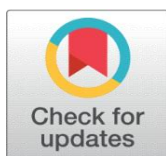


WORK - LIFE BALANCE AND MENTAL HEALTH: EMOTION ENRICHMENT THROUGH YOGA

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ABSTRACT

The objective of this exploration is to assess the discoveries of picked examinations on yoga's restorative impacts & to give a full outline of the advantages of normal "Yoga" practice. As the notoriety of brain body wellness programmes like "Yoga", it's critical for health care practitioners to understand the "Yoga" nature & evidence for therapeutic impacts. Resulting to it, this research paper presents yoga's therapeutic effect information as they are been examined on selected population for different conditions. "Therapeutic yoga" is distinct "Yoga" postures & practices usage for health concerns & instruction at "yogic practices and teachings" to prevent or alleviate structural, emotional, physiological, and spiritual suffering, pain or limitations. According to the findings, "yogic practices" improves muscular strength & body flexibility, promote and develop respiratory & cardiovascular function, also reduces anxiety, stress, depression & chronic pain which improve sleep patterns as well as overall well-being & life quality.

Keywords: Life Balance, Mental Health, Depression, Life Quality, "Therapeutic Yoga"



1. INTRODUCTION

"Yoga", an old tradition since 3,000 years is regarded now at India as holistic approach towards mental health & is classified as a form of Alternative & Complementary Medicine by "the National Institutes of Health (CAM)". [1] The term "yoga" - derived by Sanskrit root "yuj," - means "union" / "yoke," & "to join" as well as "to direct and concentrate one's attention." [2,3] Habitual "Yoga" practice promotes endurance, strength and flexibility, as well as friendliness, compassion & better self-control, calmness & psychological well-being. [4,5] Sustained practice also results at important outcomes like perspective life shift, self-awareness & mental health increased for living life with genuine fully & enjoyment. [6-8] "Yoga" practice results in a physiological status that is diametrically opposed to that of "Yoga" is a type of "mind-body fitness" which combines muscular activity with internally directed mindful focus at self, breath & emotion enrichment. [4] The "teachings & practices of yoga's healing system" are founded on four fundamental principles. [6] The 1st principle is that "the human body is a holistic entity made up of various interconnected dimensions that are inseparable from one another & that the health or illness of any one dimension affects the other dimensions". The 2nd principle is that "individuals & their needs are unique and must be approached accordingly. Individuality must be respected, and their practice must be tailored accordingly". The 3rd principle is that "yoga empowers the women; the women are her own healers. "Yoga" involves the women in the healing process; by taking an active role in their journey to health, healing occurs from within rather than from without, and a greater sense of autonomy is achieved". The 4th principle is that "the state & quality of

one’s mind are critical to healing”. The healing cures quickly when an individual has positive mind-state; whereas healing can take longer if the individual has a negative mind-state.

Individuality & practice must be tailored accordingly. The “eight limbs” are made up of “ethical principles for living” a Work - Life balance & purposeful life with better mental health; they serve as a “prescription for moral as well as ethical conduct & self-discipline, directing attention to one’s health while acknowledging the spiritual aspects of one’s nature”. Any of these “eight limbs” can be practiced separately, but in “yoga philosophy”, “physical postures & breathing exercises” prepare that “mind & body” for meditation & emotion enrichment. [4, 10] Many different yogic disciplines have evolved from Patanjali’s “eight limbs”. Each has its own method of disease prevention & treatment. [1] The “physical postures & breathing practices” of “Hatha yoga” & meditation, are the most commonly practiced aspects of “yoga” at India. [4] “Hatha yoga” improves body capacity through a series of “body postures, movements (Asanas) & breathing techniques (Pranayama)”. “Hatha yoga” breathing techniques emphasize “conscious inhalation, breath retention & exhalation”. Body energy channel blockages are cleared & energy system becomes better balanced with unification, breath & concentration while performing the “postures & movements”. Standing poses are emphasized in “Yoga” to develop stability, strength, stamina, “body alignment” & concentration. Props are used to aid “learning & adjust poses” as well as instruction for “yoga” usage to alleviate a variety of ailments & stressors.

“Yoga” is apparent as psyche body type medication which coordinates person’s “physical, mental & psychological” parts of wellbeing to further develop, especially stress related illnesses. [8] The research results show that pressure adds to the mental illness and psychological happiness as well as other ongoing circumstances is cured. [11] Logical “Yoga” investigation has expanded considerably recently & frequent clinical preliminaries are intended to evaluate its restorative impacts & advantages. Accordingly, this survey of the writing is opportune & significant which gives data with due respect to “restorative impacts of Yoga” in different masses concerning a huge number of various infirmities & conditions. “Remedial Yoga” is typified as use of “Yoga stances & practice” for wellbeing condition treatment. [4] “Yoga” treatment includes “guidance in yogic practices & lessons” to forestall diminish or mitigate underlying, physiological, profound & otherworldly torment, enduring or impediments. “Yogic practices” upgrade “strong strength & body adaptability”, advance & work on “respiratory & cardiovascular capacity”, advance “recuperation from dependence therapy’, decrease pressure, uneasiness & improve in general prosperity & nature of life. [4, 6]

2. METHODS

To find research examination that inspected the restorative impacts of “Yoga”, data sets were obtained through a questionnaire constructed and standardized by Dr. Jagdish & Dr. A. K. Shrivastava which researcher implemented on a population of 60 women, out of which 30 women were from rural area and rest 30 were from urban area who were performing “Yoga” practices regularly and the 30 women from rural segment were not performing the “Yoga” practices.

3. DATA ANALYSIS

Reliability – 0.73

Validity – High

Table - 1 showing result of data analysis for Mental Health

Variable	Sample	Mean	SD	t'-value	Level of Significance
Rural Women	30	156.27	4.39	2.70	0.01
Urban Women	30	144.40			

Graph - 1 showing graphical presentation of data analysis for Mental Health

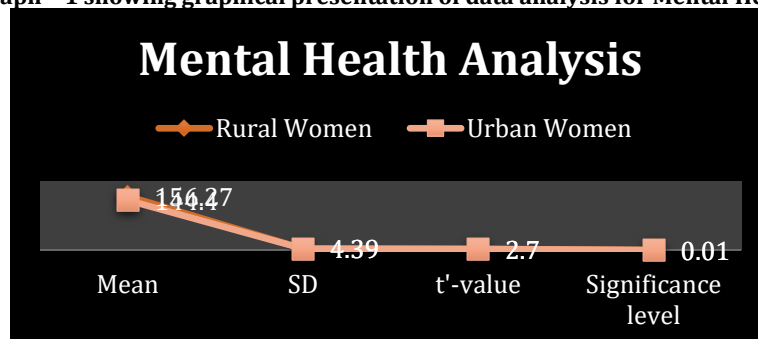
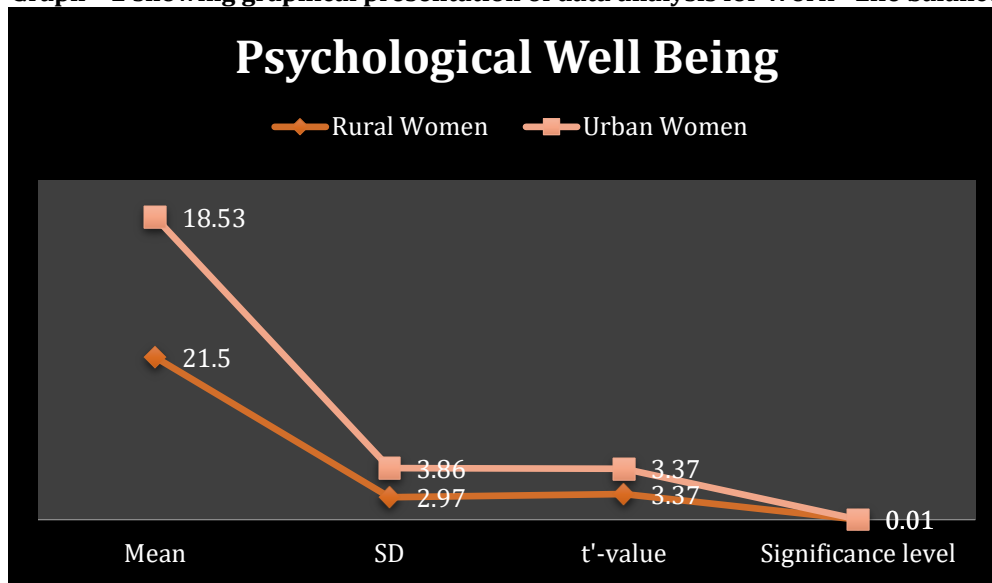


Table - 2 showing result of data analysis for Work - Life balance

Variable	Sample	Mean	SD	't'-value	Level of Significance
Rural Women	30	21.50	2.97	3.37	0.01
Urban Women	30	18.53	3.86		

Graph - 2 showing graphical presentation of data analysis for Work - Life balance



4. RESULTS

Psychological well-being issues like tension stress & sleep deprivation are among the most widely recognized explanations behind people to look for treatment with corresponding treatments, for example, “Yoga”. “Yoga” urges one to unwind, slow the breath & spotlight on the present, moving the equilibrium from the thoughtful sensory system as well as the flight-or-battle reaction to the psychological framework. The last position is quieting & supportive; it brings down breathing & pulse, diminishes circulatory strain and brings down cortisol levels as well as increments blood stream to the digestion tracts & indispensable organs. The test rest according to the table 1 shows that urban women who were performing “Yoga” were found least stressed and their mental health level was good. They were found with strong mental health compare to the rural group who were not performing the “Yoga” practices. Now looking at the table 2, the analysis for Work - Life balance, again the urban women who were performing “Yoga” were found psychologically strong and their Work - Life balance level was good. They were found with more happiness compare to the rural group who were not performing the “Yoga” practices.

5. CONCLUSION

Quickly arising in India as the discipline for incorporating a psyche & body into association & congruity, when embraced as a lifestyle, “Yoga” works on “physical, mental, scholarly and profound wellbeing”. “Yoga” offers a successful strategy for overseeing & diminishing pressure, nervousness & melancholy. This investigation reveals the “Yoga” adequacy on mind state related messes. “Yoga”, a type of brain body works out, has turned into an inexorably far reaching treatment used to keep up with wellbeing, and ease a scope of medical issues and to maintain and improve Work - Life balance. “Yoga” ought to be considered as a corresponding treatment or elective strategy for clinical treatment of stress, tension, melancholy & other temperament problems as it is displayed to make more prominent feeling of prosperity, increment sensations of unwinding, work on self-assurance and self-perception, further develop effectiveness, better relational connections, increment mindfulness, lower touchiness, and energize a hopeful point of view. This research presents that how “Yoga” advances self-improvement; enrich emotions, psychological wellbeing & better mental health. By recognizing the solidarity of brain, body & soul, mind-body work out schedules (for example “Yoga”) can help individuals in their quest for harmony, serenity & more prominent completeness which mix in their lives. Medical services experts, wellbeing teachers and such, should know about the capability of “Yoga” as a significant part of an individual health plan.

CONFLICT OF INTERESTS

None.

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None.

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