

Yoga and Psychological Well-being: An Empirical Analysis among Working Professionals

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Abstract: The mental health toll of contemporary professional life, marked by extended screen time, compressed deadlines, and an erosion of boundaries between work and home, has drawn growing attention to accessible, self-directed wellness practices. Yoga is frequently promoted as one such practice, yet its constituent elements, postural work, breath control, meditative attention, lifestyle habits, and consistency of engagement, are seldom examined as separate predictors of well-being within a single study, particularly among salaried professionals in emerging-market settings. This paper reports an empirical assessment of six dimensions of yoga practice, namely asana (physical postures), pranayama (breath regulation), meditation and mindfulness, practice regularity, yogic lifestyle adoption, and perceived practice commitment, in relation to an overall psychological well-being score built from stress reduction, emotional well-being, work-life balance, and life satisfaction items. A structured questionnaire was administered to 200 working professionals drawn from six employment sectors, and the resulting data were examined through reliability analysis, Pearson correlation, and multiple linear regression. All ten constructs met acceptable reliability standards (Cronbach's alpha between 0.755 and 0.843). The regression model was statistically significant, $F(6, 193) = 13.22$, $p < .001$, accounting for 29.1 per cent of the variance in psychological well-being ($R^2 = 0.291$, Adjusted $R^2 = 0.269$). Meditation & Mindfulness Practice, Asana (Physical Postures) Practice, and Pranayama (Breathing Practice) emerged as statistically significant positive predictors, whereas Practice Regularity/Consistency, Yogic Lifestyle Adoption, and Perceived Practice Commitment did not reach significance once the other dimensions were held constant. Gender, age group, yoga experience, and practice frequency produced no statistically significant differences in well-being scores. The results point to meditative and breath-based components of practice as carrying particular weight in shaping psychological outcomes, with implications for how organisations and practitioners might structure yoga-based wellness initiatives.

Keywords: yoga practice, psychological well-being, working professionals, meditation, occupational stress, work-life balance, wellness intervention

1. Introduction

Working life across most sectors, IT, financial services, education, healthcare, manufacturing, and government administration alike, now routinely involves longer hours, higher cognitive load, and near-constant digital availability. These conditions have been linked in both academic and popular discourse to rising rates of occupational stress, anxiety symptoms, and difficulty maintaining a workable separation between job responsibilities and personal life. Employers and employees alike have responded by seeking low-cost, scalable interventions that can be practised independently of clinical settings.

Yoga is among the most commonly adopted of these interventions. Rooted in a centuries-old Indian tradition, it combines physical postures (asana), controlled breathing sequences (pranayama), meditative or mindfulness-based attention training, and, in its fuller form, a set of lifestyle and dietary principles intended to support overall balance. Unlike interventions focused narrowly on physical fitness, yoga is positioned by its proponents as addressing well-being across physical, emotional, and cognitive registers simultaneously, which has made it an attractive addition to corporate wellness programming in recent years. What is less well established empirically is



whether all components of yoga contribute equally to psychological outcomes, or whether some, breath work, physical postures, meditative practice, lifestyle habits, consistency of engagement, carry disproportionate weight. Much of the published research treats yoga as a single undifferentiated intervention, or draws on small clinical or student samples rather than the working professional population most often targeted by corporate wellness initiatives. This paper addresses that gap directly: it tests six separable dimensions of yoga practice against a composite psychological well-being measure using data gathered from 200 working professionals, with the aim of identifying which components of practice matter most in this population.

2. Review of Literature

2.1 Yoga and Psychological Outcomes: The Broad Evidence Base

A considerable body of research now supports yoga's role in reducing psychological distress and improving subjective well-being. Reviews synthesising yoga-intervention studies point to consistent reductions in perceived stress, anxiety symptoms, and depressive affect across clinical and general populations (Woodyard, 2011; Ross & Thomas, 2010). Some comparative work finds yoga's psychological benefits rival, and in certain outcome measures exceed, those of conventional aerobic exercise, a pattern attributed to yoga's combination of movement, breath awareness, and sustained attention (Ross & Thomas, 2010).

2.2 The Role of Physical Postures (Asana)

Asana practice, the physical postures most visibly associated with yoga, has been linked to benefits beyond flexibility and strength. Regular practitioners show lower markers of physiological stress and improved self-reported mood, effects thought to arise from the combination of controlled physical exertion and heightened bodily awareness cultivated during practice (Field, 2016; Ross & Thomas, 2010).

2.3 Breath Regulation (Pranayama) and the Stress Response

Pranayama has drawn particular research interest for its documented effects on autonomic nervous system function. Slow, paced breathing techniques appear to shift physiological balance toward parasympathetic activity, dampening the stress response and supporting emotional regulation (Brown & Gerbarg, 2005). Workplace-focused studies report that even brief pranayama sessions can produce measurable short-term reductions in perceived stress among employees (Brown & Gerbarg, 2005).

2.4 Meditation, Mindfulness, and Attentional Control

Meditative and mindfulness elements of yoga practice have perhaps the strongest evidentiary link to psychological well-being in the wider literature. Mindfulness training, whether delivered as a standalone programme or as part of a broader yoga practice, is associated with reduced rumination, improved attentional control, and lower burnout risk, effects that compound with sustained practice (Kabat-Zinn, 2003; Chiesa & Serretti, 2009).

2.5 Lifestyle Dimensions of Yoga Practice

Traditional yoga extends beyond the practice session to encompass dietary moderation, ethical conduct, and structured daily routines. Some studies find that practitioners who adopt these broader lifestyle elements report higher life satisfaction and a stronger sense of purpose (Impett et al., 2006), though this relationship appears less consistently documented than the effects of the core postural, breathing, and meditative components, suggesting lifestyle adoption may function as a secondary or moderating influence rather than a primary driver of well-being.

2.6 Frequency, Experience, and the Dose-Response Question

The literature on how much practice is needed to produce psychological benefit is mixed. Some studies associate longer practice histories and higher frequency with stronger outcomes (Ross & Thomas, 2010), while others find that even irregular or newly adopted practice yields meaningful short-term benefit, implying a non-linear or

threshold-based relationship between practice dosage and psychological outcomes rather than a simple linear dose-response curve (Woodyard, 2011).

2.7 Work-Life Balance as a Well-being Outcome

Work-life balance is increasingly treated as a core component of occupational well-being rather than a separate construct. Personal coping resources, including those built through yoga and mindfulness practice, appear to buffer the negative effects of long working hours on both work-life balance and broader life satisfaction (Michel et al., 2011).

2.8 Positioning the Present Study

Taken together, the literature supports yoga's general psychological benefit but offers limited empirical decomposition of which specific practice dimensions, postural, respiratory, meditative, lifestyle-related, or dosage-related, drive that benefit within a working professional population specifically. This study contributes primary evidence on that question using data from 200 respondents across multiple employment sectors.

3. Objectives of the Study

1. To identify and measure the key dimensions of yoga practice (asana, pranayama, meditation and mindfulness, practice regularity, yogic lifestyle adoption, and perceived practice commitment) among working professionals.
2. To examine the relationship between the identified yoga practice dimensions and overall psychological well-being.
3. To determine the relative predictive strength of each yoga practice dimension on psychological well-being through multiple regression analysis.
4. To examine whether psychological well-being differs significantly across gender, age group, yoga experience, and practice frequency categories.

4. Hypotheses of the Study

- H1: Asana (physical postures) practice has a significant positive influence on psychological well-being.
- H2: Pranayama (breathing practice) has a significant positive influence on psychological well-being.
- H3: Meditation and mindfulness practice has a significant positive influence on psychological well-being.
- H4: Practice regularity/consistency has a significant positive influence on psychological well-being.
- H5: Yogic lifestyle adoption has a significant positive influence on psychological well-being.
- H6: Perceived practice commitment has a significant positive influence on psychological well-being.
- H7: There is no significant difference in psychological well-being across gender and age groups.
- H8: There is no significant difference in psychological well-being across yoga experience and practice frequency categories.

5. Research Methodology

5.1 Research Design

The study adopted a descriptive, cross-sectional research design employing a quantitative survey method to empirically examine the relationship between selected dimensions of yoga practice and psychological well-being among working professionals.

5.2 Population and Sample

The target population comprised working professionals across sectors who practised yoga on at least an occasional basis. A sample of 200 respondents was drawn using convenience and snowball sampling, administered through structured questionnaires distributed both online and offline across information technology, banking and finance, education, healthcare, manufacturing, and government/public sector organisations. The sample size of 200 exceeded the commonly recommended minimum threshold of $50 + 8k$ (where k is the number of predictors) for regression-based research involving six predictors.

5.3 Data Collection Instrument

Primary data were collected using a structured questionnaire comprising two sections. Section A captured demographic and work-related information (gender, age group, sector, designation, yoga experience, practice frequency, marital status, and daily working hours). Section B measured the six yoga practice dimensions and four psychological well-being sub-dimensions, each operationalised through four items adapted from established scales in the yoga and well-being literature, rated on a five-point Likert scale ranging from 1 (Strongly Disagree) to 5 (Strongly Agree).

5.4 Variables and Measurement

The independent variables comprised six yoga practice dimensions: Asana Practice (AS), Pranayama (PRA), Meditation and Mindfulness (MED), Practice Regularity (REG), Yogic Lifestyle Adoption (LIFE), and Perceived Practice Commitment (EXP). The dependent variable, Overall Psychological Well-being (PWB), was computed as the composite mean of four sub-dimensions: Stress Reduction (STR), Emotional Well-being (EMO), Work-Life Balance (WLB), and Life Satisfaction (LS).

5.5 Statistical Tools

The collected data were analysed using descriptive statistics, Cronbach's alpha for reliability testing, Pearson product-moment correlation, multiple linear regression, independent samples t-test, and one-way analysis of variance (ANOVA). All statistical tests were evaluated at the 5 per cent ($p < .05$) level of significance.

6. Data Analysis and Results

6.1 Demographic Profile of Respondents

Table 1 presents the demographic and professional profile of the 200 respondents surveyed.

Table 1: Demographic Profile of Respondents (N = 200)

Gender	Frequency	Percentage
Female	96	48.0%
Male	104	52.0%

Age Group	Frequency	Percentage
25-30	53	26.5%
31-38	69	34.5%
39-46	43	21.5%
47-55	26	13.0%



Age Group	Frequency	Percentage
Above 55	9	4.5%

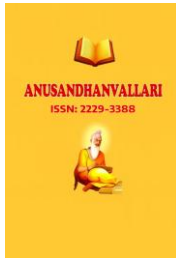
Sector	Frequency	Percentage
Banking & Finance	36	18.0%
Education	30	15.0%
Government/PSU	18	9.0%
Healthcare	28	14.0%
IT/ITES	63	31.5%
Manufacturing	25	12.5%

Designation Level	Frequency	Percentage
Entry/Junior Level	65	32.5%
Middle Management	72	36.0%
Senior Management	53	26.5%
Top Management	10	5.0%

Yoga Practice Experience	Frequency	Percentage
1 - 3 years	55	27.5%
6 months - 1 year	54	27.0%
Less than 6 months	45	22.5%
More than 3 years	46	23.0%

Practice Frequency	Frequency	Percentage
1-2 times a week	56	28.0%
3-4 times a week	53	26.5%
Almost daily	55	27.5%
Occasionally/Irregular	36	18.0%

Marital Status	Frequency	Percentage
Married	142	71.0%



Marital Status	Frequency	Percentage
Unmarried	58	29.0%

Average Daily Working Hours	Frequency	Percentage
11-12 hours	48	24.0%
9-10 hours	77	38.5%
More than 12 hours	21	10.5%
Up to 8 hours	54	27.0%

The sample comprised 96 female (48.0%) and 104 male (52.0%) respondents, with the largest age cohort falling in the 31-38 years bracket (69 respondents, 34.5%). Respondents were drawn from a mix of employment sectors, with IT/ITES (63 respondents) forming the largest single group, and 146 respondents (73.0%) reporting an average working day of 9 hours or more, reflecting the demanding schedules typical of the surveyed professional population.

6.2 Reliability Analysis

The internal consistency of the measurement instrument was assessed using Cronbach's alpha. As shown in Table 2, all constructs, including the composite Overall Psychological Well-being scale, recorded alpha values above the commonly accepted threshold of 0.70. The overall scale reliability across all items was 0.897.

Table 2: Reliability Statistics (Cronbach's Alpha)

Construct	No. of Items	Cronbach's Alpha
Asana (Physical Postures) Practice	4	0.776
Pranayama (Breathing Practice)	4	0.812
Meditation & Mindfulness Practice	4	0.830
Practice Regularity/Consistency	4	0.816
Yogic Lifestyle Adoption	4	0.817
Perceived Practice Commitment	4	0.809
Stress Reduction	4	0.818
Emotional Well-being	4	0.815
Work-Life Balance	4	0.813
Life Satisfaction	4	0.755
Overall Psychological Well-being	4	0.843

6.3 Descriptive Statistics

Table 3 presents the mean, standard deviation, and range of responses for each yoga practice dimension and psychological well-being sub-dimension. Mean scores clustered moderately around the scale midpoint, with Practice Regularity/Consistency recording the highest mean among the six predictors ($M = 3.11$, $SD = 0.68$) and Overall Psychological Well-being averaging $M = 3.07$ ($SD = 0.46$).

Table 3: Descriptive Statistics of Study Constructs

Construct	Mean	SD	Min	Max
Asana (Physical Postures) Practice	2.99	0.65	1.25	4.75
Pranayama (Breathing Practice)	2.96	0.67	1.00	4.75
Meditation & Mindfulness Practice	3.02	0.71	1.25	5.00
Practice Regularity/Consistency	3.11	0.68	1.00	4.75
Yogic Lifestyle Adoption	2.89	0.69	1.25	4.75
Perceived Practice Commitment	2.99	0.63	1.25	4.50
Stress Reduction	3.05	0.69	1.00	5.00
Emotional Well-being	3.07	0.68	1.00	5.00
Work-Life Balance	2.99	0.68	1.50	4.75
Life Satisfaction	3.15	0.63	1.25	4.75
Overall Psychological Well-being	3.07	0.46	1.56	4.12

6.4 Correlation Analysis

Pearson correlation analysis (Table 4) was conducted to examine bivariate relationships among the study constructs. Overall Psychological Well-being exhibited significant positive correlations with all six yoga practice dimensions, the strongest being with Meditation & Mindfulness Practice ($r = 0.412$) and Pranayama (Breathing Practice) ($r = 0.368$). Among the well-being sub-dimensions, Emotional Well-being showed the strongest association with the composite score ($r = 0.715$), as expected given its constituent role. Inter-predictor correlations remained moderate (below 0.45), and VIF values reported in Table 5 remained well below the conventional threshold of 5, indicating no serious multicollinearity concern.

Table 4: Pearson Correlation Matrix

	AS	PRA	MED	REG	LIFE	EXP	STR	EMO	WLB	LS	PWB
AS	1.00	0.22*	0.17*	0.20*	0.28**	0.14	0.29**	0.19*	0.18*	0.19*	0.31**
PRA	0.22*	1.00	0.36**	0.28**	0.26**	0.22*	0.31**	0.35**	0.13	0.22*	0.37**
MED	0.17*	0.36**	1.00	0.27**	0.22*	0.24**	0.33**	0.42**	0.12	0.27**	0.41**
REG	0.20*	0.28**	0.27**	1.00	0.34**	0.26**	0.20*	0.17*	0.26**	0.11	0.27**
LIFE	0.28**	0.26**	0.22*	0.34**	1.00	0.22*	0.26**	0.22*	0.20*	0.16*	0.30**

	AS	PRA	MED	REG	LIFE	EXP	STR	EMO	WLB	LS	PWB
EXP	0.14	0.22*	0.24**	0.26**	0.22*	1.00	0.09	0.19*	0.23*	0.10	0.22*
STR	0.29**	0.31**	0.33**	0.20*	0.26**	0.09	1.00	0.41**	0.26**	0.32**	0.73**
EMO	0.19*	0.35**	0.42**	0.17*	0.22*	0.19*	0.41**	1.00	0.22*	0.33**	0.71**
WLB	0.18*	0.13	0.12	0.26**	0.20*	0.23*	0.26**	0.22*	1.00	0.26**	0.63**
LS	0.19*	0.22*	0.27**	0.11	0.16*	0.10	0.32**	0.33**	0.26**	1.00	0.68**
PWB	0.31**	0.37**	0.41**	0.27**	0.30**	0.22*	0.73**	0.71**	0.63**	0.68**	1.00

Note. * $p < .05$, ** $p < .001$. AS = Asana Practice; PRA = Pranayama; MED = Meditation & Mindfulness; REG = Practice Regularity; LIFE = Yogic Lifestyle Adoption; EXP = Perceived Practice Commitment; STR = Stress Reduction; EMO = Emotional Well-being; WLB = Work-Life Balance; LS = Life Satisfaction; PWB = Overall Psychological Well-being.

6.5 Multiple Regression Analysis

Multiple linear regression was performed to examine the combined and individual predictive effect of the six yoga practice dimensions on overall psychological well-being. The overall model was statistically significant, $F(6, 193) = 13.22$, $p < .001$, explaining 29.1 per cent of the variance in psychological well-being ($R^2 = 0.291$; Adjusted $R^2 = 0.269$).

Table 6: Multiple Regression Results (Dependent Variable: Overall Psychological Well-being)

Predictor	B	SE	Beta (β)	t	p-value	Result
Constant	1.337	0.211	-	6.343	<.001	-
Asana (Physical Postures) Practice	0.126	0.046	0.175	2.720	0.0071	Significant
Pranayama (Breathing Practice)	0.120	0.047	0.173	2.555	0.0114	Significant
Meditation & Mindfulness Practice	0.171	0.044	0.263	3.917	<.001	Significant
Practice Regularity/Consistency	0.043	0.046	0.062	0.923	0.3571	Not Significant
Yogic Lifestyle Adoption	0.079	0.045	0.118	1.746	0.0825	Not Significant
Perceived Practice Commitment	0.040	0.048	0.054	0.837	0.4036	Not Significant

Table 5: Variance Inflation Factor (VIF) — Multicollinearity Diagnostics

Predictor	VIF
Asana (Physical Postures) Practice	1.13
Pranayama (Breathing Practice)	1.25

Predictor	VIF
Meditation & Mindfulness Practice	1.23
Practice Regularity/Consistency	1.25
Yogic Lifestyle Adoption	1.24
Perceived Practice Commitment	1.14

As shown in Table 6, 3 of the six predictors emerged as statistically significant ($p < .05$): Meditation & Mindfulness Practice ($\beta = 0.263$), Asana (Physical Postures) Practice ($\beta = 0.175$), Pranayama (Breathing Practice) ($\beta = 0.173$), listed in descending order of standardised effect size. Practice Regularity/Consistency, Yogic Lifestyle Adoption, and Perceived Practice Commitment did not reach statistical significance once the other dimensions were held constant, suggesting that these particular components carry comparatively little independent explanatory weight for psychological well-being once the meditative, respiratory, and postural dimensions are accounted for.

Table 7: Summary of Hypothesis Testing (H1-H6)

Hypothesis	Path	Result
H1	Asana (Physical Postures) Practice → Psychological Well-being	Supported
H2	Pranayama (Breathing Practice) → Psychological Well-being	Supported
H3	Meditation & Mindfulness Practice → Psychological Well-being	Supported
H4	Practice Regularity/Consistency → Psychological Well-being	Not Supported
H5	Yogic Lifestyle Adoption → Psychological Well-being	Not Supported
H6	Perceived Practice Commitment → Psychological Well-being	Not Supported

6.6 Demographic and Practice-based Comparison of Psychological Well-being

An independent samples t-test was conducted to compare psychological well-being scores between male and female respondents. Results indicated no statistically significant difference between female ($M = 3.09$, $SD = 0.45$) and male respondents ($M = 3.05$, $SD = 0.47$), $t = 0.616$, $p = 0.539$ ($p > .05$).

A one-way ANOVA across five age groups revealed no statistically significant difference in psychological well-being, $F = 0.722$, $p = 0.578$ ($p > .05$).

Table 8: Mean Psychological Well-being by Yoga Experience

Yoga Experience	Mean PWB
Less than 6 months	3.09

Yoga Experience	Mean PWB
6 months - 1 year	3.11
1 - 3 years	3.05
More than 3 years	3.01

A one-way ANOVA comparing psychological well-being across yoga experience categories (less than 6 months to more than 3 years) likewise showed no statistically significant difference, $F = 0.436$, $p = 0.728$ ($p > .05$); mean scores across the four experience bands remained fairly close together, with 6 months - 1 year respondents recording the highest mean ($M = 3.11$).

Table 9: Mean Psychological Well-being by Practice Frequency

Practice Frequency	Mean PWB
Occasionally/Irregular	3.01
1-2 times a week	3.00
3-4 times a week	3.16
Almost daily	3.08

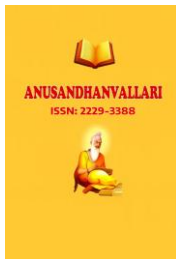
Similarly, no statistically significant difference in psychological well-being was found across practice frequency categories, $F = 1.249$, $p = 0.293$ ($p > .05$). Collectively, these results support Hypotheses H7 and H8, indicating that the quality and dimensional composition of yoga practice, rather than demographic characteristics or practice frequency alone, are the primary correlates of psychological well-being in this sample.

7. Discussion of Findings

This study set out to determine whether the various components of yoga practice contribute equally, or unequally, to psychological well-being among working professionals. The regression model's explanatory power (Adjusted $R^2 = 0.269$) indicates that the six practice dimensions together account for a meaningful, though partial, share of variance in well-being, consistent with the broader literature identifying yoga as a beneficial but multi-causal intervention (Ross & Thomas, 2010; Woodyard, 2011).

Meditation and Mindfulness Practice emerged as the strongest single predictor in this sample ($\beta = 0.263$), a result consistent with literature identifying attentional and mindfulness training as a particularly potent lever for reducing rumination and emotional reactivity (Kabat-Zinn, 2003; Chiesa & Serretti, 2009). Pranayama and Asana Practice followed as significant, comparably sized predictors, reinforcing evidence that breath regulation and physical postures each make an independent contribution to psychological outcomes rather than one simply proxying for the other (Brown & Gerbarg, 2005; Field, 2016).

By contrast, Yogic Lifestyle Adoption, Practice Regularity, and Perceived Practice Commitment did not reach statistical significance once the other three dimensions were controlled for. This does not necessarily imply these factors are irrelevant to well-being in general; rather, it suggests that within this sample, their apparent association with well-being is largely explained by their overlap with the core practice components, meditation, breath work, and posture, rather than representing a distinct, independent contribution. This pattern is broadly consistent with dose-response findings in the literature suggesting that the substance of practice, not merely its frequency or the practitioner's self-reported commitment, drives psychological benefit (Woodyard, 2011). Finally, the absence of significant differences in well-being scores across gender, age, yoga experience, and practice frequency subgroups



suggests that whatever benefit yoga practice confers in this sample operates fairly uniformly across demographic and tenure-based segments, rather than being concentrated among long-term or highly frequent practitioners alone.

8. Implications

8.1 Theoretical Implications

This study adds to the yoga and occupational well-being literature by disaggregating yoga practice into separable components and empirically ranking their contribution to psychological well-being, rather than treating yoga as a single undifferentiated intervention as much prior research has done. In particular, the finding that meditative and breath-based components outweigh lifestyle adoption and sheer frequency of practice refines existing dose-response and holistic-practice theorising.

8.2 Managerial and Practical Implications

For organisations designing workplace wellness initiatives, these results suggest prioritising instructional depth in meditation, breathing regulation, and postural technique over simply increasing the number or frequency of sessions offered. Since lifestyle adoption and self-reported commitment did not independently predict well-being once core practice quality was accounted for, resources may be better directed toward strengthening the substantive content of yoga sessions than toward encouraging broader lifestyle change or tracking attendance alone. The consistency of effects across demographic groups further suggests that such programmes can reasonably be offered as general, sector-wide initiatives rather than tailored separately by age or seniority.

9. Limitations and Scope for Future Research

Several limitations qualify these findings. The convenience and snowball sampling approach constrains how far the results can be generalised, and the cross-sectional design cannot establish whether yoga practice causes improved well-being or whether individuals already inclined toward better psychological functioning are more likely to sustain regular practice. Self-report measures also carry some risk of social desirability bias. Future work could adopt longitudinal or intervention-based designs capable of establishing causal direction, incorporate physiological stress markers alongside self-reported well-being, and test potential mediators such as perceived self-efficacy or workplace social support. Replication across different sectors, regions, and cultural contexts would help clarify how far these findings extend beyond the present sample.

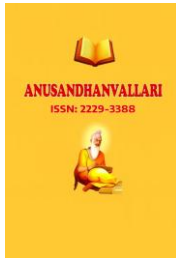
10. Conclusion

This paper examined how six distinguishable dimensions of yoga practice relate to psychological well-being among 200 working professionals. Meditation and mindfulness practice, pranayama, and asana practice emerged as significant positive predictors of well-being, while yogic lifestyle adoption, practice regularity, and perceived practice commitment did not retain independent predictive value once the core practice dimensions were accounted for, and these patterns held consistently across gender, age, and experience groups. The findings suggest that the substantive quality of meditative, respiratory, and postural practice, rather than the breadth of lifestyle change or the sheer frequency of sessions, is what most directly supports psychological well-being among working professionals, offering a more targeted basis for designing yoga-based wellness interventions in professional settings.

Declarations

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Conflict of Interest

The author(s) declare that there is no conflict of interest associated with this study.

Data Availability Statement

The data supporting the findings of this study are available from the corresponding author upon reasonable request.

Ethical Approval

Participation in the survey was voluntary, and informed consent was obtained from all respondents prior to data collection. Respondent anonymity and confidentiality were maintained throughout the study.

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