

Practicing Yoga Positively Affects Psychological Well Being

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ABSTRACT

Well-being is one of the most important goals which individuals as well as societies strive for. The term denotes that something is in a good state. So many terms such as happiness, satisfaction, hope, positive affect, positive mental health, well-being and quality of life have been used in the literature synonymously and interchangeably. The word 'well-being' is mostly used for specific variety of goodness, for example, living in a good environment, being of worth for the world, being able to cope with life, enjoying life, etc. The main purpose in the present investigation was to find out the impact of Yoga practice, family structure & Gender on Psychological well-being. A total sample was selected 100 males & 100 females with the help of random sampling from Western Uttar Pradesh. Psychological well-being scale constructed and standardized by Prof. S.N. Rai & Deepika Gupta has been used to obtain psychological well-being scores. A 2x2x2 factorial design was used using descriptive methods of research. The result of analysis of variance revealed that there was significant effect of Yoga practice on psychological well-being but family structure and gender have not been found significant.

Keywords: *Psychological well-being, Yoga practice, Family structure & Gender*

Well-being may be defined as a subjective, positive emotional state with general life satisfaction (Diener, 1984). It involves the way the individual feels about him self or herself and is due to achievement of goals in life. Therefore, the most common and comprehensive indicator of the sense of well-being includes life satisfaction which refers to an individual's own global judgment of his/her quality of life, feeling of contentment and happiness. Various domains of the feeling of satisfaction are recreation, love, marriage, friendship and so forth. Summer (1996) pointed out that life satisfaction is a superior indicator of well-being than hedonic balance life satisfaction denotes personal appreciation of life. This kind of well-being is substantially subjective. According to Veenhoven (2004), it includes satisfaction with aspects of life and satisfaction with life as-a-whole. Satisfaction with aspects of life is concerned with different domains of life such as work, family or leisure, job satisfaction can be to some extent inferred from objective observable behaviours, such as job hopping, absenteeism and productivity, There is wide spread consensus on evidence to corroborate the relatively strong relationship between what people do at work and their overall enjoyment of life Andrews and Withey (1976).

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Received: May 04, 2025; Revision Received: June 26, 2025; Accepted: June 30, 2025

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The sense of 'enjoyment of life' (commonly referred as satisfaction, happiness and joy) or subjective appreciation of life Veenhoven (2004) is also conceptualized as an indicator of well-being. One's conscious sense of happiness – presence of pleasure and absence of pain – has two meanings (a) state of well-being characterized by emotions ranging from contentment to intense joy; and (b) emotions experienced when in a state of well-being. The descriptors of contentment are satisfaction, mood (positive emotions), and enjoyment. Deiner (1984) reported that happy people tend to have high self-esteem, a satisfying love relationship, a meaningful religious faith, and sufficient social activities. Diener also reported that happiness does not appear to be related to age, sex, race and education. Happy people may have greater self-confidence, sociability or better social relationships and other characteristics of those high in wellbeing.

The level of adjustment is assumed to reflect individual and collective well-being. The successfully adjusted person is pleased with his/her life (Schwarz and Clore, 1983). Maslow (1970) identified the characteristics of the self-actualized person in his humanistic approach many of those are characteristics of the happy, well-adjusted person. Everyone would prefer to be well-adjusted and happy, but too often people experience so much stress that they are not as happy as they would like to be.

Like all other major psychological indicators emotional stability and emotional maturity also indicate towards the sense of well-being. Emotional stability refers to the tendency to be relaxed and at peace with one-self. Emotional maturity is considered as significant predictor of success that an individual will achieve in their lifetime, the ability to deal constructively with reality, the capacity do adapt to change, a relative freedom from symptoms that are produced by tension and anxieties, the capacity to find more satisfaction in giving than receiving, the capacity to relate to other people in a confident one's instinctive hostile energy into creative helpfulness, the capacity to sublimate, to redirect one's instinctive hostile energy in to creative and constructive outlets; the capacity to love, the ability to learn from experience, the ability to accept frustration (Maheshwari, 2005).

Yoga:

Yoga is a way of life, an art of righteous living or an integrated system for the benefit of the body, mind and inner spirit. This art originated, was perfected and practiced in India thousands of years ago. The references to yoga are available in "Upanishads" and 'Puranas' composed by Indian Aryans in the later Vedic and Post-Vedic period. the main credit for systematizing yoga goes to Patanjali who wrote 'Yoga Sutra', two thousand years ago. He described the principles of the full eight-fold yogic discipline. He composed the treatise in brief code words known as 'Sutras', Yoga Sutra' is the most important basic text on Yoga. It is through this basic treatise that the essential message of Yoga spread throughout the world.

In a study K Madhava Chandan (2017). Confirm that the positive effect of Yoga in achieving a feeling of well being among people.

Srishti Dhruv Singh, Mr Abhijeet Chore, Mr. Viashall Bendre (2022). Concluded that yoga & mediation do the effect on the psychological well-being of a person. Yoga on ancient system of life style help to achieve an overall harmonious state of well-being.

Family disturbance demotes psychological well-being of children. Henderson, *et.al.*, (2003) suggest that mothers with psychopathology symptoms reporter lower levels of marital

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satisfaction, well-being and higher level of child behaviour problems. In addition, marital dissatisfaction is related to lower levels of family cohesion. *Aseltine, Robert* (1994) in their study results indicate that the family relations exerted greater effects on psychological well-being than relations with peers. In a study *M.C. Farlane, et.al.*, (1995) revealed that the social self-efficacy and social support from family and peers were positively associated with well-being. *Brent, et.al.*, (1995) also found parental psychological as an important risk factor for suicide.

Objectives

- To find out the effect of yoga on family structure, gender on psychological well-being among male & female.
- To find out the interaction effect between Yoga x family structure, family structure x gender, yoga x gender, yoga x family structure x gender on psychological well-being among male & female.

Hypotheses

- There will be no significant effect of Yoga, family structure, gender on psychological well-being.
- There will be no significant interaction effect of Yoga x family structure, family structure x gender, yoga x gender & also yoga x family structure x gender on psychological well-being.

Variables

Independent Variables

(1) Gender

(i) Male (ii) Female

(2) Family Structure

(i) Joint Family (ii) Nuclear family

3) Yoga

(i) Yoga practitioner (ii) Non yoga practitioner

Dependent Variable

1) Psychological well-being.

Experimental Design

The present study comprises three independent variable. The first independent variable gender of the subjects has two distinct, categories, Male and Female. The second independent variable Yoga has been varied at two level, Yoga and Non-yoga. The third independent variable is family structure has been varied at two levels. Joint family and Nuclear family. Thus, in the present study a factorial design of 2x2x2 with 8 cells were used.

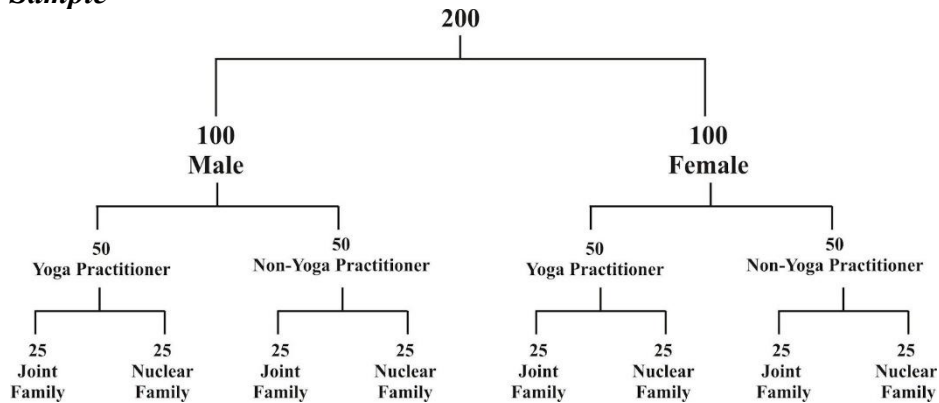
Sampling Design

In the present investigation total 200 subject have been selected with the help of random sampling in which 100 subjects are male and 100 female (50 joint family and 50 nuclear family) with an age range of 25 to 35. The subjects were freely drawn from general population of Western Uttar Pradesh. All the subject reported themselves to be in a good health. First of all, the purpose of the study was explained to the subjects which helped to get consent and establishing report the tools were administrated on the selected sample. The

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selected sample told to respond freely without inhibition and were assured that their responses will not be made public and strictly be used for research purpose only.

Sample



Tools:

Psychological Well-Being Scale:

The Psychological Well-being scale constructed and standardized by Prof. S.N. Rai & Mrs. Deepika Gupta. Psychological Well-being Scale is a theoretically grounded instrument that specifically focuses on measuring multiple facets of psychological wellbeing. These facets include the following.

- Self-acceptance.
- The establishment of quality ties to other.
- A sense of autonomy in thought and action.
- The ability to manage complex environments to suit personal needs and values.
- The pursuit of meaningful goals and a sense of purpose in life.
- Continued growth and development as a person.

There are 54 items in it. A high score indicates a higher well-being and vice-versa. Test-retest reliability was found to be .77 or the total Well-being measure.

Personal data sheet:

A personal data sheet was constructed by the researchers to collect information regarding subject, age, sex, type of family and participation in yogic activities.

Statistical Analysis:

In order to arrive at some conclusions on the basis of the present study mainly two types of statistical analysis have been used

(i) Mean. (ii) Analysis of variance (ANOVA).

Results of 2x2x2 analysis of variance for Psychological well being scores are summarized in Table.

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Table – 1 Summary of Analysis of variance for Psychological well being

Sources of Variation	SS	df	MS	F
A (Gender)	3.92	1	3.92	0.0024
B (Yoga)	6498	1	6498	4.056*
C (Family Stru.)	3646.58	1	3646.58	2.276
AB	816.18	1	816.08	0.509
BC	760.5	1	760.5	0.475
AC	144.18	1	144.18	0.099
ABC	12.82	1	12.82	0.008
Within Treatment (error)	307608.6	192	1602.13	
Total	319490.68	199		

*Denotes significant at 0.05 level of confidence.

Table – 2 Mean score of Psychological well being for factor A (Gender).

A (Gender)	Number	Total	Mean
Male A ₁	100	19840	198.40
Female A ₂	100	19868	198.68

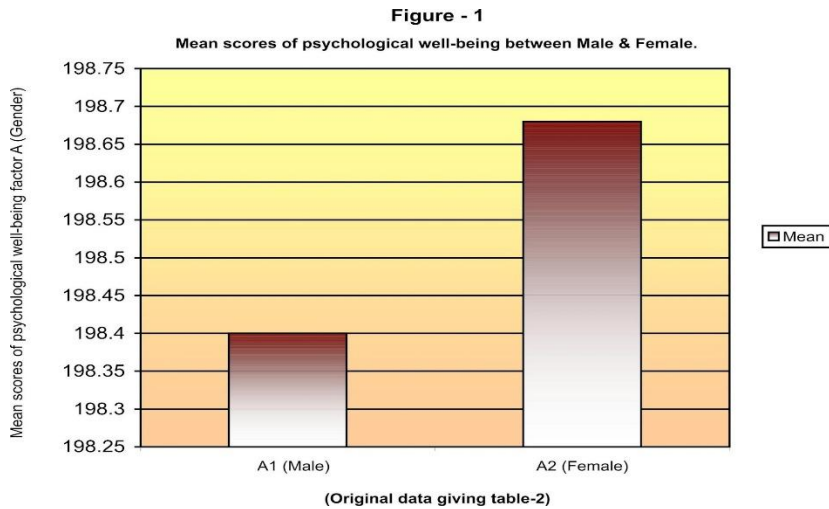
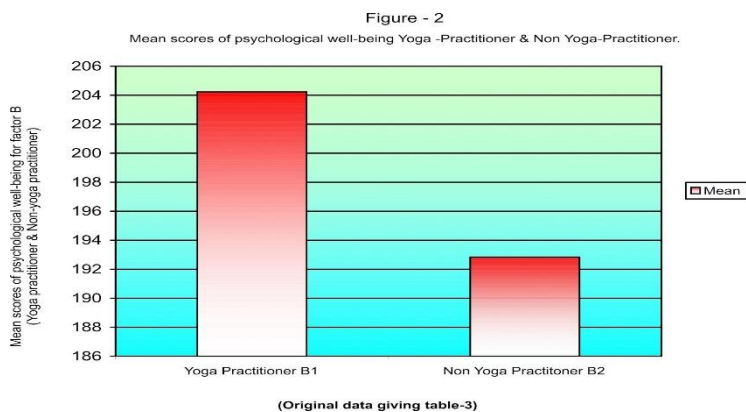


Table – 3 Mean score of Psychological well being for factor B yoga practice

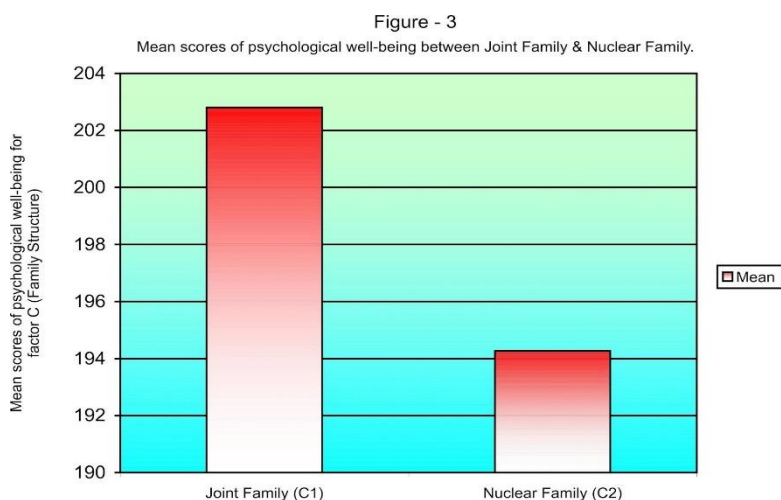
B	Number	Total	Mean
Yoga Practitioner B ₁	100	20424	204.24
Non Yoga Practitioner B ₂	100	19284	192.84



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Table – 4 Mean score of Psychological well being for factor C (family structure)

Family Structure	Number	Total	Mean
Joint Family (C ₁)	100	20281	202.81
Nuclear Family (C ₂)	100	19427	194.27



(Original data giving table-4)

Table 1- Reveals that the 'F' value for factor A is $(1,192) = 0.0024$. It means 'F' ratio for factor A is insignificant. It indicates that Gender is not a significant contributor of the well-being level. Table 2 indicates that the mean score of A2 is greater than A1. Thus it reveals that the degree of psychological well-being among female is slight more than that of male. Mean score of table 2 are also presented in graphic forms in fig. 1. The X-axis shows two levels of factor A & Y-axis shows the mean score of psychological well-beings.

Verma (2005) reported that girls have been found to become more emotionally upset as compared to boys. Renouf and Harter (2000) concluded that female have higher rates of depression and have low psychological well-being than male. Katyal and Vasudeva (2001) also found in a study that female experience significantly higher stress and low happiness level than that of male.

Table 1 indicate the 'F' value for Factor B is $(df 1,192) 4.056^* P<.05$. It reveals that factor B (yoga practice) has been found a significant contributor to psychological well-being. Table 3 indicates that the mean score of B1 is 204.24 and for B2 is 192.84. Thus it reveals that the degree of psychological well-being of Yoga practitioner is more than that of non Yoga practitioner. Mean score of table 3 are also represented in graphic form fig. 2. The X-axis show two levels of factor B & Y-axis show the mean score of psychological well-being.

In another study Kimberlee Bethany Bonura, Gershon Tenabawn (2014) suggested that Yoga participant improve more than both exercise & control in participant in anger. Yoga helps changes in self control and moderated changes in psychological well-being. Over a 6-week period, finding indicate Yoga's potential for improving psychological health and well-being in older adults.

Rahul Bansal, Monika Gupta, Bhaskar Aggarwal, Sachin Sharma (2013) concluded that a short term specific Yoga intervention may be effective in improving general and mental

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well-being in student. The student reported improvement in well-being by following the intervention and difference that was found to be highly significant.

Moliver N., Mika EM, Chortrand MS, Hausman RE, Khalsa SBs2 (2013) the following study suggested that there were significant positive relationship between Yoga experience and all outcome variable. Among a non-probability sample of female Yoga practitioners between 45 to 80 years increased Yoga experience predicted increase level of psychological well being.

A glance at the analysis of variance Table 1 indicates that 'F' value for factor C is (df, 1, 192) = 2.276. It reveals that 'F' ratio for factor 'C' is not significant at any level of confidence. Table no. 4 indicates that the mean score of C1 is greater than C2. Thus it reveals that the psychological well-being score among the joint family members is more than that of nuclear family members. Mean score of table 4 are also represented in a graphic form in fig 3. The 'X' axis show two level of factor 'C' and Y-axis shows the mean scores of psychological well-being.

Family : Srivastava (2002) and found that in Indian context joint family may provide a large supportive network and counteract stress and its adverse consequence. In another study Pandey and Srivastava (2002) found that persons with nuclear family expressed more interpersonal stress and low psychological well-being. In an another study Billing Moos (1982) reported that a supportive family environment fasters psychological well-being. The people experiencing high control but low cohesion have been found to be more introverted, depressed and low well-being level.

CONCLUSION

1. In this present study Gender has not been found a significant predictor of psychological well-being.
2. The present research paper points and that Yoga is one of the most helpful and healthy forms of experience to manage the life.
3. The research revealed that joint family members have been found high scorer in comparison to nuclear family members with respect to psychological well-being. It may be because of fact that joint family has its own unique environment. To be clearer better emotional there, better interaction among family members results into better psychological well-being.

Practical Implications of the Study

Family is a delicate bouquet and needs to be nurtured in prudent manner. The obtained findings are important and promising. Now it is the right time and it is very essential to work together to develop family coping skills and strengthen family bonds. They should set priorities and goals as a family and clarify family members rules and responsibility.

Yoga is a promising approach for psychological well-being. Yoga helps to improve the mental health. Yoga helps to reduce stress through various techniques. With a better control over mind one feels that the world is, after all, not that uncongenial a place to live in. The regular practice of Yoga strengthens the nervous system and helps people deal with stress and ill mental health effectively by reducing the steroid-hormones, uric acid, free-fatty acids cholesterol etc.

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The role of social-workers, researcher, media, etc should be more active in starting programmes for family environment and awareness in the society should be increased.

Clinicians can understand the roots of the poor-family environment in a better fashion and will be able to develop an appropriate intervention plan.

Thus, our research can give direction for further research. It will help to develop an appropriate intervention plan for family Thus it can be helpful to the advancement of the field e.g. a better family environment where the relative of the family members are cordial encouraging for its members will be helpful in reducing the challenging and hard-ships.

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Acknowledgment

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: Neeraj, Tomar, K. & Vishwas (2025). Practicing Yoga Positively Affects Psychological Well Being. *International Journal of Indian Psychology*, 13(2), 5049-5057. DIP:18.01.446.20251302, DOI:10.25215/1302.446