

A Review on the Benefits of Yoga Practices for Working Professionals

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Abstract:

Stress and anxiety in the corporate sector have been drastically increasing worldwide. Stress and tension at work in today's time has become a constitutive phase of everyday life. In the year 1992, it was identified by United Nations that job stress and the pressure was a '20th-century epidemic' which is about to be carried forward in future. On the other hand, The World Health Organization took it to a larger level by calling it a 'worldwide epidemic'. Main aim of this research is to review on the benefits of Yoga practices for working professionals. Working professionals face lots physical and mental issues in their working environments. The Yoga practices create a significant impact on solving these issues. The main aim of this research is to analyze benefits of yoga practices with respect to the working professionals at physical, Mental, Emotional & Intellectual levels. Further, this study uses the secondary data collection methods. The yogic practices pave a way to enhance the activities of brain related to cognitive performance and decision making among the working professionals in the corporate sector. It is concluded that yoga practices have benefited working professionals in decision making, mind-body coordination, positive energy and enhancing well-being and quality of life. In future, this work can

be detailed by collecting the primary data source through quantitative approach among various investigators.

Keywords: Benefits of yoga practices, decision making, mind-body coordination, positive energy and enhancing well-being and quality of life, Yoga for working professionals.

1. Introduction:

Yoga, first introduced in India and described as far back as in the Vedic texts has been practiced for millennia. Yoga includes a sequence of postures known as asanas and the control of one's breath while meditating, which leads to highly relaxation state. Yoga's purpose is the achievement of physical, psychological and spiritual wellness by challenging muscular strength, endurance, flexibility, and balance. Yoga is the answer for healing stress among working men and women in the working place (Sharma, Chauhan and Khanna, 2012). The yoga has the tendency to enhance energy of person and it also develops the positive attitude among the working professionals. In this sense, yoga is pointed as the all-in-one formula which also acts as the soothing agent for the burned out corporate. It has grown on the popularity chart which serves

as reviver of body, soul and mind (Deshpande, 2012). Chakrasana, Chatushkonasana, Dolasana, Hastapada Shirshasana, Kagasana, Karnapidanasana, Matsyendrasana, Mrigasana, Naukasana, PadaHastasana, Padmasana, Parvatasana, Viparitakarani, Yoga Mudra, Sarvangabaddhasana, Shirshachakrasana, Sarvangasana, Shukasana, Suptavajrasana, Surya Namaskar, Trikonasana, Dhanurasana, Halasana, Tolangulasana, Nauli, Utthita Padmasana, Utthita Shirshasana, Baddha Padmasana, Brahma mudra (Slathia, 2014) are some of the Asanas which have created the significant impact on the health of human beings. In fact, yoga has helped to determine the weakness of people working in the corporate sector. Most of the employees also agree that yoga as the part of corporate sector helps to overcome stress. Yoga sutras have outlined a skillful way to conduct the life which fosters moderation and harmony (Becker, 2000). Yoga presents a rich source to generate indigenous technique of organizational development which may perhaps find better acceptance when compared to the imported designs of intervention from the west. It can be also analyzed that the long-term practitioner of yoga acquires a remarkable voluntary control over their process of autonomy and it also helps them to cope with the psychological stress successively. Finally, the present study attempts to investigate the benefits of yoga practices with respect to the working professionals in different sectors.

2. Literature Review:

2.1 Benefits of Yoga Practices to Working Professionals:

2.1.1 Decision Making:

Hyland, Lee and Mills (n.d) has proposed the new approach of mindfulness at work to improve organizational and individual performance. They found out that the mindful practice has led to better decision making such that the individuals have practiced mindfulness more likely to understand the information value for current circumstances (Fiol et al, 2003). Shapiro et al (2009) studied about the yoga therapy with informed consent and shared decision making. The therapy of Yoga has viewed as a prescription of off-label to which the principles of informed consent and shared decision making should also be applied. Farias and Bilderbeck (n.d) analyzed the effects of Yoga and meditation in a prison population. The Yoga practices have lot of benefits which includes stress reduction, psychological distress reduction, improved mood, concentration, decision making and ability to override impulse. Khalsa and Gould (2012) pointed that the Yoga and meditation not only makes the brain as more efficient, it also improves the executive function of the human body, the activity of brain related to cognitive performance and decision-making. It can be also predicted that the memory retention and cognitive performance after Yoga are superior to aerobic exercise. Gard et al (2014) studied the potential self-regulatory mechanisms of Yoga for psychological health. They pointed that the Yoga practices have influenced decision making and moral reasoning in implicit way. In fact, the regulation of an emotion, self-reflection and integration of information are some of the effective strategies which are affecting the ethical decision making.

2.1.2. Mind-Body Coordination:

Kauts and Sharma (2012) investigated the effect of Yoga on concentration and memory

in relation to stress. Yoga has played a beneficial role for the restless mind which gives solace. It has been found out that the Yogic practices have increased the mind-body coordination to reduce the emotional instability, hostility and depression. Suri, Saini and Gupta (2016) have explored the physiological effects of Yoga. They have predicted the Yoga and diet counseling as novel emerging clinical discipline of mind-body medicine and it is used worldwide under alternative medicine in an increasing manner. Yoga, hypnotherapy and art therapy are some interventions related to mind-body. According to Bubela and Gayford (2014), the mind-body practice of Yoga has become popular worldwide and it has improved the overall health and fitness across ranges of age. Mattocks (2014) investigated the effects of yogic practice on pre-professional dance training with the effect of Yoga and dance. The mind-body connections has successfully made by the effect of yogic practice. In fact, the movement patterns and sensations have created the action strength similar to the muscle memory concept. Kaley-Isley et al (2010) analyzed the Yoga as the complementary therapy for children and adolescents. The Yoga is referred as the intervention of mind-body complementary medicine to enhance the specific conditions of physical and mental health. It is also used as the mind-body therapeutic tool in pediatric population. The Yoga practices which arouse out of thought system have been designed to facilitate development of mind, human body and breath to produce psychological and structural effects. In this effect, the Yoga nidra has provided the progressive relaxation of body, mind and emotions to achieve intention. Indeed, the medicine of mind-body has focused on the strategies of intervention which are promoting health effectively.

2.1.3. Positive Energy:

Kumari (2016) studied about the impact of Yoga on life quality. After doing Yoga and meditation the stress seems to drift away with the positive energy. The author has focused on the Yoga and meditation which act as the best practices adopted by organizations to reduce and overcome stress at the working environment. In fact, the Yoga program has designed incorporating the technique of breathing exercise for vitality, flexibility and meditation. It can be also analyzed that there is a positive relationship between stress, the Yoga practices and meditation. Hsu (2015) studied about the experience of professional helpers in self-care through mindfulness Yoga. Mindfulness Yoga has helped the professional helpers to experience deep meditation and promoting the self awareness and nourishment. It also has kept helping professional achieve more tranquil condition. It has the tendency to promote kindness and positive energy by preventing professional burnout in an effective manner. Mood changes associated with Iyengar Yoga practices have been studied by Shapiro and Cline (2004). The mood changes are dependent on the characteristics of one's personality trait. It can be analyzed that the positive mood effects of back bends are seem to be greater for participants who are relatively depressed. The authors pointed that the Yoga practices have played a potential role to increase the positive mood and decrease the negative mood. Confident, content, happy, optimistic and relaxed are some of the positive moods highly achieved after the adoption of Yogic practices. Bryan and Zipp (2014) analyzed the effect of mindfulness meditation techniques during Yoga and cycling. The techniques of mindfulness have supported the ability to

direct the mind and reduce the negative sensations in a wider range. The participation in Yoga could contribute to positive exercise induced states of feeling, regardless of the very different movement and intensities involved in these activities. The authors have pointed out that the physical activity of Yoga has resulted in positive mood states and improvements and it also enhance the management of health behavior effectively. Ramesh (2011) analyzed the effect of physical exercises and yogic practices on health related physical fitness of obese adolescents. The positive energy is created when the input has exceeded the expenditure level.

2.1 4. Enhancing Well-Being and Quality Of Life:

Hartfiel et al (2013) analyzed the effectiveness of Yoga for the improvement of well-being and resilience to stress in the work place. The authors predicted that the long term Yoga practice has shown to reduce the perceived stress and increasing the self-assessed well-being in a higher level. In other words, the Yogic practices may be effective to improve the well-being in the workplace. Composed-anxious, clear minded confused, elated-depressed, energy-tired, agreeable-hostile and confident-unsure are some of the six domains of emotional well-being controlled by the Yogic practices. In fact, the authors pointed that the short-six week programme of Dru Yoga seems to be more effective for enhancing the wellbeing and resilience to stress in the working environment. Fusilier (n.d) studied about the Yoga and meditation for enhanced mood and well-being. Stress reduction, increased self-awareness, improved concentration, increased energy and viability, increased emotional stability and mental clarity are some of the psychological

benefits of a regular Yoga practice. The author pointed the Yoga as the powerful tool to promote the mental and physical well-being. Essentially, it has acted as the preventive and cost effective approach to wellbeing. Asanas have led to increased production of certain neurotransmitters which in turn enhances mood and well-being state of an individual. Ferguson (2016) analyzed the effects of a Yoga nidra practices on mental health clinicians perceived stress. Yoga nidra practice acts as the guided meditation relaxation practice and it has the significant effect on stress in workplace. It also has played a significant role to enhance the quality and well-being of the individual in the working environment. Carlin et al (2009) has analyzed the effect of Yoga on selective attention and mental concentration in young adults. Aerobic exercise has created the positive impact on the physical well-being. In fact, the meditation has increased the measures of well-being and symptoms and mindfulness. This also signifies that practicing meditation has significantly reduced the psychological distress and enhances well-being highly. Madanmohan (n.d) analyzed the effect of Yogic practices on different systems of human body. Hatha Yogic practices have resulted in significant improvement in quality of life when compared to walking exercise. Yoga program seems to be more effective for mental distress in which it has played a significant role to improve the subjective well-being and reduce fatigue and depression. In this sense, yogic practices can be used as psychophysiologic stimuli to enhance endogenous melatonin secretion which, in turn, is responsible for improved sense of well-being. Effects of a yoga-based intervention for young adults on quality of life and perceived stress with the potential mediating roles of mindfulness and self-

compassion has analyzed by Gard et al (2012). The positive effects on quality of life have suggested that the yoga-based interventions may be of value in cultivating subjective well-being in young adults.

2.2 Existing Studies:

A study done by Prakash, Meshram and Ramtekkar (2007) examined the athletes, yogis and individuals with sedentary lifestyle. Yoga has produced the beneficial effects to the working professionals. The authors also recommended that the sedentary workers should adopt yogic exercise to improve their health. Pranayam, a yogic practice has created the beneficial effects on the efficiency of respiratory system. The authors analyzed that the Yogic and athletes has significantly better PEFR when compared to sedentary workers. Involvement in daily yoga has helped to achieve the better pulmonary function.

Bashir and Thakur (2016) analyzed the impact of Yogic and physical exercises on personality variables. The authors have predicted that the Yoga and physical exercise has created the significant positive impact on the human health. Fifty Yard disk, agility-SEMO agility test and 600 yard run-walk test are some of the criterion measures used to measure the impact of Yogic and physical exercise. It can be also revealed that the Yoga and physical exercise training has lowered the agility in a significant manner.

Benefits of yoga in urban and sedentary lifestyle have been analyzed by Gupta (2012). The author has listed lot of yogic techniques and its benefits. Some of them are Nihspandabhava yogic technique which has helped to maintain the balance and it act as the good observer despite the unpleasant

situations. Yashtikasana has lots of benefits. It helps to relieve backaches and obesity of working professionals, individual and athletes. Vakrasana has improved the blood circulation in the region of lower back and it exercises vertebrae and the digestive system. Pavanmuktasana has helped to release the excessive gases which may trap within the body. It improves the digestive system by reducing the abdominal fat. Dhradasana has helped to relax the entire body and hence it plays an important role to improve the digestive and respiratory system. Makarasana has helped to relax the human body and it also helps to reduce the high blood pressure.

Ducharme (2015) analyzed the effect of Yoga on pain and functional disability in patients with chronic lower back pain. Yoga acts as the common treatment for number of ailments such as carpal tunnel syndrome, multiple sclerosis, asthma, neck and back pain. It is one of the exercise program focused on enhancing the muscle function and control of voluntary nervous system. Yoga has a greater effect on functional disability when compared to the program of traditional exercise. It is also referred as the multi-dimensional therapy which can impact the functional disability in a positive manner. In fact, the therapy of yoga is capable of pain alleviation and significant decrease in functional disability.

Slathia (2014) analyzed the effects of yogic practices on different organs of an athlete. The yogic practice has enhanced the muscular strength, flexibility of body, promoting and improving the function of respiratory and cardiovascular system, improving the patterns of sleep and enhancing the well-being and quality of life.

3. Discussion:

S.No	Benefits of Yogic Practices			
	Decision Making	Mind-Body Coordination	Positive Energy	Enhancing Well-Being and Quality of Life
1	The Yoga practices have led to better decision making such that the individuals have practiced mindfulness more likely to understand the information value for current circumstances Fiol et al, 2003.	It has been found that the Yogic practices have increased the mind-body coordination to reduce the emotional instability, hostility and depression. Kauts and Sharma, 2012	After doing Yoga and meditation the stress seems to drift away with the positive energy Kumari, 2016	The long term Yoga practice has shown to reduce the perceived stress and increase the self-assessed well-being in a higher level. Hartfiel et al, 2013
2	The Yogic practices have paved a way to improve the activity of brain related to cognitive performance and decision-making Khalsa and Gould (2012)	The movement patterns and sensations of yogic practices have created the action strength similar to the muscle memory concept. Mattocks (2014)	It has the tendency to promote kindness and positive energy by preventing professional burnout in an effective manner Hsu, 2015	Aerobic exercise has created the positive impact on the physical well-being Carlin et al , 2009
3	The Yoga practices have influenced decision making and moral reasoning in the implicit way Gard et al (2014)	The Yoga nidra has provided the progressive relaxation of body, mind and emotions to achieve intention. Kaley-Isley et al (2010)	Confident, content, happy, optimistic and relaxed are some of the positive moods highly achieved after the adoption of Yogic practices. Shapiro and Cline (2004)	The Yogic practices can be used as psychophysiological stimuli to enhance endogenous melatonin secretion which, in turn, is responsible for improved sense of well-being. Gaard et al, 2012

Table:1 Benefits of Yoga Practices to Working Professionals

The Table 1 depicts the benefits of yoga practices of working professionals. Further

the yoga has created the significant influence on solving the health problems of working professionals.

The yogic practices pave a way to enhance the activity of brain related to cognitive performance and decision-making among the working professionals in the working sector. In this effect, the practice of yoga has increased the mind-body coordination to reduce the emotional instability, hostility and depression. The movement patterns of yogic practices have created the action strength similar to the concept of muscle memory. By yoga and meditation, the stress may seem to drift away with the positive energy. Additionally, confident, content, happy, optimistic and relaxed are some of the positive energy moods achieved after the adoption of Yogic practices in an effective manner. Apart from these, the Yogic practices can be used as stimuli of psychophysiologic to enhance endogenous melatonin secretion which, in turn also responsible for improved sense of well-being and quality of life.

4. Conclusion:

This research has reviewed various benefits of Yoga practice to the working professionals. Relieving back aches, abdominal fats, curing asthma, irritable bowel syndrome, diabetes, respiratory problems and musculoskeletal problems, reducing stress and other psychological aspects are some of the common benefits of yoga practices. In general, Yoga means different things to different people because it has encompassed various aspects which influence the life of an individual. The yoga techniques have comprised breath expansion and enhancement, meditation, management of lifestyle and philosophies to live a positive life. In this effect, the yoga has acquired much attention among the working professionals due to its wonderful and fast result. It is the responsibility for every organization to implement or introduce

yoga, meditation and soothing humor practice for the stress management at the working environment. Many researchers have predicted that there is a significant and positive relationship between stress and yoga, meditation and soothing humor. From the study, it can be suggested that organization should implement some new innovative practices like Yoga and meditation, healing through music, team building and other events to reduce stress effectively.

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