

# The Yoga Practices on Psychological Wellbeing in People with Digital Connectivity in their Daily Routine

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## Abstract

This research study aims to investigate the impact of yoga practices on the psychological wellbeing of individuals who regularly engage in digital connectivity in their daily routine. With the increasing prevalence of digital technology and its integration into various aspects of modern life, concerns have been raised about its potential negative effects on mental health and wellbeing. Yoga, a holistic practice that combines physical postures, breathing exercises, meditation, and mindfulness, has been suggested as a potential intervention to mitigate these negative effects and promote psychological wellbeing.

The study employed a pre-test and post-test experimental design, and data were collected before and after a twelve-week yoga intervention. The results demonstrated significant improvements in psychological wellbeing among participants. These findings suggest that incorporating yoga practices can be a valuable approach for promoting mental health in individuals with high digital connectivity.

**Keywords:** Yoga practices, Psychological wellbeing, Digital connectivity, Pre-test and post-test design

## Introduction

**Background:** In the modern era, where digital connectivity is deeply integrated into people's daily routines, the impact of this connectivity on psychological wellbeing has become a subject of concern. This study aims to explore the influence of yoga practices on the psychological wellbeing of individuals who are highly connected digitally in their everyday lives.

**Objectives:** The primary objective of this research is to investigate the effects of yoga practices on the psychological wellbeing of individuals with digital connectivity. Specific objectives include assessing changes in functional outcomes and core symptoms related to psychological wellbeing and quality of life.

## Methodology

**Study Design:** This study employed a pre-test and post-test experimental design. Participants in the yoga practice group engaged in physical exercises and various yoga practices for a period of twelve weeks. Data were collected before and after the intervention to analyze the changes in psychological wellbeing.

**Participants:** The sample consisted of 150 individuals divided into two groups: Group I comprised 75 college-going students aged 18 to 25 years, and Group II comprised 75 working professionals aged 26 to 35 years. Convenience sampling with random assignment was used to select the participants.

**Procedure and Data Collection:** Ethical approval was obtained from the Institutional Review Board (mention the name of the review board) before commencing the study. Informed consent was obtained from each participant, ensuring they were aware of the study's purpose, procedures, potential risks, and benefits. Psychological scales were distributed, and data were collected over a three-month period. Unfilled and missing data forms were excluded from the analysis. All questionnaires were provided in English.

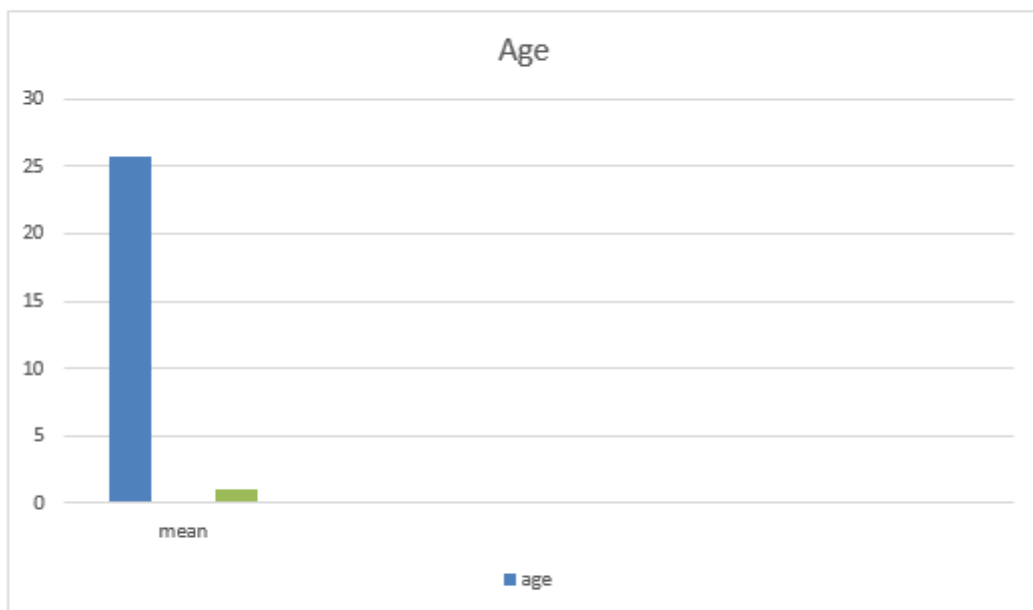
**Yoga Intervention:** The yoga intervention included a combination of yoga asanas (postures), shat karma practices (cleansing techniques), pranayama (breathing exercises), mudras and bandhas (gestures and locks), and meditation techniques. The intervention aimed to improve both physical and mental health, ultimately promoting overall wellbeing.

**Results and Discussion**

**Statistical Analysis:** Data analysis was conducted using the Statistical Package for the Social Sciences (SPSS) software. Descriptive statistics and inferential statistics, such as t-tests and ANOVA, were performed to examine the changes in psychological wellbeing measures pre- and post-intervention.

**Findings:** The results revealed significant improvements in psychological wellbeing among the participants after the twelve-week yoga intervention. Changes were observed in functional outcomes and core symptoms related to psychological wellbeing and quality of life. These findings support the hypothesis that yoga practices have a positive impact on the psychological wellbeing of individuals with high digital connectivity.

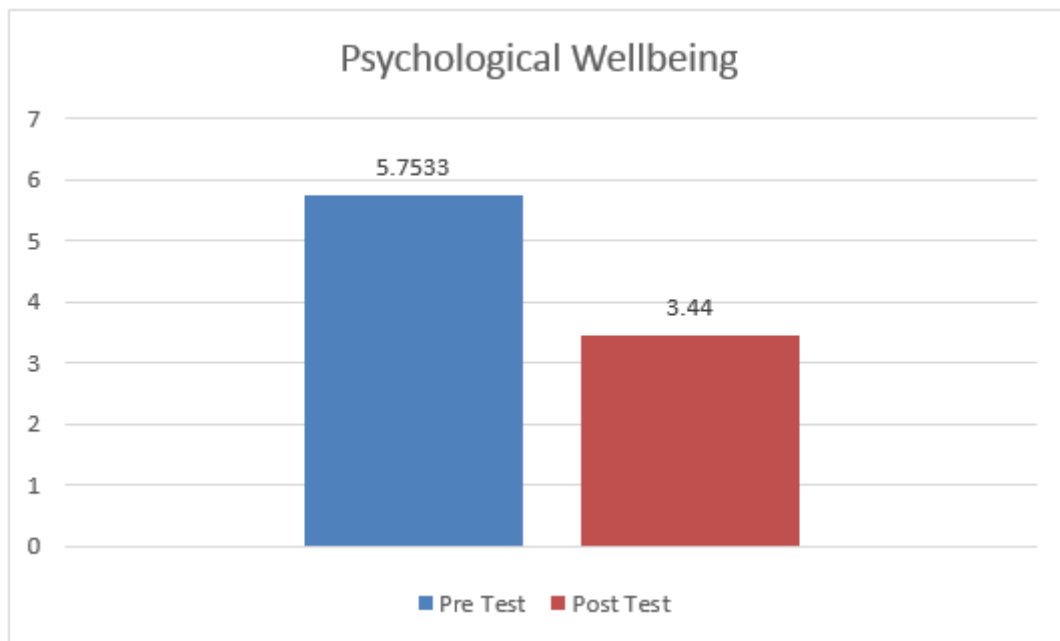
**GRAPH-1**



Comparison of total mean age of the population selected for the study.

	Frequency	Percent	Valid Percent	Cumulative Percent
Male	98	65.3	65.3	65.3
Female	52	34.7	34.7	100.0
Total	150	100.0	100.0	

### Gender distribution



Mean psychological wellbeing score was  $5.75 \pm 0.80$  pre-test and  $3.44 \pm 0.49$  post-test respectively, for group 1 (18-25) years. This difference was statistically highly significant. ( $p < 0.001$ ). Mean psychological wellbeing score was  $5.75 \pm 0.80$  pre-test and  $3.14 \pm 0.49$  post-test respectively, for group 2 (26-35) years. This difference was statistically highly significant. ( $p < 0.001$ ). Hence both groups improved after yoga Intervention but group 2 shows more significant results than group 1.

### Conclusion

In conclusion, this study highlights the positive impact of yoga practices on the psychological wellbeing of individuals with digital connectivity. Integrating yoga into daily routines can serve as an effective approach to enhance mental health and promote overall wellbeing. Future research should focus on investigating the long-term effects of yoga practices on psychological wellbeing and exploring additional factors that may influence the outcomes.

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