



The Role of Physical Activity on Mental Health: Exploring the Impact of Yoga Therapy on Bank Employees

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Abstract:

This research paper explored the role of physical activity, particularly yoga, on mental health among bank employees. The study investigated the impact of a 90-day yoga intervention on the mental health and well-being of bank employees in Karnataka. Participants engaged in daily yoga sessions, comprising a combination of asanas, pranayama, meditation, and relaxation techniques, for 60 minutes each. Pre- and post-intervention assessments were conducted to evaluate changes in mental health indicators, including stress levels, mood, and overall well-being. Additionally, participants' physical activity levels were assessed using the International Physical Activity Questionnaire (IPAQ). The results reveal a significant increase in physical activity levels among participants in the yoga group following the intervention, along with improvements in mental health indicators. The findings highlight the potential of yoga as a holistic approach to promoting both physical activity and mental well-being among bank employees. This study contributes to the growing body of research on the beneficial effects of yoga on mental health in the workplace, offering valuable insights for the development of workplace wellness programs and organizational policies.

Keywords; Yoga therapy, IPAQ, Sedentary life style, Bank employees.

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Introduction:

Physical activity has long been recognized as a crucial factor in maintaining overall health and well-being. In recent years, research has increasingly highlighted the significant impact of physical activity on mental health (Ross & Thomas, 2010). Among the various forms of physical activity, yoga stands out as a holistic practice that not only enhances physical fitness but also nurtures mental and emotional well-being (Chen et al., 2022). In this research paper, we explored the role of physical activity, with a specific focus on yoga, in promoting mental health among bank employees. With the demanding nature of their profession, bank employees often face high levels of stress and mental strain (Giorgi et al., 2017). Therefore, understanding the potential benefits of physical activity, particularly yoga, can be instrumental in supporting their mental health needs.

Materials and Methods:

In addition to the assessment of mental health indicators, participants' physical activity levels were evaluated using the International Physical Activity Questionnaire (IPAQ) both before and after the intervention period. The IPAQ is a widely used tool for assessing levels of physical activity across various domains, including work, transportation, household chores, and leisure time (Lee et al., 2011). Pre- and post-intervention scores obtained from the IPAQ were compared to determine any changes in participants' physical activity levels following the 90-day yoga intervention. Specifically, the yoga group demonstrated positive changes in their physical activity levels, indicating an increase in overall activity levels and engagement in physical exercise. This quantitative data, alongside qualitative feedback, provides valuable insights into the impact of yoga as a form of physical activity on the mental and physical well-being of bank employees.

Results:

The results of the study indicate significant improvements in mental health outcomes among bank employees following the 90-day yoga intervention. Participants report reduced levels of stress, anxiety, and depressive symptoms, along with enhanced mood and overall well-being. Moreover, qualitative feedback reveals that participants experience a greater sense of calmness, clarity, and resilience in dealing with work-related stressors. The consistent practice of yoga not only strengthens their physical fitness but also fosters a positive mind-set and emotional balance, contributing to their overall mental health and resilience.

Discussion:

The analysis of IPAQ scores revealed a significant increase in physical activity levels among participants in the yoga group following the intervention. This suggests that regular participation in yoga sessions led to a notable enhancement in overall activity levels and engagement in physical activity (Sengupta, 2012). The holistic nature of yoga, addressing the mind, body, and spirit, proved effective in encouraging participants to adopt a more active lifestyle.

The results of this study highlight the significant positive impact of a 90-day yoga intervention on the mental health and physical activity levels of bank employees. The findings indicate that regular participation in yoga sessions led to an increase in overall physical activity levels among participants in the yoga group (A. H. Y. Chu et al., 2014). This suggests that incorporating yoga as a form of physical activity effectively encouraged participants to adopt a more active lifestyle (Field, 2011).

Furthermore, participants in the yoga group reported improvements in various mental health indicators, including reduced stress levels, enhanced mood, and increased overall well-being (Shree Ganesh et al., 2021). The holistic nature of yoga, which addresses the mind, body, and spirit, proved to be particularly effective in alleviating work-related stress and promoting mental resilience among bank employees (Khalsa et al., 2018). By cultivating greater self-awareness, emotional balance, and stress management skills, yoga empowered participants to cope better with the demands of their profession (Hartfiel et al., 2011).

These findings have important implications for workplace wellness programs and organizational policies aimed at improving employee health outcomes and overall productivity. (Alisha L. & Francis, 2019) Integrating yoga into such initiatives can offer a holistic approach to addressing both mental and physical well-being among employees (Monday & Sunday, 2020). Moreover, promoting physical activity through yoga interventions not only benefits individual employees but also contributes to creating a healthier and more resilient workforce (Puerto Valencia et al., 2019).

However, it is important to acknowledge the limitations of this study, including the relatively small sample size and the use of self-reported measures. Future research could explore larger samples and incorporate objective measures of physical activity to further elucidate the effects of yoga on employee health and well-being. Additionally, longitudinal studies could investigate the long-term impact of yoga interventions on sustained behavior change and mental health outcomes among bank employees.

Conclusion

In conclusion, the findings of this study underscore the transformative potential of yoga as a holistic approach to promoting employee well-being in the banking sector. By addressing both mental and physical health, yoga interventions offer a promising avenue for fostering a healthier, more resilient workforce and enhancing organizational success.

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