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Effect of Yoga on Stress Management Among Working Women in the Corporate Sector

Kalpana Singh[1], Dr. Kanta Prasad Pokhriyal[2], Shoshthav Khewadiya[3]

[1]Research Scholar, Sparsh Himalaya University, Dehradoon, Uttarakhand
[2]Assistant Professor, Sparsh Himalaya University
[3]Research Scholar, Department of yogic science, Uttarakhand Sanskrit University

Abstract
Abstract Women who work in the corporate sector are particularly concerned about stress since it negatively impacts their mental and physical health. Examining the effects of yoga on female employees' stress management is the goal of this study. An eight-week yoga intervention was administered to individuals as part of a quantitative experimental research design. The findings show that stress levels have significantly decreased, demonstrating yoga's efficacy as a stress-reduction technique.

Keywords: Yoga, Stress Management, Corporate sector, Working Women

Introduction

Stress has become an unavoidable aspect of contemporary corporate life, especially for working women who balance a variety of obligations, such as social, familial, and professional responsibilities. The strain of juggling these obligations frequently results in chronic stress, which can be harmful to their physical and emotional well-being. Stress arises when a person believes that the demands of a circumstance beyond their capacity for coping, according to Lazarus & Folkman (1984). Long-term stress can lead to cardiovascular problems, anxiety, sadness, and decreased productivity (American Psychological Association, 2020).

High workloads, stringent deadlines, and performance pressure are common features of corporate work environments, which makes stress management a crucial component of workplace wellbeing. According to studies, hormonal changes and social expectations make women more vulnerable to stress-related diseases (Matud, 2017). Burnout, decreased job satisfaction, and higher absenteeism have all been connected to workplace stress (Sonnentag & Fritz, 2015). Effective stress management techniques are therefore essential for improving their standard of living and guaranteeing general business effectiveness. Yoga, an age-old discipline with roots in Indian philosophy, is well known throughout the world for its ability to lower stress and increase mental clarity. To promote relaxation and autonomic nervous system equilibrium, it incorporates physical postures (asanas), breathing exercises (pranayama), and meditation (dhyana) (Sengupta, 2012). According to research, yoga lowers cortisol levels, increases emotional fortitude, and benefits psychological health in general (Smith et al., 2019). Furthermore, yoga therapies dramatically reduce stress, anxiety, and depression in working professionals, according to a meta-analysis by Pascoe & Bauer (2015).

As part of their employee support programs, many companies have started to include yoga-based wellness programs. Research has shown that corporate wellness programs that incorporate yoga sessions improve employee productivity, relationships at work, and concentration (Hartfiel et al., 2011). Additionally, yoga-based mindfulness practices have been shown to improve coping strategies and lessen emotional exhaustion related to the workplace (Good et al., 2016).

The purpose of this study is to assess how yoga helps working women in the corporate sector manage their stress. This study aims to ascertain whether yoga may be a practical way to reduce workplace stress and improve the wellbeing of corporate female employees by putting an 8-week yoga intervention into action.

Methodology

Research Design: Using a pre-test and post-test control group strategy, this study used an experimental research design.

Participants: A total of sixty female employees were enlisted from company offices. An experimental group (n = 30) and a control group (n = 30) were randomly assigned to the participants.

Data collection: Prior to and following the intervention, stress levels were assessed using the Perceived Stress Scale (PSS).

Intervention: For eight weeks, the experimental group engaged in a systematic yoga program that included daily meditation, om chanting with shanti path, mantra chanting five days a week, asanas (postures), joint movement, suryanamaskar pranayama (breathing techniques) and mantra chanting. There was no yoga practice in the control group.

Table No. 1 Schedule of Training

Time/activity (60 min) five day	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Meditation, om chanting and mantra chanting (10 minute)	Meditation, om chanting and mantra chanting	Meditation, om chanting and mantra chanting	Meditation, om chanting and mantra chanting	Meditation, om chanting and mantra chanting	Meditation, om chanting and mantra chanting
Joint movement (5 minute)	Pawanpuktasan series part one (ankle,toe, knee, pelvic)	Pawanpuktasan series part one (ankle,toe, knee, pelvic)	Pawanpuktasan series part one (ankle,toe, knee, pelvic)	Pawanpuktasan series part one (ankle,toe, knee, pelvic)	Pawanpuktasan series part one (ankle, toe, knee, pelvic)
Surya namaskar	Surya namaskar 6 set (12 round)	Surya namaskar 5sets+1 set with	Surya namaskar 4sets+1 set with antarik	Surya namaskar 6 set (12 round)	Surya namaskar 6 set (12 round)

(10 minute)		holding 5 second	kumbhak (inhale) 1 set with Bahari kumbhak (exhale)		
Supine asanas (10 minute)	Shavasana Uttanpadasana Ardhsuptpawan muktasana Vipritkarkarni mudra with support Sarvangasana Katiuttanasana	Shavasana Uttanpadasana Ardhsuptpawan muktasana Vipritkarkarni mudra with support Sarvangasana Katiuttanasana	Shavasana Uttanpadasana Ardhsuptpawan muktasana Vipritkarkarni mudra with support Sarvangasana Katiuttanasana	Shavasana Uttanpadasana Ardhsuptpawan muktasana Vipritkarkarni mudra with support Sarvangasana Katiuttanasana	Shavasana Uttanpadasana Ardhsuptpawan muktasana Vipritkarkarni mudra with support Sarvangasana Katiuttanasana
Proline (10 minute)	Parvatasana Ardhbhujangasana Makarasana Shashankasana Marjari asana janusirshasana	Parvatasana Ardh bhujangasana Makarasana Shashankasana Marjari asana janusirshasana	Parvatasana Ardh bhujangasana Makarasana Shashankasana Marjari asana janusirshasana	Parvatasana Ardh bhujangasana Makarasana Shashankasana Marjari asana janusirshasana	Parvatasana Ardh bhujangasana Makarasana Shashankasana Marjari asana janusirshasana
Pranayama (10 minutes)	Nadi shodhan pranayam	Nadi shodhan pranayam	Nadi shodhan pranayam	Nadi shodhan pranayam	Nadi shodhan pranayam
Om chanting with shanti path (5 minutes)	Om chanting with shanti path	Om chanting with shanti path	Om chanting with shanti path	Om chanting with shanti path	Om chanting with shanti path

Analysis and interpretation

Table 2 presents the overall descriptive statistics for the variables of the control and experimental groups were assessed before and after the intervention for weight, height, and perceived stress levels

Variable	Minimum	Maximum	Mean	Std. Deviation
Control Group				
Weight (kg)	56.0	69.0	62.81	3.48
Height (cm)	148	156	152.53	2.14
Pre-test Stress Score	34	43	37.67	2.46

Post-test Stress Score	34	42	37.37	2.53
Experimental Group				
Weight (kg)	53.8	68.0	60.89	4.27
Height (cm)	147	157	152.10	2.95
Pre-test Stress Score	34	42	37.47	2.50
Post-test Stress Score	30	42	35.33	3.40

Table-1 indicated that there was no significant difference in the control group's mean stress scores from the pre-test (mean 37.67; SD = 2.46) to the post-test (mean 37.37; SD = 2.53). On the other hand, the experimental group's pre-test and post-test mean scores were 37.47 (SD = 2.50) and 35.33 (SD = 3.40), respectively, indicating a decrease in stress levels.

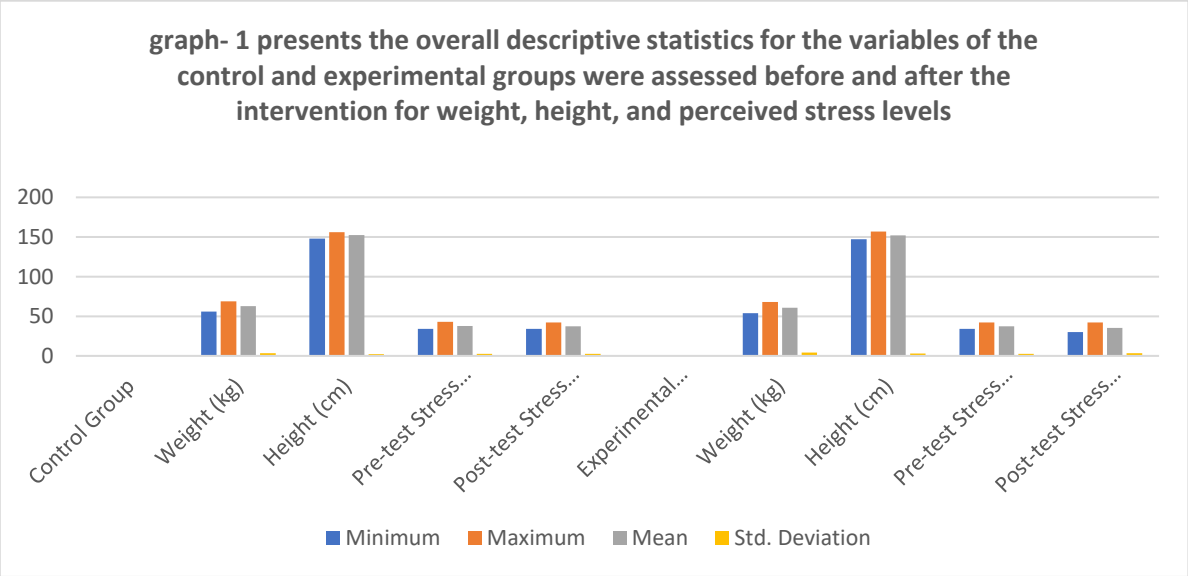
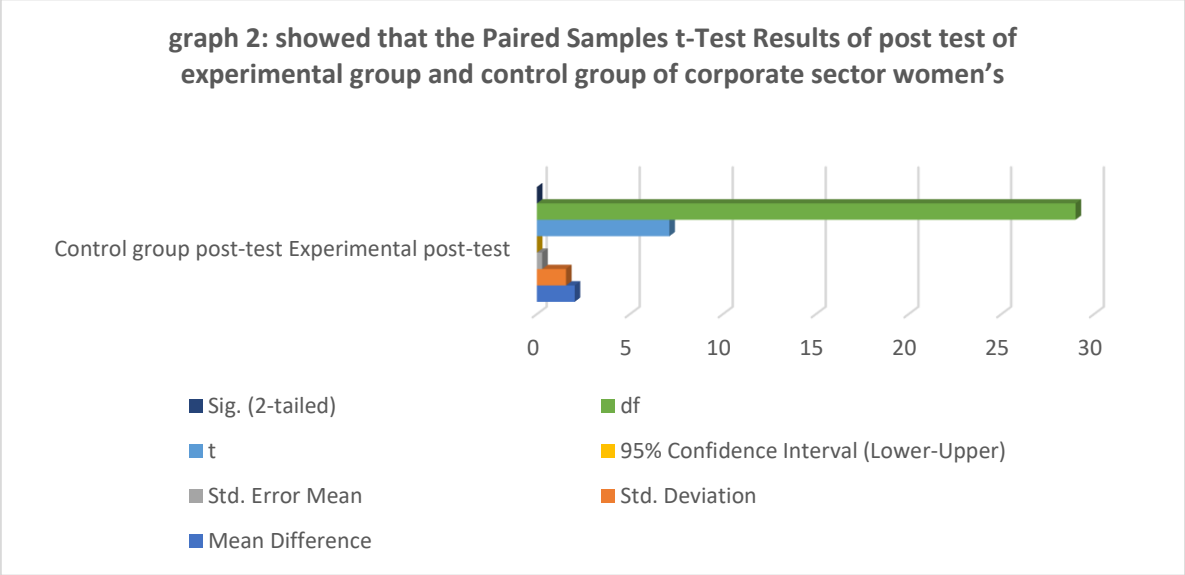


Table 3: showed that the Paired Samples t-Test Results of post test of experimental group and control group of corporate sector women's

Groups	Mean Difference	Std. Deviation	Std. Error Mean	95% Confidence Interval (Lower-Upper)	t	df	Sig. (2-tailed)
Control group post-test Experimental post-test	2.0333	1.5643	0.2856	1.4492 – 2.6175	**7.119**	29	**0.00**

Result

The findings show that the experimental groups' post-test scores differed by an average of 2.0333. The standard error of the mean is 0.2856, while the standard deviation is 1.5643. The range of the 95% confidence interval for the mean difference is 1.4492 to 2.6175. There are 29 degrees of freedom (df) and a calculated t-value of 7.119. At $p < 0.05$, the p-value of 0.000 indicates statistical significance.



Analysis

The hypothesis that the experimental intervention had a significant impact on participants' performance is supported by the statistical analysis of the matched samples test. A big effect size is suggested by the large t-value (7.119), which shows that there is a significant performance difference between the experimental and control groups. The sample mean difference is a trustworthy estimate of the population mean difference, as seen by the comparatively modest standard error of the mean (0.2856).

There is very little possibility that this difference happened by accident because the p-value is so low (0.000). These findings support the experimental intervention's efficacy by indicating that it significantly affected the participants' performance on the post-test.

Implications of analysis

- The experimental group's notable improvement raises the possibility that the implemented intervention could be a useful strategy for improving performance.
- Strong proof that the intervention's impact is constant and not the result of chance fluctuations can be found in the confidence interval range.
- Future studies might examine other elements including replication in bigger samples for generalizability and long-term retention of the intervention's effects.

Findings

A statistically significant difference between the control and experimental groups' post-test scores is indicated by the results of the Paired Samples t-Test. We reject the null hypothesis because the p-value (0.000) is significantly lower than the 0.05 cutoff, suggesting that the intervention or therapy significantly affected the experimental group in comparison to the control group.

The experimental group outperformed the control group in the post-test evaluation, according to the positive mean difference (2.0333). Further evidence that the observed change is caused by the intervention or experimental circumstances rather than random variation comes from the confidence interval (1.4492 to 2.6175).

Conclusion

The experimental group fared better in the post-test than the control group, according to the results of the Paired Samples t-Test. The observed difference is not random; rather, it is a direct consequence of the intervention that was used, as confirmed by the statistical significance ($p = 0.000$). These results substantiate the efficacy of the experimental treatment and point to possible uses in related study settings. The scalability and sustainability of these findings across a range of groups should be further examined in future research.

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