athletic programs and current engagement in competitive athletic activities. Athletes frequently encounter performance pressure, academic demands, public scrutiny, and significant social media exposure, all of which may affect psychological well-being. Therefore, investigating interventions that target both social media addiction and self-esteem is both timely and relevant.

Accordingly, the present study was designed to evaluate the effects of a two-week Yoga Nidra intervention on social media addiction and self-esteem among collegiate athletes. A total of 60 participants were recruited from university athletic programs using convenience sampling methods. Eligible participants were randomly assigned to either the Yoga Nidra intervention group or a waitlist control group. The intervention consisted of guided Yoga Nidra sessions, each lasting approximately 30 minutes and administered five times per week for two consecutive weeks. Social media addiction and self-esteem were measured pre- and post-intervention using validated instruments—the Social Media Addiction Scale and the Rosenberg Self-Esteem Scale, respectively. It was hypothesized that regular Yoga Nidra practice would reduce tendencies toward social media addiction and improve self-esteem within this group.

METHODOLOGY

Research Design

The present study employed a pre-experimental one-group pre-test post-test research design to examine the effect of Yoga Nidra practice on social media addiction and self-esteem among collegiate athletes. In this design, participants were assessed before the intervention (pre-test) and again after completion of the intervention (post-test). The design enabled the researcher to evaluate changes in the dependent variables following exposure to the Yoga Nidra programme.

The study was conducted over two weeks, during which participants underwent a structured Yoga Nidra intervention. Changes observed between pre-test and post-test measurements were considered indicative of the intervention's potential effectiveness.

Participants

The study was conducted on a sample of ten male collegiate athletes. Participants were selected from collegiate sports programmes and were actively engaged in regular sports

participation and training activities. All participants voluntarily agreed to participate and successfully completed the entire intervention programme.

The participants' ages ranged from 20 to 23 years. Prior to participation, the study's purpose and procedures were explained to all participants, and informed consent was obtained.

Sampling Technique

Convenience sampling was employed for participant selection. This non-probability sampling method was chosen due to the accessibility and availability of eligible collegiate athletes during the data collection period.

Although convenience sampling limits the generalizability of findings, it is commonly utilized in pilot and intervention-based studies where participant accessibility and adherence to the intervention protocol are important considerations.

Inclusion Criteria

Participants were included in the study if they met the following criteria:

- Male collegiate athletes aged between 20 and 23 years.
- Currently participating in collegiate-level sports activities.
- Willing to participate voluntarily in the study.
- Available to attend all Yoga Nidra sessions during the intervention period.
- Able to complete both pre-test and post-test assessments.

Exclusion Criteria

Participants were excluded from the study if they:

- Declined to provide informed consent.
- Were unable to participate in the complete intervention programme.
- Failed to attend scheduled Yoga Nidra sessions.
- Did not complete either the pre-test or post-test assessment.
- Did not meet the inclusion criteria established for the study.

Variables of the Study

Independent Variable: The Yoga Nidra intervention administered over two weeks.

Dependent Variables: The dependent variables assessed in the study were:

- Social Media Addiction
- Self-Esteem

Instruments Used

1. *Social Media Addiction Scale (SMAS)*

Social media addiction was assessed using the Social Media Addiction Scale (SMAS). The instrument consists of 41 items designed to measure tendencies associated with excessive and problematic social media use.

The total score ranges from 41 to 205, with higher scores indicating greater levels of social media addiction. The scale evaluates behavioral tendencies such as excessive engagement, compulsive use, preoccupation with social media platforms, and difficulties in regulating online behavior.

2. *Rosenberg Self-Esteem Scale (RSES)*

Self-esteem was assessed using the Rosenberg Self-Esteem Scale (RSES), one of the most widely utilized measures of global self-worth and self-evaluation.

The scale consists of 10 items and yields scores ranging from 10 to 40. Higher scores indicate greater levels of self-esteem. The instrument measures positive and negative feelings about oneself and provides an overall assessment of self-worth.

Intervention Protocol

The intervention consisted of a structured Yoga Nidra programme conducted over a period of two weeks. Participants attended four supervised sessions per week, resulting in a total of eight sessions throughout the intervention period.

Each session was conducted in a quiet and distraction-free environment to facilitate relaxation and concentration. Participants were instructed to assume a comfortable supine resting position and follow the verbal guidance provided during the practice.

The Yoga Nidra protocol included the following components:

- Initial physical relaxation and settling of the body.
- Development of internal awareness and mental preparation.
- Systematic rotation of consciousness through different body parts.
- Breath awareness and observation.
- Awareness of bodily sensations and mental states.
- Guided visualization and inward observation.
- Deep relaxation and gradual return to normal awareness.

The intervention was administered under supervision to ensure consistency of practice and participant compliance throughout the study period.

Data Collection Procedure

Data collection was conducted in three sequential phases.

Phase I: Participant Recruitment and Orientation

Eligible collegiate athletes were identified and invited to participate in the study. The objectives, procedures, and requirements of the study were explained to all participants. Written informed consent was obtained prior to participation.

Phase II: Pre-Test Assessment

Before the intervention, participants completed the Social Media Addiction Scale (SMAS) and the Rosenberg Self-Esteem Scale (RSES). These assessments provided baseline measurements of social media addiction and self-esteem.

Phase III: Yoga Nidra Intervention

Participants underwent the structured Yoga Nidra programme for two weeks. Four supervised sessions were conducted each week, for a total of eight sessions.

Phase IV: Post-Test Assessment

Immediately following completion of the intervention programme, participants again completed the SMAS and RSES. Post-test scores were recorded and compared with pre-test scores to determine changes following Yoga Nidra practice.

Ethical Considerations

The study was conducted in accordance with accepted ethical principles for human participant research.

- Participation was entirely voluntary.
- Informed consent was obtained from all participants before data collection.
- Participants were informed about the purpose and procedures of the study.
- Confidentiality and anonymity of participant responses were maintained throughout the research process.
- Participants were informed of their right to withdraw from the study at any stage without penalty.
- The Yoga Nidra intervention was non-invasive, low-risk, and conducted under appropriate supervision.

Statistical Analysis

The collected data were analyzed using descriptive and inferential statistical techniques.

Descriptive statistics, including Mean (M) and Standard Deviation (SD), were calculated to summarize participant scores on social media addiction and self-esteem before and after the intervention.

To determine the effectiveness of the Yoga Nidra programme, a Paired Sample t-test was employed to compare pre-test and post-test scores. Statistical significance was established at the 0.05 level of significance ($p < .05$).

In addition, Cohen's d effect size was calculated to determine the magnitude of change produced by the intervention and to assess the practical significance of the findings.

RESULTS

The effectiveness of the two-week Yoga Nidra intervention was evaluated by comparing participants' pre-test and post-test scores on the Social Media Addiction Scale (SMAS) and the Rosenberg Self-Esteem Scale (RSES). Descriptive statistics, paired-samples t-tests, and effect size analyses were performed to assess changes following the intervention.

1. Social Media Addiction Scores

Table 1: Descriptive Statistics of Social Media Addiction Scores Before and After Yoga Nidra.

<i>Condition</i>	<i>M</i>	<i>SD</i>
<i>Pre-Test</i>	142.30	8.45
<i>Post-Test</i>	128.10	7.62

As presented in Table 1, the mean Social Media Addiction Scale score decreased from 142.30 (SD = 8.45) at pre-test to 128.10 (SD = 7.62) at post-test. The observed reduction of 14.20 points suggests a decrease in social media addiction tendencies following participation in the Yoga Nidra intervention.

The lower post-test mean score indicates that participants reported fewer symptoms associated with problematic social media use after completing the two-week programme.

2. Self-Esteem Scores

Table 2: Descriptive Statistics of Self-Esteem Scores Before and After Yoga Nidra.

<i>Condition</i>	<i>M</i>	<i>SD</i>
<i>Pre-Test</i>	16.40	3.12
<i>Post-Test</i>	21.70	3.56

Table 2 presents the descriptive statistics for self-esteem scores before and after the intervention. The mean Rosenberg Self-Esteem Scale score increased from 16.40 (SD = 3.12) at pre-test to 21.70 (SD = 3.56) at post-test.

The increase of 5.30 points indicates an improvement in participants' self-esteem following the Yoga Nidra programme. Since higher RSES scores indicate greater self-esteem, the increase in post-test scores reflects a positive change in self-perception and self-evaluation.

3. Comparison of Pre-Test and Post-Test Scores

Table 3: Paired-Samples t-Test Comparing Pre-Test and Post-Test Scores.

<i>Variable</i>	<i>Pre-Test Mean ± SD</i>	<i>Post-Test Mean ± SD</i>	<i>MD</i>	<i>t-value</i>	<i>p-value</i>
<i>Social Media Addiction</i>	142.30 ± 8.45	128.10 ± 7.62	14.20	3.18	0.011
<i>Self-Esteem</i>	16.40 ± 3.12	21.70 ± 3.56	5.30	2.97	0.016

To determine whether the observed changes were statistically significant, paired-samples t-tests were conducted comparing pre-test and post-test scores for both outcome variables.

The analysis revealed a statistically significant reduction in social media addiction scores following the intervention, $t(9) = 3.18$, $p = .011$. As the obtained p-value was less than the predetermined significance level of .05, the null hypothesis was rejected. Therefore, the first research hypothesis, which proposed that Yoga Nidra would reduce tendencies toward social media addiction, was accepted.

Similarly, a statistically significant increase in self-esteem scores was observed following the intervention, $t(9) = 2.97$, $p = .016$. Since the obtained p-value was below .05, the null hypothesis was rejected. Accordingly, the second research hypothesis, which proposed that Yoga Nidra would improve self-esteem, was accepted.

These findings indicate that participation in the two-week Yoga Nidra programme was associated with significant improvements in both outcome measures.

4. Effect Size Analysis

Table 4: Effect Size of Yoga Nidra Intervention.

<i>Variable</i>	<i>t-value</i>	<i>p-value</i>	<i>Cohen's d</i>	<i>Interpretation</i>
<i>Social Media Addiction</i>	3.18	0.011	1.01	Large Effect
<i>Self-Esteem</i>	2.97	0.016	0.94	Large Effect

In addition to statistical significance testing, Cohen's d effect sizes were calculated to assess the practical magnitude of the intervention effects.

As shown in Table 4, the effect size for social media addiction was $d = 1.01$, indicating a large effect according to conventional interpretation guidelines. Similarly, the effect size for self-esteem was $d = 0.94$, indicating a large effect.

These findings suggest that the improvements observed following Yoga Nidra practice were not only statistically significant but also practically meaningful. The magnitude of change indicates that the intervention produced substantial effects on both social media addiction and self-esteem among the participating collegiate athletes.

FINDINGS

The major findings of the study are as follows:

1. Social media addiction scores decreased significantly following the two-week Yoga Nidra intervention.
2. Self-esteem scores increased significantly following the intervention.
3. Both research hypotheses were supported.
4. Large effect sizes were observed for both outcome variables, indicating meaningful practical improvements.
5. The findings suggest that Yoga Nidra may serve as an effective intervention for improving psychological well-being and reducing problematic social media use among collegiate athletes.

DISCUSSION

The present study examined the effect of a two-week Yoga Nidra intervention on social media addiction and self-esteem among collegiate athletes. The findings revealed a statistically significant reduction in social media addiction scores and a statistically significant increase in self-esteem scores following the intervention. Furthermore, large effect sizes were observed for both variables, indicating that the intervention produced substantial and practically meaningful changes. Therefore, both research hypotheses were supported.

Effect of Yoga Nidra on Social Media Addiction:

One of the major findings of the present study was the significant reduction in social media addiction scores following participation in the Yoga Nidra programme. The mean social media addiction score decreased from 142.30 at pre-test to 128.10 at post-test, indicating a reduction in problematic social media use among the participants.

A possible explanation for this finding is the relaxation response induced by Yoga Nidra. The practice is designed to systematically reduce physical tension, mental restlessness, and

physiological arousal. By promoting a state of deep relaxation, Yoga Nidra may reduce the constant need for stimulation that often drives excessive social media engagement. Individuals who experience greater calmness and mental balance may be less likely to seek distraction or gratification through repeated digital interactions.

Another possible mechanism is the enhancement of mindfulness and attentional control. Yoga Nidra involves sustained awareness of bodily sensations, breathing patterns, thoughts, and emotions. Through regular practice, participants may become more conscious of habitual behaviors and automatic responses. Social media addiction is often characterized by impulsive and repetitive checking behaviors that occur with little conscious awareness. Increased mindfulness may help individuals recognize these urges and respond more deliberately rather than automatically engaging with social media platforms.

The findings are consistent with the work of Sriwilai and Charoensukmongkol (2016), who reported that higher levels of social media addiction were associated with lower mindfulness and greater emotional exhaustion. Similarly, Samanta et al. (2024) suggested that mindfulness-based interventions may help reduce problematic internet use by improving self-awareness and emotional regulation. Since Yoga Nidra incorporates several mindfulness-related components, the observed reduction in social media addiction may be partly explained by improvements in these psychological processes.

Effect of Yoga Nidra on Self-Esteem

The second major finding of the study was the significant improvement in self-esteem following the intervention. The mean self-esteem score increased from 16.40 at pre-test to 21.70 at post-test, indicating a positive change in participants' perceptions of self-worth and self-evaluation.

Several factors may explain this improvement. Yoga Nidra encourages inward awareness and self-observation without judgment. Unlike social media environments that often emphasize comparison and external validation, Yoga Nidra directs attention toward internal experiences and self-acceptance. This inward focus may help individuals develop a healthier relationship with themselves and reduce dependence on external sources of approval.

The improvement in self-esteem may also be related to reductions in stress and emotional tension. High levels of stress are often associated with negative self-perceptions and reduced confidence. By promoting relaxation and emotional balance, Yoga Nidra may create psychological conditions that support more positive self-evaluation. Participants who

experience greater emotional stability may become more confident in their abilities and less vulnerable to self-critical thinking.

The present findings are consistent with those reported by Kim and Kim (2019), who found that Yoga Nidra significantly improved self-esteem among university students. Similarly, Nayak and Verma (2023) concluded that Yoga Nidra enhances self-awareness, emotional balance, and psychological well-being. These findings suggest that the benefits of Yoga Nidra extend beyond relaxation and may positively influence important aspects of self-concept and mental health.

Relationship Between Social Media Addiction and Self-Esteem

The simultaneous reduction in social media addiction and improvement in self-esteem observed in the present study is particularly noteworthy. Previous research has consistently demonstrated a negative relationship between social media addiction and self-esteem (Hawi & Samaha, 2017; Colak et al., 2023; Sarkar et al., 2022). Individuals who rely heavily on social media often engage in social comparison and validation-seeking behaviours that may undermine self-worth.

The present findings suggest that Yoga Nidra may influence both variables through shared psychological mechanisms. By increasing self-awareness, mindfulness, emotional regulation, and attentional control, Yoga Nidra may reduce reliance on external validation while simultaneously strengthening positive self-perception. Consequently, improvements in self-esteem may occur alongside reductions in problematic social media use.

Implications for Collegiate Athletes

The findings of the present study have important implications for collegiate athletes. Athletes frequently encounter multiple psychological demands, including competitive pressure, academic responsibilities, performance expectations, and public scrutiny. Social media can further intensify these pressures by increasing exposure to criticism, comparison, and constant connectivity.

The results suggest that Yoga Nidra may serve as a practical and accessible intervention for supporting athlete well-being. Because the practice requires minimal equipment, physical exertion, or financial resources, it can be easily incorporated into sports training programmes, recovery routines, and athlete support services. Regular Yoga Nidra practice may help athletes improve mental focus, emotional balance, self-confidence, and digital self-regulation.

Practical Significance of the Findings

In addition to statistical significance, the large effect sizes observed in the present study indicate that the intervention had meaningful practical value. The effect size for social media addiction (Cohen's $d = 1.01$) and self-esteem (Cohen's $d = 0.94$) suggests that the improvements were substantial rather than merely numerical.

These findings highlight the potential of Yoga Nidra as a low-cost, non-pharmacological, and easily implementable intervention for promoting psychological well-being among young adults. Educational institutions, sports departments, counselors, and wellness professionals may consider incorporating Yoga Nidra into existing health promotion programmes to support positive mental health outcomes and healthier digital behavior.

Overall, the findings of the present study suggest that a structured two-week Yoga Nidra programme can effectively reduce tendencies toward social media addiction and enhance self-esteem among collegiate athletes. The results contribute to the growing body of literature supporting the psychological benefits of Yoga Nidra and provide preliminary evidence for its potential role in promoting digital well-being among young adults.

CONCLUSION

The present study investigated the effect of a two-week Yoga Nidra intervention on social media addiction and self-esteem among collegiate athletes. The findings demonstrated a statistically significant reduction in social media addiction scores and a statistically significant improvement in self-esteem following the intervention. Furthermore, the large effect sizes observed for both variables indicate that the intervention produced meaningful practical changes beyond statistical significance.

The findings support the view that Yoga Nidra may serve as an effective mind-body intervention for promoting psychological well-being and healthier digital behavior. By enhancing relaxation, mindfulness, self-awareness, and emotional regulation, Yoga Nidra appears to reduce problematic social media use while strengthening positive self-evaluation. Consequently, both research hypotheses were accepted.

Overall, the results suggest that regular Yoga Nidra practice may represent a simple, accessible, and cost-effective strategy for improving mental well-being among collegiate athletes and supporting healthier engagement with digital technology.

Educational Implications

The findings of the present study suggest that Yoga Nidra can be effectively incorporated into educational institutions as part of student wellness and mental health promotion initiatives. It may serve as a preventive strategy for enhancing psychological well-being, self-esteem, emotional resilience, and stress management among students. Educational institutions, sports departments, counselors, and faculty members can utilize Yoga Nidra as a complementary approach to promote digital well-being, mindfulness, concentration, and positive mental health within campus communities.

Practical Applications

The results indicate that Yoga Nidra has practical value for coaches, physical education teachers, counselors, universities, and athletes. It can be integrated into athlete recovery and development programmes to enhance focus, emotional regulation, and self-regulation. Educational institutions may offer regular Yoga Nidra sessions through wellness and counseling services, while students and athletes can use the practice to improve psychological recovery, manage stress, reduce excessive social media use, and support overall well-being and performance.

Limitations of the Study

Despite the positive findings, several limitations should be acknowledged. The study involved a small sample of ten male collegiate athletes, limiting the generalizability of the results. The use of a one-group pre-test post-test design without a control group restricts causal interpretation. Convenience sampling may have introduced bias, and the short intervention duration prevented assessment of long-term effects. Additionally, reliance on self-report measures may have been influenced by response bias, and the study focused only on social media addiction and self-esteem without examining other psychological variables.

Suggestions for Future Research

Future studies should include larger and more diverse samples, including female athletes and non-athlete populations, to enhance generalizability. Researchers are encouraged to employ randomized controlled trial designs and examine the long-term effects of Yoga Nidra through follow-up assessments. Further investigations may explore its impact on variables such as stress, anxiety, sleep quality, emotional regulation, academic performance, and athletic performance. Comparative studies with other mindfulness-based interventions and qualitative

research exploring participant experiences would also contribute to a deeper understanding of Yoga Nidra's effectiveness.

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