

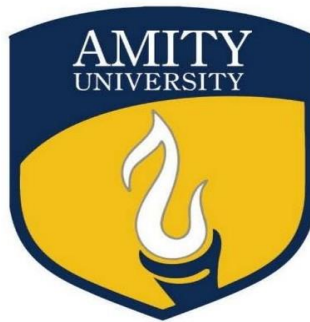
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**Mental Well Being and Self Esteem among Young Adults practicing Yoga and Non
practicing Yoga**



Dissertation submitted for the partial fulfillment of requirements for degree of

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IN

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CERTIFICATE

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This is to certify that Sreyoshi Mitra is a bonafide student of MA (Clinical psychology Enrolment no: A0403421037, 2021-23 batch) of AMITY INSTITUTE OF PSYCHOLOGY AND ALLIED SCIENCES (AIPS), AUUP. The present dissertation is submitted in partial fulfillment of the requirement of the degree of MA (Clinical psychology). This dissertation under my guidance entitled "**Mental Well Being and Self Esteem among Young Adults Practicing Yoga and Non-practicing Yoga**" is an original piece of research work and no part of this dissertation has been submitted for any other degree of any other University to the best of our knowledge.

DATE 19/05/23

Declaration Certificate

I, Sreyoshi Mitra hereby declare that this dissertation title “Mental Well Being and Self Esteem among Young Adults practicing Yoga and Non- practicing Yoga” is the outcome of my own study undertaken under the guidance of Faculty Guide: Dr. Rajat Kanti Mitra. It has not previously formed the basis for the award of any degree, diploma, or certificate of this university or of any other institute or university. I have duly acknowledged all the sources that contributed in the preparation of this dissertation.

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Sincerely,

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Abstract

Mental health is essential to physical health and fulfillment holistically. Self-esteem is an individual's sense of self-worth and value, whereas mental well-being includes a wider variety of psychological elements that promote a positive state of mind. Yoga, an ancient practice that incorporates physical postures, breathing exercises and meditation, has been discovered to be an effective method for enhancing mental health. Yoga is an ancient physical, mental, and spiritual practice that is increasingly recognized as a means of promoting mental health. The current research aimed to study mental well-being and self-esteem among yoga and non-yoga practitioners. A total sample of 150 was collected (75 yoga practitioners and 75 non yoga practitioners). Standardized scales were used to measure Mental Well-Being and Self-Esteem. The result found out significant positive relationship between self-esteem and well-being. The results also found yoga practitioners higher on well-being as compared to non-yoga practitioners. However, no difference in the group was found in self-esteem among the two groups. Promoting mindfulness practices such as meditation, deep breathing, and self-reflection as supplementary means of enhancing mental health and self-esteem.

Keywords: Mental Well Being, Self Esteem, Yoga, Young Adults

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CHAPTER 1

INTRODUCTION

Yoga is a very popular pastime that a large number of people share today. As with all their other daily routines, a large number of people adhere to this practice every day. Yoga is derived from the Sanskrit word “yuj” which means to join. It is a 5000-year-old practice that continues to grow in prominence. Essentially, yoga is an exercise involving respiration, physical postures, and focus. It originated in India but acquired popularity in the 1970s in Western nations. This synchronizes the mind, body and spirit via the various positions involved. Numerous medical practitioners today recommend this activity to their patients who suffer from various disorders and mental health issues. 94% of adults claim that incorporating yoga into their lifestyles is the primary reason for their health as demonstrated by a 2012 survey. Yoga not only promotes a healthy body but also a healthy mind. Regular yoga practitioners have demonstrated positive and enhanced results in brain functionality, emotional stability, weight loss etc.

The yoga practitioners asserted that yoga enhanced their intelligence and creativity. It also demonstrated indicators of stress reduction, resulting in a reduction in blood pressure. Additionally, it treats insomnia, anxiety, diabetes and asthma. It also addresses gender specific issues such as the psychological, physical, and social distress women experience during menstruation, in addition to irritability, mood fluctuations and sometimes depression. Therefore, yoga has demonstrated its ability to resolve these issues and has made life simpler. Yoga is one such practice that is followed by people of all ages, from children to elderly. It has become fashionable to follow this regime; many celebrities choose to maintain their health and radiance by performing yoga.

Crises like COVID-19 taught us many new survival techniques but the most essential thing humanity has learned and now follows religiously is to take proactive care of one's mental and physical health. During the ages of 18-25, young adults experience various phases of mental, social, and financial instability. On one hand, they must face new challenges and bear the pressure of choosing the right career and job opportunities, on the other hand there are other crucial aspects such as choosing a life partner, building a home, maintaining relationships and above all the pressure of satisfying and sustaining them. Young adults are emotionally fragile and cannot tolerate a great deal of tension. They are emotionally dependent on either parent or an older sibling. Occasionally, they require counseling and direction regarding what's best for them.

During the early stages of a person's life, a demanding lifestyle, and the desire to excel in all disciplines caused a great deal.

According to studies, regular yoga practice can alleviate symptoms of depression, anxiety, and tension. It has also been found that yoga improves cognitive and emotional regulation. In addition, yoga can promote feelings of relaxation and enhance the quality of sleep. The physiological and psychological effects of practicing Yoga account for these advantages. Yoga can physiologically reduce cortisol levels and increase mood enhancing neurotransmitters. Psychological yoga can enhance mindfulness and self-awareness, making individuals better manage their thoughts and emotions.

Mental Well Being

Mental health refers to an individual's emotional and psychological welfare. It includes sentiments of happiness, life satisfaction, and overall satisfaction. In addition, mental health includes the capacity to deal with stress, to experience a sense of purpose and meaning in life, and to maintain

healthy relationships. Positive social connections, a sense of purpose and meaning in life, regular physical activity, healthy dietary habits, and sufficient rest and relaxation can all contribute to mental health. Engaging in joyful and pleasurable activities, such as pastimes or spending time in nature, can also contribute to mental health.

Stress, anxiety, depression, substance abuse, and trauma, on the other hand, can have a negative impact on mental health. For example, chronic stress can contribute to physical and emotional health problems, while trauma can result in post-traumatic stress disorder (PTSD) and other mental health conditions. Abuse of substances can also result in addiction and other negative outcomes.

Literature asserts that mental health is a lot more than absence of mental illness. According to Tennant et al., (2007), mental health is defined as “a dynamic state in which individuals fulfill their personal and social goals, thereby achieving a sense of purpose in the society”. Mental well-being refers to “the ability to feel good and function well”. According to WHO (2001), mental well-being refers to “absence of negative feelings or symptoms but also a comprehensive state of physical, psychological and social and emotional health”. The other type of well-being can include psychological well-being, physical well-being, social well-being, emotional well-being, and spiritual well-being.

Mental Well Being includes two propositions, Hedonic and Eudaimonic Well Being.

Hedonic Well Being

Hedonic Well Being is a type of happiness based on happy feelings and avoiding negative ones. It differs from happiness based on purpose or meaning. Hedonic well-being affects health and relationships. However, happiness is multifaceted and influenced by many circumstances, so there

is no one-size-fits-all solution. According to Diener et al. (1999), hedonic well-being refers to “mental judgment about life satisfaction, presence of positive emotions and absence of negative emotions.” Further, hedonic well-being has also been referred to as a type of Subjective Well Being.

Both physical and mental health are affected by hedonic well-being. Positive emotions have been linked to lower stress levels, improved immune function, and a decreased risk of developing chronic diseases. Chronic negative emotions, such as depression and anxiety, can increase the likelihood of developing physical health issues.

Additionally, hedonic well-being can impact relationships. Positive emotions are often contagious and can facilitate social bonding, so those who experience them more frequently tend to have more gratifying and supportive relationships. Chronic negative emotions, on the other hand, can strain relationships and contribute to social isolation.

In conclusion, hedonic well-being is a crucial component of subjective well-being and can have substantial effects on physical health, mental health, and interpersonal relationships. Nevertheless, it is essential to recognize that happiness is multifaceted and influenced by numerous circumstances, and that there is no one-size-fits-all approach to achieving happiness.

Eudemonic Well Being

Eudaimonic Well Being is happiness based on purpose, meaning and personal progress. It's about having a happy life and feeling important. This form of happiness is more about feeling content and satisfied with one's life, even when things are hard. Close interpersonal relationships, meaningful goals, and personal growth can lead to eudemonic well-being. It can bring lasting happiness and fulfillment even when life's pleasures have faded.

According to Ryan and Deci (2001) eudemonic well-being is defined as "specific qualities and needs essential for an individual's mental development and growth, satisfying these leads to reaching the maximum potential". Ryff (1989) puts forward that eudemonic well-being focuses on the individual human needs, i.e., a sense of purpose or meaning, control, being connected to others and autonomy.

Eudemonic and hedonic well-being differs in focus. Hedonic well-being emphasizes good feelings and minimizes negative ones. It's about feeling happy and enjoying life in the 'present'. Eudemonic well-being emphasizes personal progress, purpose and meaning. It's about believing that your life has meaning and that you are living your values, while hedonic well-being involves more work and contemplation than hedonic well-being, which may be achieved by spending time with your loved ones or enjoying hobbies. It entails recognizing your own qualities and talents, contributing to the world, and developing a feeling of purpose and direction in life. Both types of well-being can improve life satisfaction and happiness, but they entail different components of human experience. It's possible to pursue both sorts of happiness, and they may even support each other, but they're different.

Wood and Joseph (2010) states that mental well-being leads to better physical health, mental health and improved immune system, which reduces the risk of developing various mental disorders. Individuals with good mental well-being tend to experience better physical health, improved life

satisfaction, lowered work stress, improved immunity, and healthy coping styles are few of the benefits.

Theoretical Framework

The Six Factor Model of Psychological Well-Being is a theoretical framework that explores to identify and assess various factors that contribute to an individual's overall sense of well-being. The Ryff Well Being Model (also called Ryff Model) was developed by Ryff in the late 1980's. The multidimensional model consists of six dimensions; a positive attitude towards self (Self-Acceptance); the ability to have an open and satisfying relationship with others (Positive Relationship with Others); a sense of independence and self-determination (Autonomy); the competence to manage the environment and external activities (Environmental Mastery); believing that there is purpose (Purpose in Life) and a positive attitude to new experiences (Personal Growth) (Ryff, 1989; Keyes, 1995)

Previous research has found out that there is a strong association between psychological well-being with improved physical health, academic achievement, interpersonal relationships, and job performance (Gracia, 2011; Gracia & Siddiqui, 2009)

Six Factor Model of Psychological Well Being

Ryff (1995) put forward the multidimensional model of psychological well-being. It consists of six factors,

Self-Acceptance: This factor refers to having a positive view of oneself. An individual with high self-acceptance possesses a positive attitude, acknowledges good and bad qualities and feels positive about themselves, whereas an individual with low self-acceptance feels dissatisfied and disappointed with themselves.

Personal Growth: An individual with strong personal growth sees themselves as growing and expanding, is curious, aims to reach full potential whereas an individual with weak personal growth has a sense of personal stagnation, feels uninterested and bored and fails to develop new attitudes or behaviors.

Purpose in Life: An individual with strong purpose in life has goals, meaning in their life whereas an individual with weak purpose lacks meaning in life, have fewer goals and lack sense of direction.

Environmental Mastery: This factor refers to an individual's ability to adapt effectively to changing environments and circumstances. An individual with high environmental mastery has a sense of competence whereas an individual with low environmental mastery has difficulty managing everyday affairs.

Autonomy: The dimension states that an individual's sense of self determination, control over their own life and independence. An individual with high autonomy is independent, resists social pressure whereas an individual with low autonomy relies on others to make important decisions and conform to social pressures.

Positive Relations with Others: An individual with strong positive relations has warm, satisfying and trusting relationships whereas an individual with weak relations has few relationships and are usually isolated.

PERMA Theory of Well Being

Seligman (2011) gave a five-sided model 'PERMA' that highlighted five elements that help experience well-being and satisfaction with life. PERMA stands for, (P) Positive emotions, (E) Engagement, (R) Relationships (M) Meaning and (A) accomplishments.

Positive Emotions: This element refers to the feelings of joy, contentment, and satisfaction as its essential for promoting overall well-being. Previous research suggests that an individual that experiences positive emotions may increase resilience, creativity and improve problem solving skills.

Engagement: This element refers to the state of being 'in the zone', i.e., an individual is completely absorbed in the activity. Engaging activities can include activities such as creative work, sports or any other task that requires being fully attentive and absorbed.

Relationships: This element refers to social connections and interpersonal relationships that individuals have with others.

Meaning: This element refers to having a sense of purpose and direction in life, i.e. an individual feels they are contributing to something greater than themselves.

Accomplishment: This element refers to achieving one's goals, feeling a sense of satisfaction and pride in one's accomplishment.

Individuals can enhance their overall well-being and happiness by focusing on developing each of the five elements of PERMA theory as these factors can contribute resilience, creativity, productivity, and an optimistic outlook on life.

Recently, "H" for Health was added as the sixth element to the PERMA model. The letter "H" signifies the significance of physical health and well-being as a pillar of overall well-being. It acknowledges that without excellent physical health, it can be difficult to experience the other five PERMA elements.

It emphasizes the significance of physical health as a foundational element for overall well-being. Good physical health is necessary for individuals to completely participate in daily activities and experiences, as well as to attain the other five PERMA elements.

A healthy diet, regular exercise, adequate rest, and avoiding harmful behaviors such as smoking and substance misuse are all components of physical health. Regular exercise helps to maintain physical strength, flexibility, and cardiovascular health, while a nutritious diet provides the body with the nutrients it needs to function optimally. Sufficient slumber is necessary for the body's recovery, rejuvenation, and maintenance of cognitive function.

Additionally, physical health can influence mental health and wellbeing. Chronic physical health conditions, for instance, can contribute to depression, anxiety, and other mental health problems. Physical activity, such as exercise, has been shown to have a positive effect on mental health, reducing anxiety and depressive symptoms.

In conclusion, the "H" component of the PERMA+H model emphasizes the significance of physical health as a pillar of overall well-being. It acknowledges that physical health is necessary for individuals to completely participate in daily activities and experiences and to attain positive emotion, engagement, relationships, meaning, and accomplishment.

The PERMA+H model provides a comprehensive framework for comprehending and cultivating well-being and contentment. It emphasizes the significance of positive emotion, engagement, relationships, meaning, accomplishment, and physical health to an individual's ability to flourish and experience a high quality of life.

Self Esteem

Self-esteem is how one feels about themselves. It is an individual's perception and evaluation of themselves. People with high self-esteem are typically confident in their abilities and positive about themselves. People with low self-esteem are prone to self-doubt and may feel inferior to others.

Thus, self-esteem is a crucial psychological concept that refers to a person's comprehensive evaluation of their own worth or value. It is frequently regarded as a crucial component of psychological health and can have a substantial impact on an individual's mental health and quality of life.

Rosenberg (1965) defined self-esteem as "a positive or negative attitude towards the self". Stanton (2015) referred to self-esteem as "a cognitive and emotional appraisal of an individual's own worth". Self-esteem is defined as "a positive or negative orientation towards oneself, an overall evaluation of one's own worth or value" (Caprara et al., 2010). As per Burns (1982) self-esteem is an individual's beliefs about self, which decides who they are, what they can do and what they can become. Self-esteem is people's concepts and feelings about themselves which is generally classified as their self-concept and self-esteem (Harter, 1999).

Self-esteem refers to a "person's global appraisal of his/her negative value, based on the scores a person gives him/herself in different roles and domains of life" (Rogers, 1981; Markus & Nurius, 1986). Self-esteem is referred to as "the evaluation which the individual makes and customarily maintains about himself. It expresses an individual's approval or disapproval and indicates the extent to which an individual believes himself to be capable, significant, successful, and worthy."

The definitions provide a comprehensive understanding of self-esteem from multiple perspectives.

Self-esteem clearly refers to a person's positive or negative attitude towards the self and is a

cognitive and affective evaluation of their own worth. It can also impact how individuals perceive themselves, their abilities, and their likelihood of achieving success. The definition also emphasizes on the significance of self-esteem in forming an individual's self-concept and how this impacts a person's overall assessment of their value. The definition highlights the significance in determining an individual's beliefs about themselves, their abilities, and their growth and development potential.

Theoretical Framework

Maslow Needs Theory

Maslow first introduced 'Hierarchy of Needs' theory in 1943, in a paper titled "A theory of Human Motivation" Further, the theory was expanded in his book "Motivation and Personality" in 1954. The five-tiered pyramid proposed that human needs are hierarchically arranged, with physiological and safety needs at the bottom and self-actualization needs at the top.

Physiological Needs: These are the needs most fundamental for human survival and includes water, shelter, food, and sleep. In addition to water, shelter, food, and rest, physiological requirements include air, heat, and the ability to eliminate waste. It is difficult for individuals to function and flourish in other areas of life if they do not meet their physiological needs.

Safety Needs: Once a person's physiological needs are satisfied, individuals begin to pursue safety and security. This may include a safe and stable environment, safety from injury and financial stability.

Love and Belonging: After the physiological and safety needs are met, individuals seek social connection and a sense of belonging. This includes forming relationships with others, experiencing affection and acceptance, and being an integral part of a community.

Esteem Needs: After acquiring a sense of belonging, individuals begin to pursue recognition and self-esteem. This includes developing a positive self-image as well as feeling respected, valued, and appreciated by others.

Self-Actualization: The highest level of Maslow's hierarchy is self-actualization which refers to desire to realize one's full potential and experience personal development. This includes pursuing meaningful objectives, reaching one's full potential and discovering one's life meaning and purpose.

Transcendence: Maslow later added another level called "Transcendence or Transpersonal Need", this need refers to the "highest and most inclusive or holistic levels of human consciousness, behaving and relating, as ends rather than means to oneself, to significant others and to human beings in general, to other species, to nature and to the cosmos".

Maslow Needs Hierarchy and Yoga

Similarities exist between Maslow's theory of human motivation, specifically the concept of self-actualization, and yoga's objectives. The aim of yoga is frequently described as self-realization or enlightenment, which can be interpreted as a state of self-actualization. The practice of yoga can assist individuals in meeting Maslow's lower-level needs, such as physiological and safety demands. Practicing yoga postures (asanas), for instance, can help maintain physical health and fitness, whereas meditation and relaxation techniques can help reduce tension and anxiety. As

individuals advance in their yoga practice, they may be able to meet higher-level needs, such as affection and belonging needs and esteem needs. In addition to fostering self-confidence and self-esteem, yoga practice can aid in the development of social networks and community. The ultimate objective of yoga, self-realization, or illumination can be understood as a state of self-actualization. In this state, people have fully realized their potential and have a profound understanding of their true nature and the nature of the universe. In terms of the aim of self-actualization or self-realization, there are some similarities between Maslow's theory and yoga, even though they are not directly related.

Self Determination Theory

Self Determination theory (SDT) is defined as the “determination of one’s own fate or course of action without compulsion (1)

“For an individual to operate at optimum level, three basic inherent psychological needs (autonomy, competence and relatedness) must be fulfilled” (Ryan & Deci, 2000). Previous research has shown that yoga can improve self-determination in general population (9,10)

Autonomy: It refers to a feeling that an individual can make their own decisions and control their actions. Thus, it refers to the need of individuals to feel in charge of their own actions. Individuals must feel as if they are the one making their own decisions rather than being forced from others. In yoga, autonomy can be embodied by letting the practitioners make their own decisions regarding the practice i.e., the freedom to modify their yoga poses.

Competence: It refers to one’s ability to perform a task successfully. Thus, individuals must feel efficacious in their actions and behaviors to be competent. An individual must feel that they can achieve their goals and that they have the required skills and talents to do so. In yoga, the

practitioner should grow and challenge opportunities while emphasizing the significance of self-acceptance and non-judgement.

Relatedness: It refers to an individual's ability to form satisfying and fulfilling relations with others. Thus, an individual must feel connected to others and be part of a social community. In yoga, an individual should feel at ease sharing their experiences and forming relationships with others.

YOGA: Origin, Types and Stages

Yoga originated in ancient India as a spiritual practice to attain a higher state of consciousness and freedom from suffering. Yoga is believed to have originated in the Vedic culture of ancient India, which existed between 1500 and 500 BCE. In the Rigveda, one of the earliest sacred texts of Hinduism, yoga is mentioned as a means of spiritual practice for the first time.

The Upanishads, composed between 800 and 400 BCE, contributed to the continuation of yoga's evolution. The Upanishads are a collection of philosophical texts that investigate the essence of reality and the individual. In addition, they discuss yoga as a means of attaining enlightenment and liberation.

The Bhagavad Gita, a sacred Hindu text composed around 200 BCE, is another essential source for the history of yoga. The Bhagavad Gita is a dialogue between Arjuna, a warrior monarch, and Krishna, his charioteer. The book examines the concepts of duty, karma, and dharma, as well as yoga as a means of achieving self-realization and liberation.

In the second century BCE, Patanjali composed the Yoga Sutras. The Yoga Sutras are 196 sayings that describe the eight limbs of yoga. These limbs consist of yama (moral disciplines), niyama (personal observances), asana (postures), pranayama (breath control), pratyahara (sense withdrawal), dharana (concentration), dhyana (meditation), and samadhi (state of divine unity). Patanjali's Yoga Sutras are regarded as the most essential text on the practice of yoga and are still used as a guide by yoga practitioners today.

Hatha Yoga Pradipika was composed in the 12th century. The Hatha Yoga Pradipika is a text that emphasizes the physical practice of yoga, including asanas, pranayama, and mudras. It also discusses the significance of purifying the body and psyche through practices like shatkarma and hatha yoga.

During India's colonial era, yoga was largely neglected and regarded as an artefact of the past. However, yoga experienced a revival in the early 20th century due to the efforts of Swami Vivekananda and other spiritual leaders. Yoga was introduced to the West by Swami Vivekananda during his 1893 visit to the World Parliament of Religions in Chicago. He emphasized yoga as a means of attaining physical, mental, and spiritual health.

The teachings of yogis such as B.K.S. Iyengar, Pattabhi Jois, and Swami Sivananda helped yoga acquire popularity in the West during the middle of the 20th century. These yogis introduced a variety of yoga forms, including Iyengar Yoga, Ashtanga Yoga, and Sivananda Yoga. These styles emphasized the significance of alignment, respiration control, and mind-body-spirit integration.

Today, millions of individuals around the world practice yoga. It has gained popularity as a form of physical activity, tension relief, and spiritual practice. Yoga has also been incorporated into numerous healthcare systems as a complementary treatment for a variety of medical conditions, including chronic pain, anxiety, and melancholy.

The origins of yoga are profoundly rooted in the spiritual traditions of ancient India, resulting in a lengthy and intricate history. Yoga has evolved over the centuries into a practice that promotes physical, mental, and spiritual health.

According to Sengupta (2012), yoga is “a noncompetitive, physical exercise (asana) combined with breathing (pranayama) and meditation techniques”. According to Patanjali’s Yoga Sutras (Circa 900 B.C), “yoga is an ancient mind-body practice which originated in India more than 2000 years ago”. The traditional scriptures states that the goal is to achieve state of consciousness and self-realization, but the benefits are not limited and may also improve the overall health and well-being of an individual. It is an amalgamation of different techniques such as Asanas (physical postures), Pranayamas (controlled breathing), Yoganidra (deep relaxation) and meditation (Muktibodhananda, 1998).

The term ‘yoga’ comes from Sanskrit root “yuj” which means, “union, yoke, to join and to direct and concentrate one’s attention (Lasater, 1997; Raub, 2002). Through yoga a sense of union between mind and body can be achieved (Arora & Bhattacharjee, 2008).

Yoga is not just a form of exercise or a means to maintain physical fitness in India. It is a philosophy and way of life that teaches individuals to live in balance and harmony. The practice

of yoga is considered a path to self-realization and enlightenment because it is profoundly rooted in spirituality. The different types of Yoga includes;

Hatha Yoga: Hatha Yoga is a physical form of yoga that emphasizes the practice of different postures and breathing techniques. Asanas are designed to stretch, strengthen, and tone the musculature, whereas pranayama helps to relax the body and calm the mind. In India, people of all ages and abilities practice Hatha Yoga, which is an excellent method to maintain physical fitness and wellbeing.

Raja Yoga: Raja Yoga is a type of yoga that emphasizes concentration and meditation. It is often referred to as the "royal path" of yoga because it is regarded as the most advanced type of yoga. The Yoga Sutras of Patanjali, which outline the eight limbs of yoga, serve as the foundation for Raja Yoga. These eight limbs are yama, niyama, asana, pranayama, pratyahara, dharana, dhyana, and samadhi. The practice of Raja Yoga aids in the development of mental clarity, concentration, and inner calm.

Karma Yoga: Karma Yoga is a type of yoga that emphasizes altruistic action and service. It is predicated on "karma," which means "action" or "deed." Karma Yoga is the practice of conducting actions without expecting a reward or recognition. This type of yoga facilitates the development of a sense of contrition and detachment from the outcomes of one's actions.

Bhakti Yoga: Bhakti Yoga is a type of yoga that emphasizes devotion to a personal deity or a higher power. It is founded on "bhakti," which means "devotion" or "love." Bhakti Yoga involves chanting mantras, singing hymns, and performing rituals to express devotion to the divine. This type of yoga facilitates the development of a profound sense of love and devotion towards a higher power.

Jnana Yoga: Jnana Yoga is a type of yoga that emphasises knowledge and enlightenment. It is founded on "jnana," which means "knowledge" or "wisdom." Jnana Yoga entails the study of scriptures, meditation, and self-inquiry in order to acquire knowledge and understanding of the nature of reality. This type of yoga facilitates a profound comprehension of the self and the universe.

Yoga Developmental Stages

The phases of yoga development refer to the progressive stages of spiritual evolution that a practitioner can attain through the practice of yoga. Based on the traditional teachings of yoga, these stages are designed to help individuals attain self-realization and unity with the divine. The stages are as following;

Yama: The first stage of yoga is yama, which includes five moral disciplines: nonviolence, truthfulness, nontheft, celibacy, and nonpossession. These disciplines help practitioners establish an ethical foundation, which is essential for spiritual development.

Niyama: The second stage of yoga consists of five personal practises: hygiene, contentment, austerity, self-study, and surrender to a higher power. These observances assist practitioners in cultivating inner discipline and a deeper connection to their spiritual selves.

Asana: Asana is the third stage of yoga and consists of the physical practice of yoga postures. Asana practice aids in the development of physical strength, flexibility, and balance, and also prepares the body for meditation.

Pranyama: The fourth phase of yoga is pranayama, the practice of respiration regulation. Pranayama assists practitioners in regulating their breathing, which has a calming influence on the mind and body, and also enhances the flow of prana, or life force energy.

Prathyahara: Pratyahara, the fifth stage of yoga, entails the withdrawal of the senses from external stimuli. This practice helps practitioners develop the necessary inner focus and concentration for meditation.

Dharana: Dharana, the sixth stage of yoga, entails the practice of concentration. Dharana helps practitioners cultivate the ability to concentrate their attention on a single point, a prerequisite for meditation.

Dhyana: Dhyana, the seventh stage of yoga, entails the practice of meditation. Meditation enables practitioners to cultivate a greater awareness of their interior selves and can lead to profound spiritual realization.

Samadhi: Samadhi, the final stage of yoga, refers to a condition of unity with the divine. Samadhi is the ultimate aim of yoga and the zenith of spiritual evolution.

The stages of yoga development are Yama (moral disciplines), Niyama (personal practices), Asana (physical postures), Pranayama (breath regulation), Pratyahara (sense withdrawal), Dharana (concentration), Dhyana (meditation), and Samadhi (unity with the deity). These stages are intended to assist practitioners in establishing a solid ethical foundation, inner discipline, physical fortitude, focus, and concentration, leading to profound spiritual realization and union with the divine. Samadhi is the final objective of yoga.

CHAPTER 2

REVIEW OF LITERATURE

Yoga

According to Kirkwood et al. (2005), performing Asanas (i.e., physical exercises) increases an individual's physical flexibility, coordination, and strength and when the individual incorporates breathing practices and meditation, it helps the individual to stay calm and focused, which in turn develops greater awareness, reduces anxiety, and increases quality of life. Researchers also suggest other benefits of performing yoga which helps reduce distress, blood pressure and improves resilience, mood and metabolic regulation (Yang, 2007). One of the main aims of performing yoga is to bring equanimity of the mind, foster a sense of well-being, feelings of relaxation, boost self-confidence, enhance efficiency, increase awareness, reduce irritability, and develops a positive outlook on life. Authors also suggest added benefits like yoga helps generate balanced energy which is important for proper functioning of the immune system (Arora & Bhattacharjee, 2008). Bharshankar et al. (2003); Birkel and Edgren (2006), Harinath (2004) suggests that yoga lowers the resting heart rate, increases endurance and improves maximum uptake and utilization of oxygen, further reducing the risk of heart attack (McCall, 2007). Yoga also helps in treating disturbed sleep patterns and insomnia (Cohen et al. 2004; Manjunath 2005); improves anxiety and depression (Arora & Bhattacharjee, 2008, Javnbakht, Hejazi, Ghasemi, 2009); increases quality of life (Oken et al., 2006; Michalsen et al, 2005), improve gait functioning (DiBenedetto et al, 2005), recovery from eating disorders (Dittmann & Freedman, 2009).

Research has shown that female yoga practitioners report less self-objectification, greater acceptance and satisfaction with physical appearance and few disordered eating attitudes as compared to non-yoga practitioners (Dittmann & Freedman, 2009)

According to McCall (2007), yoga helps an individual to relax, slow the breath and focus on the present. This shifts the balance between sympathetic nervous systems (activates fight-flight response) to parasympathetic nervous system (relaxation response). According to Gard et al., (2014), Yoga has been found to have improved stress, resilience, self-regulation of internal state, emotional regulation. Along with neurobiological evidence, yoga has also been found to be beneficial for increased physical fitness, neuromuscular coordination, strength, flexibility, balance, and respiratory functions (Abel, Llyod and Willimans, 2013; Raub, 2002)

Research has found out that additional physical practices of yoga can facilitate mindfulness while improving psychophysiological functioning at the same time (Bostic., 2015)

Research has shown that yoga has benefits for children and adolescents as well in improving their physical and mental health (Birdee et al., 2009; Ganpat & Nagendra, 2011).

Past systematic research reviews have found out that yoga is effective for reducing stress, improving mood and well-being (Sharma, 2014; Pascoe, 2015).

Yoga has been found to amplify mind body awareness, self-regulation, and physical fitness which, further has been found to improve mental state, health, behavior and performance (Butzer et al., 2016).

Constant practice of yoga may increase endurance, strength, improves flexibility and bring calmness, greater self-control, friendliness and cultivate a sense of compassion and well-being (Collins, 1998; McCall, 2007). Continuous yoga practice has also been found to bring change in life perspective, self-awareness and improve sense of energy, live fully and enjoy genuinely (Desikachar, Bragdon & Bossart, 2005; Atkinson & Permuth-Levine, 2009)

Self Esteem and Yoga

Golec de Zavala, Lantos and Bowden (2017) conducted a study on psychological effects of performing yoga postures. The study explored the effects of yoga poses on subjective sense of power poses and self-esteem. Participants performed different yoga poses for 1 minute. The postures included ‘two standing yoga poses with open front of the body’; ‘two standing yoga poses with covered front of the body’; ‘two expansive, high-power poses’; ‘two constrictive, low power poses. The results found that the yoga poses in comparison to ‘power poses’ increased self-esteem. The research also asserted that positive effects of yoga can occur after performing yoga poses for short duration, as simple as, performing it for 2 minutes.

A study was conducted by Bridges and Madlem (2007) on eighth grade students to understand the effect of yoga on self-esteem. Students were divided into two groups: experimental and control. The experimental group performed yoga for 2 days per week for 40-minutes session whereas the control group performed traditional physical education activities. The results found that self-esteem increased in both the groups and there was no significant difference in self-esteem between regular physical education activities or yoga. Researchers also quoted that “physically active adolescents tend to feel less lonely, shy and hopeless” as stated by Tucker (1994, p.184). Horn and Claytor (1993, p. 231) suggests that “exercise as a therapeutic intervention had the greatest positive impact on the self-esteem of emotionally disturbed youth”. Arpita (1990) states that the psychological benefits of performing yoga can include positive mood, self-acceptance, better somatic and kinesthetic awareness, self-actualization, social adjustment, lesser anxiety, reduced depression and hostility.

A study was conducted to assess the improvement of attention and self-esteem with the help of yoga among underprivileged girls. Experts believe that low self-esteem and stress projects self-

destructive behaviors. Excessive stress can lead to poor academic performance and even lead students dropping out of the course. And thus, the requirement of yoga and self-esteem was the core of the research study. The administration of the survey materials was done among high school students before and after 5 days of integrated yoga module. Various statistical tests such as; the analysis of mean, standard deviation, Kolmogorov-Smirnov test, and Wilcoxon signed rank test was conducted. The result showed a 9.04% increase in self-esteem score, whereas a 10.12% increase in attention. Thus, a conclusion was laid that the integrated yoga module can be used to improve attention and self-esteem (Sethi et al., 2013).

A study was conducted by Bhardwaj et al. (2013) to determine the effects of Yoga on the level of self-esteem among pre-adolescent's school children. A total of 44 pre-adolescents from various schools of Haridwar age ranging from 10 to 12 years took part in the research study. The samples were divided into two groups i.e., experimental and control. The experimental group was exposed to Yoga training such as breathing exercise, posture, and relaxation technique for 35 minutes daily for 6 weeks on the other hand, the control group did not receive any intervention. The data was collected using Battle's self-esteem inventory to estimate the self-esteem. The results showed that yoga practice significantly improved the level of overall self-esteem among the experimental group in comparison to the control group.

A research study was done by Dol (2019) to find out the effect of 'Yoga nidra' on improving life-stress and enhancing self-esteem among university students. A total of 40 university students took part, in which the samples were divided into two groups i.e., Yoga nidra group (experimental group) and control group with 20 participants each. The yoga group was administered with 1 hour of yoga nidra intervention for 8 weeks. The data were collected using Visual Analog Scale to measure the life stress and Rosenberg Self-esteem scale to measure the self-esteem. The findings

showed that Yoga nidra decreased the level of life stress and significantly enhanced the self-esteem of university students.

Apart from the benefits on the general population, adolescents and school children, Yoga practice has also been found to be effective in cancer patients. A pilot study was done to understand whether there is an immediate or short-term impact of Yoga intervention (relaxation training) on self-esteem among patients with breast cancer. A sample of 34 patients with breast cancer were taken from the Institute for Oncology of Ljubljana, Slovenia. The patients were randomly distributed in two groups i.e., experimental and control group, each with 16 participants. Both the groups received physiotherapy for 7 weeks, however the experimental group received additional relaxation training. The self-esteem of an individual was calculated using the Rosenberg Self-esteem Scale. The results showed that the level of self-esteem significantly improved in the experimental group in comparison to the control group. Hence, it can be considered with the fact that relaxation training along with physiotherapy can be beneficial for breast cancer patients who are experiencing low self-esteem (Kovačič et al., 2011). In a similar study done by Koch et al. (2017) which aimed to identify the effects of yoga on self-esteem, menopausal symptoms and quality of life among breast cancer survivors. The study included a total number of 40 breast cancer survivors as the participants, who were assessed on the secondary analysis of a randomized controlled trial, comparing the projections of yoga on self-esteem and menopausal symptoms. The response was measured through self-rating instruments. The results revealed that yoga improves self-esteem and provides long-term benefits for women diagnosed with breast cancer and going through menopause, according to the study's findings.

A study was conducted by Jarraya, Jarraya and Nouria (2022) to assess the effects of yoga as an alternative of general physical education in the motor skills and self-esteem of kindergarten children. A sample of 54 children (30 male and 24 female) participated and were randomly distributed to three groups i.e., yoga, physical exercise, and control group. The samples were exposed with Eurofit physical fitness test battery and the Rosenberg Self-Esteem Scale priorly and after 12 weeks of Yoga training for 30 minutes each. The results showed there was a positive correlation found between Yoga and motor skills as well as self-esteem in comparison to other two groups. Motor-skills and self-esteem both were found to be high.

A research study was done on nursing students, with an aim to find out the effect of Yoga on happiness, self-esteem and depressive symptoms. A total of 54 nursing students participated in which two groups (experimental and control) were divided among 27 participants each. The participants from the experimental group were provided with 8 weeks of Yoga training twice a week which consists of 25 different basic yoga poses. Happiness, self-esteem, and depression were measured with Thai New Happiness Indicator, Rosenberg's Self-Esteem Scale, and the Center for Epidemiologic Studies-Depression Scale respectively. The data was calculated using descriptive statistics, analysis of covariance (ANCOVA) and paired t-test. The results revealed that the happiness and self-esteem score of the experimental group is significantly higher in comparison to the control group. Therefore, it can be concluded that this finding suggests the effectiveness of yoga programs in improving happiness and self-esteem (Suvarnarong et al., 2014).

Kang and Jang (2021) conducted a research study to evaluate the effect of the mindfulness Yoga program on reducing depressive symptoms and improving self-esteem and quality of life. A total of 50 participants aged 40 to 60 from Seongnam-si, Korea participated in the research study. The

participants were divided into two groups i.e., experimental and control groups which were assigned randomly in 25 each of the groups. The participants from experimental groups were exposed to a mindfulness yoga program twice a week for 12 weeks, 75 minutes each session. The results revealed that the experimental group found a decrease in the level of depression, and a significant increase in the level of self-esteem. Additionally, the experimental group showed significant increase in the overall quality of life.

A study was conducted by Günebakan and Acar (2022) with an aim to investigate the impact of tele-yoga training on managing menstrual symptoms, anxiety-depression level and enhancing self-esteem as well as quality of life and body awareness. A total of 32 healthy premenopausal women aged 18 to 45 were randomly assigned to two groups i.e., experimental (with intervention) and control group (without intervention). Women performed Yoga training through Zoom online meeting for 6 weeks, twice a week for 45 minutes per session. Various Questionnaires were provided to measure menstrual symptoms, quality of life, depression level, anxiety level and self-esteem. The results found that the women in the experimental group showed a significant improvement in the menstrual symptoms, self-esteem, and quality of life. Additionally, perception towards their own body image improved whereas no improvements were seen in the control group.

A study was conducted to assess the effect of yoga on self-esteem, emotional regulation and feeling components of adolescents. The standardized assessment tools were administered to over 110 students from the senior secondary school of Mandi district, Himachal Pradesh, ranging in age from 13 to 18 years. The study was divided among two groups, i.e., 52 adolescents who were in regular yoga practice and 58 adolescent participants who never practiced yoga. The results showed a significant improvement in self-esteem, feeling components and emotional regulation in the group who performed regular yoga (Janjhua et al., 2020).

Mental Well Being and Yoga

According to Cramer et al. (2013b), practicing yoga improved mental health in relation to depressive disorders and schizophrenia. Practicing yoga can also improve anxiety disorder (Kirkwood et al., 2005), post-traumatic stress disorder (Mitchell et al., 2014). Michalsen et al (2005) adds on to the benefits suggesting that practicing yoga reduces stress and performance anxiety (Khalsa et al., 2009). Ross and Thomas (2010) states that practicing yoga improves emotional health. Practicing yoga can reduce negative emotions, increase positive emotions (Bower et al., 2005, 2012).

A study was conducted to investigate whether the practice of Yoga and meditation is beneficial in decreasing the level of mental stress and improving the psychological well-being. A total of 649 participants participated in the research study. The result of this study found that around 58% of subjects had normal well-being whereas 25% were at the risk of developing psychological distress. Furthermore, it has been found that a large proportion of samples with normal mental well-being practice Yoga and meditation daily. Hence, it can be concluded that both Yoga and meditation are positively correlated with high level of mental wellbeing (Priyanka & Rasania, 2021).

A study was done by Bansal et al., (2013) to analyze the effect of structured Yoga intervention on the mental wellbeing of Medical students. A total of 82 MBBS students of 3rd semester aged 18-23 participated in the research programme. The samples were administered with the General Health Questionnaire (GHQ-28). The results suggest that short period of Yoga intervention was found to be beneficial in improving the mental well-being of MBBS students.

An intervention study by Telles et al., (2018) was done with an aim to assess the effect of 15 days Yoga practice on the mental well-being and reducing state anxiety among the primary school teachers. A total of 236 primary school teachers took part in this research study. A 15-days Yoga training was given to 118 primary teachers and the rest continued their normal teaching routine. The data were estimated after 15 days, the findings suggest that teachers who underwent 15 days of Yoga intervention are found to have high mental wellbeing and lower state anxiety in comparison to the sample who did not receive any intervention.

A systematic review study was done by Tulloch et al. (2018) to evaluate the impact of Yoga-based exercise in improving the health-related quality of life and mental well-being among older people. A total of 752 participants aged above 60 participated in the research study. The findings were that Yoga intervention has a small to moderate improvement in both health-related quality of life and mental well-being.

A study was done to identify whether the practice of Yoga and cognitive behavioral technique can be used to reduce the academic stress and improve the mental well-being of school students. Several Yogic practices such as Asanas, Mudras, and Pranayama as well as a combined cognitive behavioral technique was provided to the sample. The results showed that there is a positive impact of Yoga intervention and cognitive Behavioral technique in reducing academic stress and increasing mental well-being (Sharma et al., 2010).

Gandhi et al., (2019) conducted an intervention study with an aim to identify the effectiveness of Yoga practice among caregivers who are in psychological distress and have poor mental

wellbeing. The data was collected from 34 caregivers working in neurorehabilitation wards. The sample were administered with Kessler's Psychological Distress Scale-10, and Warwick-Edinburgh Mental Well-being Scale and introduced with Caregiver Yoga module which consisted of satsanga (theory), asanas (postures), pranayama (breath control), imagery, meditation, and relaxation techniques. The results were taken after 3 weeks of practice. The findings showed that there is a significant reduction of psychological distress and improvement of mental well-being in caregivers. However, those caregivers who are married and have poor perception towards a patient's condition are significantly found to be higher on psychological distress.

A study was done to measure whether the practice of Hatha Yoga or resistance exercise is beneficial in improving the mental well-being and mental health in sedentary adults. A total of 50 participants took part in the study. There were 3 groups constructed, i.e., one for Hatha Yoga group, Resistance Exercise group and the control group. The Yoga and exercise training were 3 days per week for 7 weeks. The data were collected using Rosenberg Self-Esteem Scale, Beck Depression Inventory, Body Cathexis Scale, Nottingham Health Profile and Visual Analog Scale. The findings suggest that both the Hatha Yoga group and Resistance Exercise group are positively correlated with high levels of mental wellbeing. Furthermore, it has been found that Hatha Yoga is more beneficial for self-esteem, mental well-being, and quality of life whereas, resistance exercise is good for body image. Additionally, it has been found that both the interventions are helpful in reducing depressive symptoms (Taspinar et al.,2014).

A study was done by Vogler et al. (2011) to analyze the effect of short-term Iyengar Yoga programs in enhancing the mental health and wellbeing for physically inactive older adults. A

sample of 38 older adults aged ranging above 55 were considered. The participants were engaged with twice a week Yoga training. The result found that there is a significant positive impact on the muscle strength, active range of motion, physical well-being, and aspects of mental well-being.

A study was conducted by Manicor et al. (2016) with an aim to determine the effect of Yoga intervention in reducing depression and anxiety with enhancement of mental well-being. A total of 101 people with depression and anxiety participated in the study. The data was collected using questionnaires such as Depression Anxiety Stress Scale (DASS-21), Kessler Psychological Distress Scale (K10), Short-Form Health Survey (SF12), Scale of Positive and Negative Experience (SPANE), Flourishing Scale (FS), and Connor-Davidson Resilience Scale (CD-RISC2) and were introduced with 6 weeks Yoga training. The results showed that there is a significant improvement in depression symptoms by engaging in Yogic practice. However, there was no significant effect found to improve the anxiety symptoms.

A study was conducted with an aim to improve physical and mental health by providing Yoga based stress management intervention and cognitive behavioral stress management. A total of 77 participants working as a mental health professional participated and were divided randomly in two groups, one group were administered with Yoga based stress management intervention and the other group was given cognitive behavioral stress management training. The results found that both Yoga based stress management and cognitive behavioral stress management techniques appear to be beneficial in enhancing both physical and mental health. However, in comparison to

cognitive behavioral stress management techniques, Yoga based stress management is found to be more effective than with other ones (Riley et al., 2017).

CHAPTER 3

METHODOLOGY

Methodology

This chapter clarifies the research methodology to answer the hypothesis to acquire systematic information. The aim of the present study was to identify the correlates of self-esteem and mental well-being among yoga practitioners and non-yoga practitioners. The study also explored the difference in the two groups in well-being and mental well-being. For this purpose a total sample of 150 respondents (75 yoga practitioners and 75 non yoga practitioners) were selected.

Aim

The present study aims to study the correlates of self-esteem and mental wellbeing among yoga practitioners and non-yoga practitioners.

Research Objectives

- To study the difference on the level of mental well-being among young adults who practice yoga and who do not practice yoga.
- To study the difference on the level of self-esteem among young adults who practice yoga and who do not practice yoga.
- To measure the relationship between mental well-being and self-esteem among young adults who practice yoga and who do not practice yoga.

Hypothesis

- There will be significant difference on the level of mental wellbeing among young adults practicing yoga and not practicing yoga.

- There will be significant difference on level of self-esteem among young adult practicing yoga and not practicing yoga.
- There will be significant relationship between mental well-being and self-esteem among young adult practicing yoga.
- There will be significant relationship between mental well-being and self-esteem among young adult not practicing yoga.

Sample and its Selection

The sample consisted of 75 Yoga Practitioners and 75 Non Yoga Practitioners in the age 18 to 25 years. The sample was collected through purposive sampling.

Research Design

For the present research quantitative approach was used. Researchers use the quantitative research method when the purpose of research is to obtain primary data that is the data is gathered and assembled particularly for the study, in contrast to secondary data. The present study follows the quantitative research design intended to examine the correlation among variables used in the study.

Inclusion Criteria

- The respondents whose age lies between 18 to 25 were included.
- Respondents who belong to urban areas were considered.
- Participants who gave their information consent were included.
- Participants who performed yoga (for at least more than 2 years) were selected.

Exclusion Criteria

- Those suffering from any psychopathology or undergoing treatment for psychological problems were excluded from the sample.
- Those suffering from any other chronic illness were excluded.
- Those exhibiting any physical deformity were excluded.
- Those residing in rural areas were not selected.
- Illiterate or those having studied less than 10th standard was not included in the sample.
- The respondents below age 18 and above age 28 were excluded.
- The respondents who refused to give consent were excluded.
- Participant who combine yoga with other mindful activities like gym and mindfulness meditations.

Ethical Consideration

- Confidentiality of the responses and identity was assured.
- Participants were briefed about the purpose of the study.
- Informed consent was obtained.
- The dignity and well-being of the respondents was protected all the time.

Tests and Tools Used

- Rosenberg Self Esteem Scale (Rosenberg, 1965)
- Warwick Edinburgh Mental Well Being Scale (NHS Scotland, 2006)

All the tests used were standardized and had established reliability and validity. The scales administered were available in English. A semi structured interview schedule was also administered to the participants to seek detailed information about their critical social and demographic aspects such as age, gender, city, educational qualification and if they practice yoga or not.

Brief Description of Tests and Tools Used

- **Rosenberg Self Esteem Scale:** The questionnaire was developed by Rosenberg (1965), to assess the level of self-esteem in an individual. The scale comprises a total number of 10 items, which are established on a rate of 1–4-point Likert scale, which covers the response dimensions of Strongly Agree, Agree, Disagree, and Strongly Agree. The questionnaire includes the questionnaire such as, Overall, I am satisfied with myself. I feel that I have several good qualities., and so on. The scoring is done by assigning the above mentioned response dimensions by 1, 2, 3, and 4. The scale also contains several items that should be scored reversed i.e., 4, 3, 2, and 1. The reversed items are: 2, 5, 6, 8, and 9. The Rosenberg

Self-Esteem Scale presented high ratings in reliability areas; internal consistency was 0.77, minimum Coefficient of Reproducibility was at least 0.90 (M. Rosenberg, 1965, and personal communication, April 22, 1987). A varied selection of independent studies each using such samples as – parents, men over 60, high school students, and civil servants – showed alpha coefficients ranging from 0.72 to 0.87 (all fairly high). Test-retest reliability for the 2-week interval was calculated at 0.85, the 7-month interval was calculated at 0.63 (Silber & Tippet, 1965, Shorkey & Whiteman, 1978). The RES is closely connected with the Coopersmith Self-Esteem Inventory.

The following instruction should be given to the participants while administering the questionnaire to the participants,

“Please read the statements carefully and try to answer the questions with honesty. There is a collection of statements about your level of self-esteem. Please answer according to what really reflects your experience rather than what you think your experience should be. There are no right or wrong questions; we just want to know your opinion. Your results will be kept confidential and will be used only for the research purpose. One should answer each question in the questionnaire.”

- **Warwick Edinburgh Mental Well Being Scale:** The WEMWBS was proposed by Kammann and Flett (1983), the scale consists of a total number of 14 items, each item is rated in a 1-5 point Likert scale containing the dimensions of ,none of the above, rarely,

some of the time, often and all of the time. This scale contributes its importance in measuring the mental well-being of the participants. The scale contains the questions such as “I’ve been thinking clearly”, “I’ve been feeling loved” and so on. The scoring is done by assigning the values of 1, 2, 3, 4, and 5, to the above-mentioned dimensions respectively, the overall score is being acquired by adding up all the responses, the minimum and maximum overall score will range from 14 to 70. Validation to date has been performed in the UK with those aged 16 and above. WEMWBS was initially validated in student samples recruited at the universities of Warwick and Edinburgh in 2006, and subsequently discussed by two mini focus groups in Scotland and England (Tennant et al., 2006; Tennant et al., 2007). WEMWBS was then included in two national Scottish population surveys in 2006 allowing validation using population data. The reliability of the scale is evaluated by a test-retest method in which the reliability coefficient is found to be 0.83.

The following instructions were given for Warwick Edinburgh Mental Wellbeing Scale:

“Please read the statements carefully and try to answer the questions with honesty. There is a collection of statements about your mental wellbeing. Please answer according to what really reflects your experience rather than what you think your experience should be. There are no right or wrong questions; we just want to know your opinion. Your results will be kept confidential and will be used only for the research purpose. One should answer each question in the questionnaire.”

Procedure

To study the relationship between self-esteem and mental well-being among yoga and non-yoga practitioners, the research was initiated. Literature review was collected, and the various

researchers were studied. The tools for data collection for all the variables were gathered. Next, the hypothesis was formulated, and the expected results were identified. The yoga and non-yoga practitioners were identified and approached for data collection. The purpose of the present study was explained in brief to all participants and their doubts related to questionnaires were cleared. Upon giving the instructions to the participants, data was collected. Prior to completing the questionnaire, participants were informed of their option to participate or not as participation is voluntary. Informed consent was obtained from the study participants of the data collection process. Participants who declined the informed consent were thanked for their interest. The data was collected via google forms. The elements formed part of the data collection process included a) Informed consent b) Demographic information c) Rosenberg Self Esteem Scale and Warwick Edinburgh Mental Well Being Scale. Participants were required to read and give their consent before they move forward to answer the survey questionnaires. The informed consent described the study, including the purpose of the study, voluntary nature of participation, confidentiality and anonymity and the right of participants to opt-out of the study. The demographic information contained... Once the desired responses were gathered, participants were thanked for their valuable responses and time. The scores were compiled in the excel sheets for each variable and each participant. For the analysis of the raw scores, the help of SPSS was taken. The Mean, Sd Pearson R, T-Test was also employed. Once the results were tabulated, the interpretations and the analysis of the results was done. Further, the limitations of the study, implication of the study and recommendations for future research in the field were written.

Scoring and Statistical Analysis

Scoring for all the given tests was done as per the scoring instructions given in the manuals. The raw scores were tabulated and subjected to various statistical analyses by using Statistical Product and Service Solution (SPSS) Package. Keeping in view the objectives of the study, statistical analysis Mean, Standard Deviation, Correlation Analysis, T-Test & was conducted. Correlation analysis was carried out to test the relationship between the variables. T-Test was taken out to see the significant differences between the groups. Before carrying out statistical tests, the assumptions of normality and homogeneity of variance were checked. The responses that emerged through the semi-structured interview schedule were analyzed qualitatively and the results are presented in the form of tables.

CHAPTER 5**RESULTS****Table 1***N, Mean and Standard Deviation Self Esteem and Well Being among Yoga and Non-Yoga Practitioners*

	Practitioners	Self Esteem	Well Being
N	Yoga	75	75
	Non-yoga	75	75
Mean	Yoga	15.6	50.2
	Non-yoga	15.2	45.8
Standard deviation	Yoga	1.89	7.67
	Non-yoga	1.92	8.52

Table 2*Correlation of Self Esteem and Well Being among Yoga and Non-Yoga Practitioners*

	Self Esteem	Well Being
Self Esteem	—	
Well Being	0.171 *	—

Note. * $p < .05$, ** $p < .01$, *** $p < .001$ **Table 3**

T-Test showing mean difference in groups in Self Esteem and Well-Being among Yoga and Non-Yoga Practitioners

		Statistic	df	p
Self Esteem	Student's t	1.29	148	0.200
Well Being	Student's t	3.28	148	0.001

	Group	N	Mean	Median	SD	SE
Self Esteem	Yoga	75	15.6	15.0	1.89	0.219
	Non-yoga	75	15.2	15.0	1.92	0.221
Well Being	Yoga	75	50.2	51.0	7.67	0.885
	Non-yoga	75	45.8	47.0	8.52	0.983

CHAPTER 6

DISCUSSION OF RESULTS

Table (1) shows N, Mean and Standard deviation of Self-Esteem and Yoga among Yoga and Non-Yoga practitioners. A total sample 150 was collected (N= 75, Yoga practitioners and N=75, Non-yoga practitioners). Mean of self-esteem among yoga practitioners was found to be 15.6 and well-being 50.2 whereas mean of self-esteem among yoga practitioners was found to be 15.2 and for well-being 45.8. The standard deviation was found to be 1.89 for self-esteem and 7.67 for well-being among yoga practitioners and for non-yoga practitioners the standard deviation was found to be 19.2 and 8.52 for self-esteem and well-being respectively.

Table (2) shows the correlation of self-esteem and well-being among yoga and non-yoga practitioners. The results found out that there is a significant positive correlation between well-being and self-esteem ($r=0.171$, $p < .05$).

The findings suggest that there is a statistically significant positive correlation between mental well-being and self-esteem. While the correlation coefficient is relatively low, it still suggests that a positive relation exists between two variables. However, it is important to note that correlation does not imply causation and other factors not considered in this study may also influence mental well-being and self-esteem.

Table (3) shows the mean difference in groups in self-esteem and well-being among yoga and non-yoga practitioners. The results revealed that yoga practitioners were high on well-being ($t=3.28$)

as compared to non-yoga practitioners. However, no differences in groups were found in self-esteem among two groups. The findings that yoga practitioners scored higher on measures of well-being as compared to non- yoga practitioners has implications for public health and wellness promotion.

Past studies have shown that practicing yoga has found to improve physical ability, decrease stress and enhance memory (Galantino, Galbavy & Quinn, 2008); increase self-awareness (Gillen & Gillen, 2007) and makes an individual strong emotionally and personally. A study was conducted by Janjhua et al (2020) in 110 students (52 adolescents who practiced yoga and 52 adolescents who never practiced yoga between age 13-18. The data was collected from Himachal Pradesh. The sample consisted of 66.36% of males and 33.46% of females. The results found significant effect of yoga on emotional regulation, self-esteem, and feelings of adolescents.

Researchers also suggests that many of the few reasons that individuals practice yoga includes increased happiness and an inclination towards spirituality (Park et al., 2014; Quilty et al., 2013). Researchers also adds that individuals usually start yoga for physical benefits but slowly move towards attaining mind-body-spirit experience.

During a systematic literature review only few published research have been found between yoga and positive psychology (Ivtzan & Papantoniou, 2014; Kumar & Kumar, 2013; Levine, 2011). This is baffling when we understand that positive psychology and yoga share a great deal of common ground in terms of their specific objectives, both focusing on attaining well-being, enhancing life meaning and fostering personal development.

A study was done to assess the impact of changes in physical self-concept induced by exercise participation in self-esteem and mental well-being. The study was conducted in Seoul, Korea on 189 university students. The data was collected through a survey measuring physical self-concept,

self-esteem, and mental well-being before and after of six-week exercise course. The results showed that physical self-concept is regulated by participating in exercise and in addition to this, participation in exercise directly and positively influences mental well-being; however, it indirectly influences the changes in mental well-being through enhancement of self-esteem (Kim & Ahn, 2021).

Thus, as supported by our previous literature, we can conclude that yoga is associated with better psychological well-being and increased self-esteem (Shapiro & Cline, 2004; Kiecolt-Glasser et al., 2010; Sethi et al., 2013)

CHAPTER 7

CONCLUSION AND SUGGESTION

Conclusion

The aim of the present investigation was to study self-esteem and well-being among yoga and non-yoga practitioners. A total sample of 150 was collected, consisting of 75 yoga and 75 non yoga practitioners. The results found that there was a significant positive relationship between well-being and self-esteem. Yoga practitioners were found to be higher on well-being as compared to non-yoga practitioners. However, no group differences were found between the groups in self-esteem. The correlation analysis showed a positive relationship between well-being and self-esteem indicating that people with higher self-esteem tended to have better mental well being. Nonetheless, the correlation was relatively low and other factors not included in the study could affect mental well-being and self-esteem. The study implies that practicing yoga could improve mental well-being and has implications for public health and wellness promotion.

Suggestions

Modern youth's mental health and physical lifestyle are so disturbed and one of the primary reasons is that they are more prone to a competitive world. If yoga is incorporated in their lives at a certain age not only, will they be able to develop mental serenity, but they will also be able to live a healthy lifestyle. This may prevent them from engaging in harmful habits such as smoking and drinking. Young minds can integrate their thought processes, maturing into rational thinkers and prudent decision makers. There have been studies in which individuals of various ages were asked to describe the effects of incorporating yoga into their daily lives. The results were overwhelmingly positive and mothers reported that they were able to devote more time to their children after practicing yoga and their vitality and stamina increased as well. As a result of their stressful and demanding jobs, older males were able to alleviate neck pain, back pain, headaches, and insomnia. Not only some elderly people reported that yoga has helped them significantly improve their diabetes, but many doctors and psychologists also believe that incorporating Yoga into your daily regime can manifest a healthy state of mind.

Yoga and Mental Health

Yoga has been recognized for a long time as a beneficial practice for physical health, but it can also promote mental health. Yoga emphasizes the mind-body connection by emphasizing mindfulness and relaxation techniques. By incorporating yoga into a regular routine, individuals may experience decreased stress, enhanced mood, and enhanced sleep quality. In addition, yoga

practice can increase self-awareness and self-acceptance, ultimately leading to a more balanced and satisfying lifestyle.

Yoga is one of the most effective ways to achieve mental well-being, which is a crucial component of physical health. Yoga is a form of meditation that calms the body and mind by reducing stress and anxiety. Yoga helps to improve flexibility, balance, and strength by synchronizing the breath with movement. When combined with mindfulness techniques, it can result in a profound sense of inner peace that has a positive effect on all facets of life.

Yoga has long been recognized as a method for enhancing physical fitness, but its benefits extend far beyond that. The practice of yoga has been linked to numerous mental health benefits as well. From reducing tension and anxiety to improving sleep and boosting overall mood, research has shown that incorporating yoga into one's routine can have a positive impact on mental well-being. In today's busy and often stressful world, taking time to practice yoga can be a valuable tool for sustaining a healthy mind and body. While yoga can benefit anyone, there are notable distinctions in the mental health of those who practice yoga versus those who do not. Studies have shown that those who practice yoga consistently experience fewer symptoms of depression and anxiety compared to non-practitioners. In addition, regular yoga practice has been shown to increase gray matter in the brain, which can improve cognitive functioning and aid with emotional regulation. Incorporating yoga into one's routine can be a powerful tool for attaining optimal mental health and cultivating a fulfilling lifestyle.

Yoga practitioners have been found to experience less psychological distress and higher levels of life satisfaction than non-practitioners. Studies have shown that regular yoga practice can even help alleviate symptoms of depression and anxiety disorders. This is because yoga fosters a deeper awareness of one's thoughts and emotions, helping individuals to better cope with stressors and

negative feelings. In contrast, non-practitioners may lack the mental tools necessary to manage emotional responses, leaving them more vulnerable to mental health issues.

When comparing mental health between yoga practitioners and non-practitioners, it has been found in past literature that those who practice yoga have lower levels of depression, anxiety, and stress. Additionally, yoga has been shown to increase feelings of happiness, wellbeing, and overall quality of life. This highlights how essential it is for individuals to prioritize their mental well-being, and one way to do so is through the practice of yoga. Whether it is through a regular yoga class or a home practice, taking the time to incorporate yoga into one's routine can have a significant impact on mental health.

Yoga and Self Esteem

Self-esteem is an essential component of mental health, and it is influenced by several variables, including physical activity. Studies have shown that habitual yoga practitioners have higher self-esteem than those who do not practice. This may be due to the sense of accomplishment that comes with mastering difficult poses and the overall feeling of personal development that yoga fosters. By prioritizing regular yoga practice, individuals can enhance not only their physical health, but also their psychological well-being and self-confidence. Yoga is a practice that has existed for centuries and has numerous mental and physical benefits. Self-esteem improvement is one of the most significant advantages of yoga. Listed below are several methods in which yoga can enhance self-esteem;

Self-Awareness: Yoga helps individuals become more aware of their bodies and how they move, which improves their body image. This heightened awareness can result in a greater appreciation

for one's body, regardless of its shape or size. Yoga encourages individuals to concentrate on what their bodies can do as opposed to how they appear, resulting in a more positive body image.

Reduce psychological distress: Yoga has been shown to reduce tension and anxiety, which can have a substantial effect on self-esteem. When individuals experience less tension and anxiety, they are better able to face challenges and have a greater sense of self-confidence in their abilities.

Mindfulness: Mindfulness is the practice of being completely present and engaged in the activity at hand in the present moment. By encouraging individuals to focus on their respiration and movements, yoga promotes mindfulness. This increased mindfulness can result in heightened self-awareness, which can boost self-esteem.

Enhance Mood: Yoga has been shown to improve mood by increasing serotonin levels, a neurotransmitter that plays a role in mood regulation. When people are happier and more content, they are more likely to have positive self-perceptions and confidence in their abilities. Yoga practice can have numerous positive effects on self-esteem by enhancing body image, reducing tension and anxiety, enhancing mindfulness, and enhancing mood.

Thus, Yoga is a practice that emphasizes the connection between the mind and body, promoting both mental and physical health. It has been demonstrated that regular yoga practice reduces stress, anxiety and depression while enhancing self-awareness and self-acceptance. In addition, it can enhance sleep quality and cognitive functions, resulting in a more balanced and satisfying lifestyle. Yoga can also boost self-esteem by enhancing body image, reducing psychological distress,

promoting mindfulness and boosting mood. Yoga is an effective method for maintaining optimal mental health and fostering a positive sense of self.

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