

Body-Esteem Quality of Life and Psychological Well-Being among Yoga Practitioners

Joshin Johnson^{1*}, Dr. Deepthi Vijayan²

ABSTRACT

The present study was conducted to examine the Body-esteem, Quality of life and psychological well-being among yoga practitioners and non-yoga practitioners. This was a Quantitative research study in which the data were collected from yoga practitioners and non-yoga practitioners. The sample consist of 170 participants (N= 170, 71 yoga practitioners and 91 non-yoga practitioners) from Bangalore and Kerala who were above the age range of 25 and below 45. Purposive sampling method was used in this study to identify the sample from the population. The Body-esteem of participants was assed using Body-esteem (BES). Quality of life of the participants was assessed using with Quality of life (QOL) and the psychological well-being of the participants was assessed using the psychological well-being (PWB). The significance of the hypotheses was evaluated using Pearson correlation coefficient analysis and independent sample t test. Results revealed that there was a positive correlation between Body-esteem Quality of life and psychological well-being and also found that there is no significant difference in each variable among yoga practitioners and non-yoga practitioners.

Keywords: *Body-esteem, Quality of life, psychological well-being, yoga*

Yoga in Daily Life is a system of practice that consists of eight levels of growth for the body, mind, spirit, and social well-being. When the body is physically sound, the mind is clear, focused, and stress is under control. The primary aims of yoga practice in daily life are self- realization, or the understanding of the divine within us, as well as physical, mental, social, and spiritual health. A peaceful state of mind, a full vegetarian diet, pure thoughts and a positive lifestyle, physical, mental, and spiritual practices, and tolerance for all peoples, cultures, and religions are all necessary to achieve these goals. Yogic methods are known to improve one's overall performance. Yoga has been linked to a variety of psychological and physical consequences as a clinical intervention, including improved mood and decreased symptoms of anxiety and despair. Yoga also refers to an internal science that includes a range of techniques for helping people unite their body and mind in order to reach self-realization.

¹Kristu Jayanti College Bangalore Karnataka, India

²Kristu Jayanti College Bangalore Karnataka, India

*Corresponding Author

Received: January 09, 2023; March 27, 2023; Accepted: March 31, 2023

Body-Esteem Quality of Life and Psychological Well-Being among Yoga Practitioners

Body-esteem

According to APA dictionary of psychology, Body-esteem is the degree of positiveness with which individuals regard the various parts of their body and the appearance of those parts. The term Body esteem describes how someone assesses their own physical characteristics, including weight, shape, and attractiveness, as well as how they feel about their evaluation. When people have a low opinion of their bodies difference between what is perceived and what is actual. What they want to look like and how they want to appear, resulting in unfavorable thoughts about one's body and self. Self-evaluation of the appearance of one's body, i.e., the extent to which one is satisfied with one's body, is defined as body-esteem (Franzoi & Shields, 1984).

Quality of life

The World Health Organization defined Quality of Life as an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns (Vahedi S. 2010). Quality of life is an interrelation between the situations of life, personal values and satisfaction with life, as well as concerns about mental health and personal views, the person's perspective of his or her situation in life as it relates to their culture and community.

Psychological well-being

Psychological well-being has two important facets. The first of these refers to the extent to which people experience positive emotions and feelings of happiness. Sometimes this aspect of psychological wellbeing is referred to as subjective well-being (Diener et.al, 2000). Researchers discovered that a person's psychological well-being is not always indicated by the absence of distress. High psychological well-being is characterized by contentment and success. people with high psychological well-being often say they feel strong, secure, and satisfied with their lives. According to studies, those who are more psychologically well are more likely to be healthier and live longer. They have a higher chance of living a life of higher Quality. Less social difficulties are also linked to greater psychological well-being. The purpose of the study is to examine the relationship between Body-esteem Quality of life and psychological well-being among yoga practitioners and non- practitioners, who does not practice yoga regularly. Thus, the present study aims to find if yoga can maintain good quality of life, psychological well-being and body-esteem. The study also aims to examine the lifestyle and health of yoga practitioners and non-yoga practitioners.

REVIEW OF LITERATURE

Body-esteem

Ojala et al. (2014) explored a study to examine the association between physical activity and body-esteem in 15 year-old adolescents: A cross sectional study from Finland. The major findings of the study showed an additional understanding the association between physical activity and body-esteem among adolescents. The result revealed that there was a positive relationship between moderate vigorous physical activity and body-esteem among 15 years old adolescents in Finland.

Body esteem and eating disorder symptomatology: The mediating role of appearance-motivated exercise in a non-clinical adult female sample this study was examined by Vinkers et al. (2012). The result showed that the appearance motivated exercise comparatively associated between low body esteem and eating disorder symptomatology. However, health motivated exercise was unrelated to either body-esteem and eating disorder symptomatology. The major finding of the research indicated that exercising in response to low body esteem

Body-Esteem Quality of Life and Psychological Well-Being among Yoga Practitioners

has varied effects on the probable emergence of eating disorders, demonstrating the clinical utility of taking exercise motivation into account.

Quality of life

A study was examined by Saksena (2019) aimed to study yoga as a predictor of Mindfulness, self-compassion and Quality of life among urban Indian adult community. This was a comparative study of practitioners and Non-practitioners of Hatha yoga belongs to the urban Indian adult community in New Delhi, India. The results revealed that a significant increase occurred in quality of life such as perception of health, physical health, psychological health and Environment. The main findings obtained that the role of Hatha yoga has significantly improved the dimensions of Quality of life.

Telles et al. (2019). Investigated a study to identifying Quality of Life in Yoga Experienced and Yoga Naive Asian Indian Adults with Obesity. The result showed that Four out of the six categories of quality of life showed better participant-reported outcomes in the yoga experienced group compared to the yoga naive group. The main findings of the study revealed that yoga experienced obese adult have a better quality of life in specific aspect, when compared to yoga naïve persons with a comparable degree of obesity.

Psychological well-being

Manisha D et al. (2022) conducted a study on psychological well-being and mental health: Emotional enrichment through yoga. The findings of the study revealed that there is a significant difference between psychological well-being of women who practicing yoga on regular basis and of women who do not. The results revealed that regular yoga practice improves the muscles strength and body flexibility, improves respiratory and promotes cardiovascular activity, reduce depression, stress, anxiety and other chronic pain as well, increase good sleep patterns, and improve overall well-being and quality of life.

In a study done by Athira et al. (2021) to explored the effectiveness of yoga on psychological well-being of senior citizens in selected on old age Homes of Kerala. This study was experimental approach with quasi experiment. Participants of this study were selected from old age home, jubilee mandrel and Shreya Kottarakkara at Kollam district in Kerala. The researchers used purposive sampling method to select 60 samples for the study. The findings of the study showed that yoga is very much effective in improving the psychological well-being in senior citizens.

A systematic review and meta-analysis of yoga and mindfulness meditation in prison: Effects on psychological well-being and behavioral functioning by Auty, K. M., et al (2017). The review showed that programs with longer durations and lower intensities had a statistically significant difference in impact sizes for psychological well-being when compared to those with shorter durations and higher intensities, according to moderator analyses. Compared to more intensive programmes, longer running programmes had a somewhat higher favorable impact on behavioral functioning.

METHODOLOGY

Objectives

- To examine the relationship between Body-esteem and Quality of life
- To examine the relationship between Body-esteem and psychological well-being.
- To examine the relationship between Quality of life and Psychological well-being

Body-Esteem Quality of Life and Psychological Well-Being among Yoga Practitioners

- To identify the difference in Body-esteem among yoga practitioners and non-yoga practitioners.
- To identify the difference in Quality of life among yoga practitioners and non-yoga practitioners
- To identify the difference in psychological well-being among yoga practitioners and non- yoga practitioners

Hypotheses

- H₀: There is a relationship between Body-esteem and Quality of life.
- H₀₁: There is a relationship between Body-esteem and psychological well-being.
- H₀₂: There is a relationship between Quality of life and psychological well-being.
- H₀₃: There is a difference in Body-esteem among yoga practitioners and non-yoga practitioners.
- H₀₄: There is a difference in Quality of life among yoga practitioners and non-yoga practitioners.
- H₀₅: There is a difference in psychological well-being among yoga practitioners and non-yoga practitioners.

Sample

The sample size of the study is 170 (79= yoga practitioners and 91= non-yoga practitioners) from Bangalore and Kerala who were above the age range of 25 and below 45.

Tools Used for the Study

The Body-Esteem Scale (BES) – Revised is a 28-item gender-specific multidimensional measure of body esteem for women (sexual attractiveness, weight concern, physical condition) and men (sexual attractiveness, upper body strength, physical condition). Respondents rate specific body parts and functions using a five-point Likert scale. The coefficient alpha rating of internal consistency for male and female were alpha = 0.86 to 0.91 and the test has convergent validity.

The Quality-of-Life Scale (QOLS), created originally by American psychologist John Flanagan in the 1970's, has been adapted for use in chronic illness groups. The QOLS was originally a 15-item instrument that measured five conceptual domains of quality of life: This form of the Quality-of-Life Scale (QOLS) has 16 in Item #16, “. The Cronbach's alpha ≥ 0.7 and the test has convergent validity.

Psychological Well-being is assessed with a modified 18 item version of Ryff's Scales of Psychological Well-Being. The scale includes 3 items for each of 6 aspects of well-being: self-acceptance, autonomy, environmental mastery, purpose in life, positive relations with others, and personal growth. The total score is the mean of the ratings, with a higher score relating to greater well-being. The reliability consistency varied between 0.87 and 0.96.

RESULTS AND DISCUSSION

The first section presents results obtained for correlation to finding out the relationship between each variables including statistical findings for means and standard deviations.

Body-Esteem Quality of Life and Psychological Well-Being among Yoga Practitioners

Table 1 shows the results for Pearson correlation test on Body-esteem scale and Quality of life.

Variables	n	M	SD	1	2
1.Body-esteem	170	105.68	21.24	-	0.40* 0.00
2.Quality of life		80.64	11.98	0.40* 0.00	-

The result indicates that the mean and standard deviation are found to be 105.68 and 21.24 for Body-esteem and 80.04 and 11.98 for Quality of life respectively. The mean value is higher in Body-esteem than Quality of life. The r value was found to be 0.40 with a corresponding p value of 0.00. This shows that there is a significant positive correlation between Body-esteem and Quality of life. Hence the hypothesis which states that there is a significant relationship between Body-esteem and Quality of life.

Table 2 shows the results for Pearson correlation test on Body-esteem and Psychological well-being relationship between Body-esteem and Quality of life.

Variables	n	M	SD	1	2
1.Body-esteem	170	105.68	21.24	-	0.40* 0.00
2.Psychological well-being		89.55	12.54	0.45* 0.00	-

The result indicates that the mean and standard deviation are found to be 105.68 and 21.24 for Body-esteem and 89.55 and 12.54 for Psychological well-being. The mean value is higher in Body-esteem than Psychological well-being. The r value was found to be 0.45 with a corresponding p value of 0.00. This shows that there is a significant correlation between Body-esteem and Psychological well-being. Hence, the hypothesis which states that, “There is a significant relationship between Body-esteem and Psychological well-being” is accepted.

Table 3 shows the results for Pearson correlation test on Quality of life and Psychological well-being.

Variables	n	M	SD	1	2
1.Quality of life	170	80.64	11.98	-	0.44* 0.00
2.Psychological well-being		89.55	12.54	0.45* 0.00	-

The result indicates that the mean and standard deviation are found to be 80.64 and 11.98 for Quality of life and 89.55 and 12.54 for Psychological well-being respectively. The mean value is higher in Psychological well-being than Quality of life. The r value was found to be 0.44 with a corresponding p value of 0.00. This shows that there is a significant positive correlation between Quality of life and Psychological well-being. Hence, the hypothesis which states that, “There is a significant relationship between Quality of life and Psychological well-being” is accepted.

Body-Esteem Quality of Life and Psychological Well-Being among Yoga Practitioners

Table 4 shows the difference in Body-esteem among yoga practitioners and Non-yoga practitioner

variable	category	n	MD	SD	t	sig
Body-esteem	Yoga practitioners	79	103.67	22.42	-1.15	0.25
	Non-yoga practitioners	91	107.43	20.11		

Table 4 shows the difference between yoga practitioners and Non-yoga practitioners with regard to Body-esteem. The result indicates that the mean and standard was found to be 103.67 and 22.42 for Yoga Practitioners and 107.43 and 20.11 for Non-Yoga Practitioners respectively. The p-value is found to be 0.25 which is greater than the 0.05 level, which indicates that there is no significant difference between Yoga Practitioners and Non-Yoga Practitioners in Body-esteem. Hence the hypothesis which states that there is no significant difference in body-esteem among yoga practitioners and Non-yoga practitioners is accepted. In a contradictory study by (Mahlo, L., & Tiggemann, M. 2016) results showed yoga practitioners scored higher on positive body image and embodiment, and lower on self-objectification than non-yoga practitioners.

Table 5 shows the difference in Quality of life among yoga practitioners and Non-yoga practitioner

variable	category	n	MD	SD	t	sig
Quality of life	Yoga practitioners	79	80.96	11.00	0.33	0.74
	Non-yoga practitioners	91	80.35	12.82		

Table 5 shows the difference between yoga practitioners and Non-yoga practitioners with regard to Quality of life. The result indicates that the mean and standard deviation was found to be 80.96 and 11.00 for Yoga practitioners and 80.35 and 12.82 for Non-yoga practitioners for Quality of life respectively. The p-value is found to be 0.74 which is greater than the 0.05 level, which indicates that there is no significant difference between Yoga Practitioners and Non-Yoga Practitioners in Quality of life. Hence the hypothesis which states that there is no significant difference in Quality of life among yoga practitioners and Non-yoga practitioner is accepted. In a contradictory study (Bankar, M. A., Chaudhari, S. K., & Chaudhari, K. D.2013) showed that yoga practitioners had a better physical, self-care, and social functioning than non-yoga practitioners.

Table 6 shows the difference in Psychological well-being among yoga practitioners and Non-yoga practitioners

variable	category	n	MD	SD	t	sig
Psychological well-being	Yoga practitioners	79	89.85	11.61	0.29	0.77
	Non-yoga practitioners	91	89.29	13.36		

Table 6 shows the difference between yoga practitioners and Non-yoga practitioners with regard to Psychological well-being. The result indicates that the mean and standard deviation was found to be 89.95 and 11.61 for Yoga practitioners and 89.29 and 13.36 for Non-yoga

Body-Esteem Quality of Life and Psychological Well-Being among Yoga Practitioners

practitioners for Psychological well-being respectively. The mean value is higher in yoga practitioners than Non-Yoga practitioners for Quality of life. The p-value is found to be 0.77 which is greater than the 0.05 level, which indicates that there is no significant difference between Yoga Practitioners and Non-Yoga Practitioners in Psychological well-being. Hence the hypothesis which states that there is no significant difference in Psychological well-being among yoga practitioners and Non-yoga practitioner is accepted. A convenience sample found that Indian yoga practitioners who scored higher on tests of physical functioning, self-care, social functioning, and cognitive functioning than non-practitioners (Bankar et al., 2013).

CONCLUSION

The relationship between Body-esteem, Quality of life, and psychological well-being were calculated by Pearson correlation test. The findings showed that there is a significant relationship between Body-esteem, Quality of life and psychological well-being, which was congruent with the present studies hypothesis. The study found moderate positive correlation between the variables, which means that one variable goes through a change it goes in the same direction of change. The findings showed that when there is a positive outlook on our body, our life will indeed have a good quality of life and psychological well-being. The difference in Body-esteem, Quality of life and Psychological well-being were evaluated using independent sample t test. The findings revealed that there is no significant difference in Body-esteem, Quality of life and Psychological well-being among yoga practitioners and Non-yoga practitioners. Since the majority of the yoga practitioners were infrequent in practicing yoga, which could be the reason why the study showed no differences in each variables among yoga practitioners and Non-yoga practitioners.

Upon closer examination, it can be concluded that the population included in this study practiced yoga infrequently which could affect the results of the study. Two consistent study was found that approved the above statement which are as follows Yoga might only be useful if practiced frequently; categorical measures include both regular practitioners and individuals who have only tried yoga occasionally. Next study revealed that Yoga characteristics include practice length or frequency indicate to a significant long-term improvement in health, which is consistent with a large body of intervention studies (Field, 2011). Recently researchers have begun to comprehend how practices like yoga promote well-being, health, and personal development. Yoga and other mind-body fitness regimens can help people achieve more completeness and integration in their life by recognizing the interconnectedness of the mind, body, and spirit. Yoga has the potential to be an essential part of a personal wellness plan, and health care providers, educators, and others in a similar field need to be aware of this. (Woodyard C. 2011).

Implications

People facing issues with body-esteem could undergo interventions like talk therapy or CBT to have rational thought or positive mindset regarding their body can result in achieving good quality of life and psychological well-being. The study opens perspectives for future investigations on Daily Yoga practitioners and Non-yoga practitioners.

Limitations

The data was collected by administering a questionnaire only. It might be more beneficial to use other qualitative techniques; such as focus groups or interviews. In order to get better understanding of the factors related to Body-esteem, Quality of life as well as psychological well-being. Another limitation of the study, the participants were included in this study weren't practice yoga regularly.

REFERENCES

- Athira, B., & Elizabeth, M. (2021) *Effectiveness of Yoga on Psychological Wellbeing of Senior Citizens in Selected Old Age Homes of Kerala*.
- Annapoorna, K., Latha, K., Bhat, S. M., & Bhandary, P. V. (2011). *Effect of yoga therapy on psychological well-being and quality of life in anxiety disorder*. *Int J Yoga Allied Sci*, 2, 97-103.
- Auty, K. M., Cope, A., & Liebling, A. (2017). A systematic review and meta-analysis of yoga and mindfulness meditation in prison: Effects on psychological well-being and behavioral functioning. *International journal of offender therapy and comparative criminology*, 61(6), 689-710.
- Bankar, M. A., Chaudhari, S. K., & Chaudhari, K. D. (2013). *Impact of long term Yoga practice on sleep quality and quality of life in the elderly*. *Journal of Ayurveda and integrative medicine*, 4(1), 28.
- Bartlewski, P. P. (1996). *Effects of aerobic exercise on the social physique anxiety and body esteem of female college students*. *Women in sport and physical Activity journal*, 5(2), 49-62.
- Bourgoin, K. A. (2011). *Effects of Mindful Yoga Practice on Psychological Well-Being Among College Students*.
- Cramer, H., Lauche, R., Langhorst, J., Dobos, G., & Paul, A. (2013). *Quality of life and mental health in patients with chronic diseases who regularly practice yoga and those who do not: a case-control study*. *Evidence-Based Complementary and Alternative Medicine*, 2013.
- Franzoi, S. L., & Shields, S. A. (1984). The Body Esteem Scale: Multidimensional structure and sex differences in a college population. *Journal of personality assessment*, 48(2), 173-178.
- Kelley, J. L. (2009). *Body esteem and psychological well-being in female yoga practitioners*. Oklahoma State University.
- Khanjani, M., Shahidi, S., Fathabadi, J., Mazaheri, M. A., & Shokri, O. (2014). Factor structure and psychometric properties of the Ryff's scale of Psychological well-being, short form (18-item) among male and female students. *Thoughts and Behavior in Clinical Psychology*, 9(32), 27-36.
- Mahlo, L., & Tiggemann, M. (2016). *Yoga and positive body image: A test of the Embodiment Model*. *Body Image*, 18, 135-142.
- Saksena, T. (2019, January 1). *Shodhganga@INFLIBNET: Yoga as a Predictor of Mindfulness Self Compassion and Quality of Life*. <http://hdl.handle.net/10603/332191>.
- Telles, S., Sharma, S. K., Singh, A., Kala, N., Upadhyay, V., Arya, J., & Balkrishna, A. (2019). *Quality of Life in Yoga Experienced and Yoga Naïve Asian Indian Adults with Obesity*. *Journal of obesity*, 2019.
- Woodyard, C. (2011). Exploring the therapeutic effects of yoga and its ability to increase quality of life. *International journal of yoga*, 4(2), 49.

Acknowledgement

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Johnson, J. & Vijayan, D. (2023). Body-Esteem Quality of Life and Psychological Well-Being among Yoga Practitioners. *International Journal of Indian Psychology*, 11(1), 2200-2207. DIP:18.01.220.20231101, DOI:10.25215/1101.220