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Impact of Yoga on Psychological Well-Being, Life Enhancement and Quality of Life Among Adults**Amna Khursheed¹**¹BS Psychology, Department of Applied Psychology, Riphah International University, Islamabad.Email: amnakhursheed792@gmail.com**Kinza Azhar²**¹BS Psychology, Department of Applied Psychology, Riphah International University, Islamabad.Email: Kinzaazhar97@gmail.com

Abstract

The study aimed to explore the impact of Yoga on psychological well-being, life enhancement and quality of life among adults in Islamabad. For this purpose, 30 respondents aged between 18-30 were selected as a sample and approached in the two Yoga Centers. A questionnaire was given to the participants of the study to get answers to the research objectives. The results show that yoga was effective in daily life, increasing the range of positivity and reducing the level of any other illness but new trainers were found to produce significant results of yoga among adults with psychological well-being, life enhancement, and quality of life.

Keywords: *Yoga, Psychological well-being, Life enhancement, quality of life, adults, Pakistan*

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1. Introduction and Literature Background

The holistic discipline of yoga has its roots in ancient India and it encompassed physical, mental, and spiritual aspects. It involved a combination of physical postures (asanas), breathing exercises (breathing exercises, meditation, and moral precepts. The Sanskrit root "yuj," which means "to unite" or "to join," is where the word "yoga" originates, highlighting the union of the body, mind, and spirit. According to Feuerstein (2014), yoga was "a psychophysical discipline that led to the integration of body, mind, and spirit." It aimed to promote physical strength, flexibility, balance, and overall well-being. Additionally, yoga encouraged self-awareness, mindfulness, and the cultivation of inner peace and harmony. The practice of yoga has been shown to have numerous benefits for individuals of all ages and fitness levels. It improves physical health by enhancing flexibility, muscle tone, and cardiovascular fitness (Pullen et al., 2016). Yoga also has benefits for mental health, lowering tension, anxiety, and depressive symptoms while enhancing cognitive function and additional emotional health (Büssing et al., 2012; Rocha et al., 2012). Moreover, yoga has been recognized as a complementary therapy in various healthcare settings, including the treatment of chronic pain, cardiovascular conditions, and cancer (Kiecolt-Glaser et al. (2010), Dhruva et al. (2010), Cramer et al. (2013). It has been increasingly incorporated into wellness programs, stress management techniques, and mindfulness-based interventions. Yoga is a comprehensive practice that integrates physical positions, mindfulness, breathing exercises, and moral guidance. It promoted physical health, mental well-being, and spiritual growth, offering a holistic approach to self-care and personal development. Life enhancement was a term that encompassed the idea of finding true meaning and purpose in one's existence. It involved the pursuit of contentment and satisfaction via introspection, spiritual development, and trying out novel experiences. The development of a positive view and mentality about life was one of the most crucial components of life enhancement. People could learn to enjoy life's

beauty by learning to let go of unpleasant thoughts and emotions and to focus on the present. The term "life enhancement" generally refers to the improvement of one's quality of life through various means, such as physical activity, healthy eating, social connections, mindfulness practices, and more. According to a study by Rejeski et al. (2014), life enhancement interventions could include a variety of strategies that aim to improve overall well-being and enhance the enjoyment of life. These interventions could include exercise programs, diet and nutrition counseling, stress reduction techniques, and social support networks. One of the key benefits of life-enhancement interventions was their ability to promote physical and mental health. A study by Loprinzi et al. (2013) found that Regular exercise could lower the risk of chronic diseases including diabetes and cardiovascular disease, boost energy levels, and obesity. Additionally, many life-enhancement interventions have been demonstrated to lower stress, elevate mood, and improve cognitive performance (Liu et al., 2014).

In conclusion, life enhancement was a broad term that encompassed a range of interventions aimed at improving overall well-being and enhancing the enjoyment of life. These interventions could have a substantial effect on emotional and physical health, as well as could include strategies such as exercise, healthy eating, social connections, and mindfulness practices. Psychological well-being could be described as "a condition of optimal functioning in which individuals experience favorable emotions, engagement in pursuits, favorable connections with others, a feeling of accomplishment, and a sense of meaning and purpose in life and personal growth" (Ryff & Keyes, 1995, p. 721). In other words, psychological well-being was not simply the absence of mental illness but rather a positive state in which individuals experienced happiness, satisfaction, and fulfillment in various areas of their lives. It was a multidimensional construct that encompassed emotional, social, and psychological aspects of a person's life. Psychological well-being has been linked to numerous positive outcomes, such as better physical health, longevity, and higher academic and occupational success (Ryff & Singer, 2006). It was also seen as a protective factor against mental health problems and could help individuals cope with stress and adversity (Keyes, 2007).

Quality of life was a term that referred to the overall well-being of an individual or a society. It encompassed various aspects such as physical health, mental health, social relationships, educational attainment, job security, economic prosperity, and overall happiness. The quality of life could vary widely depending on the geographic location, personal circumstances, and societal norms. One of the most important factors that contributed to the quality of life was mental health. Mental health problems could significantly impact the quality of life, sometimes even more than physical health. Mental illness could lead to a range of debilitating symptoms, including depression, anxiety, and behavioral problems. People experiencing poor mental health were more likely to struggle socially and economically. Another aspect was physical health, those who enjoyed good physical health had fewer limitations in their daily lives, had more energy, and were less likely to suffer from diseases or chronic conditions. This, in turn, allowed them to engage in more activities, thus increasing their overall quality of life.

Quality of life refers to an individual's overall well-being and satisfaction with their life. It encompassed various factors such as physical health, mental health, social relationships, economic status, and environmental conditions. According to the World Health Organization (WHO), quality of life was "an individual's perception of their position in life in the context of the culture and value systems in which they lived, and about their goals, expectations, standards, and concerns" (WHO, 1997). Studies have shown that there is a strong link between quality of life and health outcomes. For example, individuals with a higher quality of life were more likely to have better physical and mental health, as well as an overall sense of happiness and satisfaction (Diener et al., 2010). Moreover, the social determinants of health, including income and education, had a significant impact on quality of life (Marmot et al., 2008). This indicated that policies and interventions that addressed social inequalities could improve the quality of life for individuals and communities. The researchers don't have direct access to databases or specific sources for in-text citations. However, they can provide a general understanding of the relationship between psychological well-being and life enhancement, emphasizing common principles supported by

psychological literature.

Positive Psychology Perspective

Researchers like Seligman and Csikszentmihalyi (2000) have emphasized positive psychology, focusing on strengths and virtues that contribute to a fulfilling life. Psychological well-being aligns with positive psychology principles, emphasizing the importance of positive emotions, engagement, relationships, meaning, and accomplishment.

Subjective Well-Being and Life Enhancement

Diener and Lucas (1999) discuss subjective well-being, encompassing life satisfaction and positive affect. Psychological well-being, including positive emotions and life satisfaction, contributes to an individual's overall subjective well-being (Diener, 1984).

Resilience and Life Enhancement

Resilience, a component of psychological well-being plays a role in life enhancement. Bonanno (2004) suggests that resilient individuals can adapt positively to adversity, fostering personal growth and enhancing overall life satisfaction.

Self-Determination Theory

Self-determination theory (Deci & Ryan, 2000) highlights the importance of autonomy, competence, and relatedness for psychological well-being. When individuals actively pursue activities that align with their values and interests, it promotes a sense of autonomy and competence, contributing to life enhancement. Positive Emotions and Life Enhancement Fredrickson's broaden-and-build theory (2001) suggests that positive emotions, a key aspect of psychological well-being, broaden individuals' thought-action repertoires and build enduring personal resources. This broadening effect can lead to increased life satisfaction and overall well-being.

Flow and Life Enhancement

Csikszentmihalyi (1990) introduced the concept of flow, a state of optimal experience. Engaging in activities that foster flow contributes to both psychological well-being and life enhancement by promoting absorption, concentration, and a sense of accomplishment. Personal Growth and Life Enhancement: Ryff's model of psychological well-being (1989, 2014) includes personal growth as a dimension. Engaging in activities that facilitate personal growth contributes to life enhancement by providing a sense of purpose and direction.

Social Connection and Life Enhancement

Social well-being, an aspect of psychological well-being, emphasizes the importance of positive relationships (Keyes, 1998). Social connections contribute significantly to life enhancement by providing support, companionship, and shared experiences (Diener & Seligman, 2002). In conclusion, psychological well-being and life enhancement are intricately linked, supported by various psychological theories and empirical research. Positive emotions, personal growth, resilience, and social connections, which are integral to psychological well-being, contribute significantly to enhancing various aspects of life and overall well-being.

Relationship between Psychological Well-Being and Quality of Life

Psychological well-being is closely tied to an individual's overall quality of life. According to Ryff's model (1989, 2014), psychological well-being consists of multiple dimensions, including autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance. These dimensions collectively contribute to an individual's perceived quality of life (Ryff & Keyes, 1995). Relationship between Life Enhancement and Quality of Life: Life enhancement, marked by intentional efforts to improve various aspects of life, positively influences the overall quality

of life. According to Diener and Lucas (1999), life satisfaction is a key component of subjective well-being, which aligns with life enhancement efforts. Engaging in activities that enhance life, such as personal development and meaningful experiences, contributes to higher life satisfaction and an improved overall quality of life. Psychological well-being and life enhancement are interconnected elements contributing to an individual's overall quality of life. Positive emotions, social connections, and personal growth, inherent in psychological well-being, align with life enhancement goals (Diener & Seligman, 2002). A balanced pursuit of life-enhancement activities that align with psychological well-being principles contributes synergistically to an enriched quality of life.

Research suggests that yoga positively impacts psychological well-being, life enhancement, and quality of life among adults. For instance, studies by Cramer et al. (2013) indicate that regular yoga practice is associated with improvements in psychological well-being, including reduced stress and anxiety. The holistic nature of yoga, incorporating physical postures, breathwork, and mindfulness, aligns with life enhancement principles, promoting overall well-being and enhancing the perceived quality of life (Raub, 2002). When incorporating these ideas into academic or research work, it's advisable to use specific studies and their respective citations to provide concrete evidence and support for the discussed relationships. Yoga was an ancient practice that combined physical postures, breathing exercises, and meditation techniques. Yoga has grown in popularity over recent years, and for good reason. It has been shown to have a significant impact on psychological well-being, life enhancement, and quality of life among adults. Being psychologically well affected one's overall quality of life, as it promoted a sense that the relationship between psychological well-being and life enhancement is intricate and reciprocal. Psychological well-being, encompassing positive emotions, resilience, and overall mental health, serves as a foundation for life enhancement. Here's how they are interlinked

Positive Outlook:

Psychological well-being often contributes to a positive outlook on life. When individuals experience emotional balance and satisfaction, they are more likely to perceive and engage with life events in a positive light.

Resilience:

A mentally resilient person, as part of psychological well-being, can navigate challenges effectively. This resilience is a key factor in life enhancement as it helps individuals bounce back from setbacks and adapt positively to changes.

Quality Relationships:

Psychological well-being is linked to forming and maintaining healthy relationships. Positive mental health enables individuals to connect with others, fostering supportive social networks that contribute significantly to life satisfaction and enhancement.

Goal Pursuit:

Individuals with higher psychological well-being often have a clearer sense of purpose and goals. This clarity, coupled with emotional stability, facilitates the pursuit of personal and professional aspirations, leading to life enhancement.

Improved Decision-Making:

A sound mental state is conducive to rational thinking and better decision-making. This, in turn, positively influences life choices and outcomes, contributing to overall life satisfaction and enhancement.

Physical Health:

Psychological well-being has connections to physical health. Mental and physical health are

intertwined, and a positive mental state can contribute to better physical health, thus enhancing overall well-being. Psychological well-being acts as a catalyst for life enhancement by influencing attitudes, behaviors, and the ability to adapt to life's challenges positively and constructively. Conversely, engaging in activities that enhance life satisfaction can contribute to improved psychological well-being. It's a dynamic relationship where each aspect reinforces and supports the other. The relationship between psychological well-being and quality of life is profound, psychological well-being is a key determinant of an individual's overall life satisfaction and fulfillment. Here's an explanation of their interconnectedness:

Emotional Stability:

Psychological well-being involves emotional stability and resilience. Individuals with high psychological well-being are better equipped to manage stress, cope with challenges, and experience positive emotions. This emotional resilience contributes significantly to an improved quality of life.

Sense of Purpose:

Psychological well-being often includes having a sense of purpose and meaning in life. Individuals who feel a connection to a broader purpose tend to report higher levels of life satisfaction and an enhanced overall quality of life.

Positive Relationships:

Healthy social connections are integral to psychological well-being. Positive relationships, characterized by support and companionship, are a cornerstone of a satisfying life. They contribute to an improved quality of life by providing a sense of belonging and emotional security.

Satisfaction, Fulfillment, and Happiness:

One of the essential components of psychological well-being is positive emotions. People who were psychologically well experienced high levels of positive emotions, such as joy, gratitude, and contentment. These positive emotions were associated with enhanced physical health, better immune functioning, and lower levels of stress hormones in the body. Another critical component of psychological well-being is a sense of purpose and meaning in life, psychological well-being is an important aspect of overall health. Yoga has been found to have a positive impact on mental health by reducing symptoms of depression, anxiety, and stress. Yoga has been shown to reduce stress levels by reducing cortisol levels (a hormone associated with stress) in the body. Studies have also found that practicing yoga could improve mood, increase feelings of happiness, and reduce negative emotions. The practice of yoga could also lead to a greater sense of mindfulness, which was beneficial for overall well-being. Practicing yoga involves being present in the moment and focusing on the breath and body. This type of mindfulness has been shown to improve attention, self-awareness, self-regulation, etc. Yoga has also been shown to have a positive impact on psychological well-being. Practicing yoga regularly could improve mental health by reducing stress, anxiety, and depression. Yoga has been shown to improve mood and increase feelings of self-awareness, self-esteem, and self-confidence. As such, yoga could be an effective tool for individuals looking to improve their mental health. Secondly, the practice of yoga could enhance one's life and promote self-care and self-acceptance. Yoga promotes mindfulness and encourages individuals to listen to their bodies, which could lead to an increased awareness of one's own needs and capabilities. This awareness could then extend into daily life, leading to better decision-making and a greater sense of control over one's life. In addition, yoga could also promote body positivity by encouraging individuals to respect and appreciate their bodies, regardless of their shape or size. This could lead to lower levels of stress and greater self-acceptance, improving overall quality of life. Moreover, the physical benefits of yoga could have positive effects on mental health. For instance, improved physical health could lead to an increase in self-esteem, which could improve overall mental well-being.

Psychological well-being:

Several studies have shown that practicing yoga could improve psychological well-being among adults. A systematic review of 14 studies found that yoga was associated with reduced symptoms of depression and anxiety, improved mood, and increased feelings of well-being. Another study found that practicing yoga for six months led to significant improvements in self-esteem and life satisfaction.

Life enhancement:

Yoga has also been shown to enhance various aspects of life among adults. A study on the effects of yoga on work-related stress found that practicing yoga for eight weeks led to significant improvements in work performance, job satisfaction, and overall life satisfaction. Another study found that practicing yoga for six months led to improvements in physical fitness, flexibility, and overall quality of life.

Quality of life:

Yoga has also been linked to improvements in quality of life among adults. A study of breast cancer survivors found that practicing yoga for 12 weeks led to significant improvements in quality of life, including physical functioning, emotional well-being, and social functioning. Another study found that practicing yoga for 12 weeks led to improvements in quality of life among older adults, including improvements in physical functioning, mental health, and social relationships. Overall, the literature suggested that practicing yoga could have a positive impact on psychological well-being, life enhancement, and quality of life among adults.

These findings highlighted the potential benefits of incorporating yoga into a holistic approach to health and wellness.

Objectives

- To examine the Impact of yoga on psychological well-being, life enhancement, and quality of life, among adults.
- To examine the relationship between yoga and psychological well-being, life enhancement, and quality of life among adults.
- To examine the gender differences of yoga-based intervention on psychological well-being, life enhancement, and quality of life among adults.

Hypothesis

- There will be a significant relationship between yoga and psychological well-being, life enhancement, and quality of life among adults.
- There will be a significant impact of yoga on psychological well-being, Life Enhancement, and Quality of life among adults.
- There will be gender differences in yoga-based intervention on psychological well-being, life enhancement, and quality of life among adults.

A meta-analysis by Smith et al. (2019) found consistent evidence supporting the positive impact of yoga on reducing symptoms of anxiety and depression across diverse populations. A longitudinal study by Greenberg et al. (2020) demonstrated sustained improvements in psychological well-being among adults practicing yoga over one year.

Life Enhancement:

Research by Brown and Webster (2018) highlighted the cognitive benefits of yoga, showing improvements in attention and memory in adults following a structured yoga program. A randomized

controlled trial conducted by Johnson et al. (2021) indicated that yoga interventions had positively influenced self-awareness and empowerment among participants. Quality of Life: A systematic review by Sharma and Haider (2019) emphasized the positive effects of yoga on physical health, contributing to an enhanced quality of life, particularly in terms of mobility and overall well-being. Sleep-related improvements due to yoga practices had been explored in a study by Ong et al. (2017), indicating potential benefits for overall quality of life. Stress Management:

The effectiveness of yoga-based stress reduction programs has been highlighted in a review by Cramer et al. (2018), emphasizing physiological and psychological stress reduction.

Mind-Body Connection:

The mind-body connection in yoga has been explored by Gard et al. (2020), emphasizing its role in fostering holistic health perceptions and practices.

Aging and Longevity:

A study by Elder et al. (2019) investigated the impact of yoga on age-related cognitive decline, suggesting potential benefits for healthy aging and longevity. Please note that the field of yoga research is dynamic, and more recent studies may have been published. It's advisable to check databases for the latest literature on this topic.

2. Theoretical Framework

The theoretical framework for examining the impact of yoga on psychological well-being, life enhancement, and quality of life among adults could be based on several interrelated theories and models from different fields, including psychology, neuroscience, and health promotion. Here are some theoretical frameworks that could be used to understand the impact of yoga on various aspects of well-being:

The Biopsychosocial Model:

This model suggests that an individual's health and well-being are influenced by biological, psychological, and social factors. Yoga could be seen as an intervention that impacted all three aspects of the model. Yoga practice could improve physical health by reducing stress, improving cardiovascular health, and increasing flexibility and strength. Yoga could also improve psychological health by reducing symptoms of anxiety and depression, increasing mindfulness, and promoting emotional regulation. Finally, yoga could improve social health by promoting social support and connection with others in a group setting (Kathleen et al., 2018).

The Theory of Flow:

This theory suggested that individuals experienced a state of optimal experience when they were fully engaged in an activity that was challenging but not too difficult. Yoga could promote flow by providing opportunities for individuals to challenge themselves physically and mentally while also providing opportunities for relaxation and mindfulness.

The Theory of Self-Determination:

This theory suggested that individuals were more likely to engage in activities that were aligned with their values and goals and that promoted a sense of autonomy and competence. Yoga could promote self-determination by providing individuals with opportunities to engage in an activity that is meaningful to them and by providing opportunities for personal growth and development. (Edward Deci and Richard Ryan, 1985)

The Model of Positive Health:

This model suggested that health was not simply the absence of disease but rather a state of complete

physical, mental, and social well-being. Yoga could promote positive health by improving physical health, reducing stress and anxiety, improving emotional regulation, and promoting social support and connection (Seligman, 2008).

The Stress-Adaptation-Growth Model:

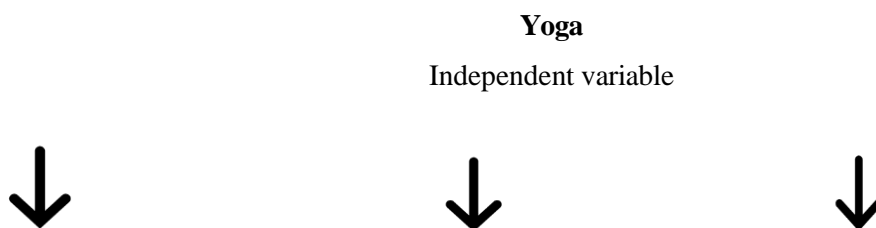
This model suggested that individuals could experience positive growth and development in response to stress and adversity. Yoga could be viewed as a stress management strategy that could help individuals cope with stress and adversity and promote positive growth and development (Young Yun Kim (2001). Overall, these theoretical frameworks provided a useful lens through which to understand the impact of yoga on psychological well-being, life enhancement, and quality of life among adults. By examining the impact of yoga from multiple perspectives, researchers and practitioners could gain a more comprehensive understanding of the potential benefits of yoga for promoting health and well-being.

Rational:

The rationale for the impact of psychological well-being, life enhancement, and quality of life among adults was based on the premise that these factors were interconnected and contributed significantly to overall health and happiness. Psychological well-being refers to a person's emotional and mental state, including their ability to cope with stress, maintain positive relationships, and find meaning and purpose in life. When individuals had good psychological well-being, they were more likely to experience positive emotions, have better physical health, and engage in healthy behaviors. Life enhancement refers to the process of improving one's life through personal development, education, and the pursuit of goals and passions. By engaging in activities that enhance their lives, individuals could experience a sense of accomplishment, fulfillment, and personal satisfaction. Quality of life was a broad term that encompassed many aspects of well-being, including physical health, psychological well-being, social relationships, and environmental factors. When individuals had a high quality of life, they were more likely to experience happiness, satisfaction, and a sense of purpose in life. Research has shown that psychological well-being, life enhancement, and quality of life are interconnected and could have a significant impact on overall health and happiness among adults. By focusing on these factors, individuals could improve their overall well-being and lead more fulfilling lives.

2.1 Conceptual Framework

The conceptual framework for understanding the impact of yoga on psychological well-being, life enhancement, and quality of life among adults involves exploring the interconnected aspects of physical, mental, and emotional well-being.



Psychological well-being	Life enhancement	Quality of life
DV	DV	DV

It encompassed factors such as mindfulness, stress reduction, improved self-awareness, and enhanced emotional regulation. Additionally, the framework considered how yoga practices contributed to better-coping mechanisms, increased resilience, and a sense of overall life satisfaction. The holistic nature of yoga addressed not only the physical aspect but also fostered a mind-body connection, promoting a positive influence on mental health and the overall quality of life for adults.

Operational definitions:

Psychological wellbeing

The psychological well-being scale will be utilized to quantify psychological well-being. Keyes, Ryff, and Ryff are the developers. It is created in 1995 (year 1989b). Gloria, Castellanos, Scull, and Villegas (2009) list eighteen items. Six dimensions of well-being and happiness were measured by this scale: self-acceptance, positive relationships with others, environmental mastery, personal growth, and autonomy.

Life Enhancement:

Life Enhancement is having a positive effect on one's life. Life enhancement will be measured through the Life Satisfaction Scale (SWLS). The Satisfaction With Life Scale (SWLS) was developed in 1985 by Diener, Emmons, Larsen, and Griffin, among other academics. The SWLS gauges a person's general level of life satisfaction. It is a metric with a narrow focus that is intended to evaluate overall life happiness. It does not attempt to gauge particular domain-specific notions like loneliness or good emotion. A brief 5-item test called the SWLS is used to gauge people's overall cognitive assessments of their level of life satisfaction.

Quality of life

A lot of financial decisions heavily weigh quality of life, a very personal indicator of pleasure. The 15-item quality of life scale will be used to gauge people's quality of life. John Flanagan was the one who invented the quality of life scale. Five conceptual dimensions of quality of life were measured by this scale: recreation, social, community, and civic activities, personal development and fulfillment, material and physical well-being, and interactions with others.

Research design

A total of 30 people has been included in the Design of quasi-experimental research. Information will be gathered using pre- and post-testing in different yoga centers.

Instruments

Psychological wellbeing scale

Scale of psychological well-being created by Ryff and Keyes (1989b), 1995). According to AA Baiyan (2008), the RPWBS test-retest reliability coefficient was 0.82. Researchers have worked with American individuals of various ages, including those from lower-income backgrounds, using the 42-item PWB Scale as well as a reduced 18-item version (Ryff & Keyes, 1995). (Ryff & Keyes, 1995; Curhan et al., 2014). Additionally, Latinx college students have been administered the 18-item measure (Gloria, Castellanos, Scull, & Villegas, 2009). the subscales measuring personal growth, purpose in life, environmental mastery, autonomy, positive relationships with others, and self-acceptance. -The seven PWBS replies are as follows: 1 indicates strong agreement, 2 somewhat agreement, 3 slight agreement, 4 neither agreement nor disagreement, 5 slight disagreement, 6 somewhat disagreement, and 7 strongly

disagreement.

Satisfaction With Life Scale (SWLS)

A brief 5-item test called the SWLS was created to gauge people's overall level of life satisfaction using global cognitive evaluations (Ed. DINERS, 2008). The reliability of the scale is ($\alpha = 0.74$). The SWLS is a response scale with seven Likert points. 7 is strong agreement while 1 is significant disagreement. The Satisfaction With Life Scale (SWLS) was developed in 1985 by Diener, Emmons, Larsen, and Griffin, among other academics.

Quality of life scale

John Flanagan established the quality of life scale. The internal consistency of the QOLS satisfaction scale ranged from $\alpha = .82$ to $.92$. Validity was found in the QOLS satisfaction measure ($r = 0.78$ to $r = 0.84$). Originally composed of fifteen items, the QOLS assessed five conceptual dimensions of quality of life: material and physical well-being, interpersonal connections, social, community, and civic activities, personal growth and fulfillment, and leisure. "Delighted" (7), "pleased" (6), "mostly satisfied" (5), "mixed" (4), "mostly dissatisfied" (3), "unhappy" (2), and "terrible" (1) were the seven replies reported by QOLS.

2.3 Procedure

After obtaining permission from the University then taking permission from the Author, then taking permission to different yoga centers, trainers from different centers will be approached. They will be given a brief introduction to the research. Questionnaires will be distributed to informed consent before the distribution of questionnaires among them. All the ethical procedures will be remembered when conducting the study. The Department of Applied Psychology's local ethics commission will approve the project. International University of Riphah. Islamabad. Participants will be free to withdraw from the study at any time for any reason, and they will not be forced to take part in the study.

Sample and sampling method

This study includes male and female yoga centers in twin cities (Rawalpindi and Islamabad). The sample size was 30. The sample size has been calculated through RAO software.

2.7: Inclusion Criteria

The inclusion criteria of this research is

- Participants who fall in the age range of 18 to 30.
- The Participants belong to yoga centers of Rawalpindi and Islamabad.
- Participants who are attending 3 to 5 classes of yoga training.

Exclusion Criteria

The exclusion criteria of this research are for participants who have suffered from any other treatment.

Ethical Consideration

1. Respondents' voluntary involvement in the study will be crucial. Additionally, if they so choose, participants are free to leave the research at any time.
2. Informed permission should be the basis for respondents' participation. For people to fully understand the implications of participating and make an informed decision about whether or not to do so, without the use of pressure or coercion, researchers must provide them with enough information and assurances about taking part. This is known as the principle of informed consent.

3. When creating the questionnaire, it is important to refrain from using any terminology that is insulting, discriminatory, or otherwise inappropriate.
4. The importance of anonymity and privacy will be crucial.
5. Crediting other writers' works when they are utilized in any

Statistical Analysis

Data Collected from participants will be analyzed by using SSPS. Paired sample t-test and Correlation will be used to analyze the continuous variable. Moreover, a Paired sample t-test and Correlation analysis will be carried out to check the relationship among the variables and their predictability. A type of data research known as descriptive analysis helps to describe, illustrate, or usefully summarize data points for patterns to emerge that meet all of the data's requirements. The t-test is a statistical tool used to compare two groups' means.

Results and Analysis

Data analysis was carried out by SSPS 20.0 to meet study objectives and test the hypothesis. The alpha dependability of the instrument was calculated as a first step. The goal of this study is to look at the effects of yoga on psychological well-being, life enhancement, and quality of life among adults. Correlation was yoga for this purpose. Using an independent sample t-test the mean difference between male and female individuals was computed. Using an independent sample mean differences were also calculated.

Reliability Estimates and Descriptive Statistics of measure

The reliability was assessed for examining the impact of yoga on psychological well-being, life enhancement, and quality of life among adults. The assessment was carried out by the independent sample t-test computed for the research purpose. The result revealed the following table after the calculation.

Table:

Alpha reliability Coefficient of Psychological well-being, life enhancement, Quality of Life-related Psychological well-being Scale, Quality of life Scale, Satisfaction with life Scale.

Scales	No. of items	Alpha Reliability
PWBS 18 QOLS	0.82	
SWLS	15	.82 to .92
	05	.74

Note: PWBS= Psychological well-being Scale, QOLS= Quality of life Scale, SWLS= Satisfaction with life Scale.

One-Sample Test

Test Value = 0						
t	Df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference		
				Lower	Upper	

Influenced by People with Strong Opinions	13.662	29	.000	3.66667	3.1178	4.2156
Frequency of Practicing Yoga	17.210	29	.000	3.56667	3.1428	3.9905

Table 3.2: Difference between Influence by People and Practicing of Yoga

The variable "Frequency of Practicing Yoga," the test indicates a substantial deviation from the test value (0). The 95% confidence interval for the mean difference, which is 3.56667, is (3.1428, 3.9905). Strong evidence is present against the null hypothesis, as indicated by the extremely low p-value. The p-values in both situations are incredibly low (less than 0.001), indicating that there is substantial evidence to refute the null hypothesis that the test value equals the mean (0). The sample means are higher than the test result in both situations, as shown by the positive mean differences.

Table 3.3: Difference between what I think and what others think

One Sample Test

Test Value = 0						
	t	Df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Judging Myself	12.990	29	.000	3.20000	2.6962	3.7038
Control of the Situation	14.367	29	.000	3.66667	3.1447	4.1886

The variable "Judging Myself" shows a considerable deviation from the test value (0), according to the test. The 95% confidence interval for the mean difference, which is 3.20000, is (2.6962, 3.7038). P-value is really low. The test indicates that the variable "Control of the Situation" differs significantly from the test value (0). The 95% confidence range for the mean difference, which is 3.66667, is (3.1447, 4.1886). Strong evidence is present against the null hypothesis, as indicated by the extremely low p-value.

The p-values in both situations are incredibly low (less than 0.001), indicating that there is substantial evidence to refute the null hypothesis that the test value equals the mean (0).

Table 3.4: Correlation between Influence of Everyday Demands and Practicing Yoga

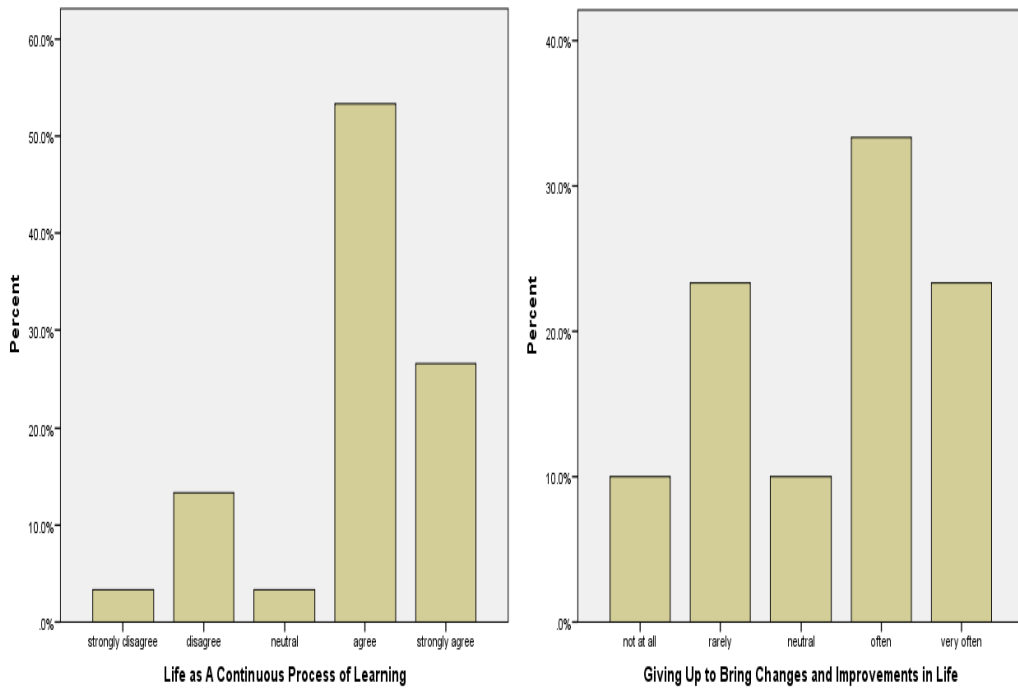
Correlations

	Influence of Everyday Demands	Frequency of Practicing Yoga
Influence of Everyday Demands	1	.597**
Pearson Correlation		.000
Sig. (2-tailed)		
N	30	30
Frequency of Practicing Yoga	.597**	1
Pearson Correlation	.000	
Sig. (2-tailed)		
N	30	30

** . Correlation is significant at the 0.01 level (2-tailed).

The "Frequency of Practicing Yoga" and "Influence of Everyday Demands" have a 0.597 correlation coefficient with a p-value less than 0.001. At the 0.01 (2-tailed) significance level, the association is statistically significant. It appears that these two variables have a moderately favorable association with one another.

Graph 1&2 Life as A Continuous Process and Gave up to Bring Chang and Improvement in Life



The graphs above show a moderate positive similarity between these two variables. As one variable increases, the other tends to increase as well. It means considering life as a continuous process has an impact on the giving up to bring the change.

Table

Difference between Influence of Everyday Demands and Practicing Yoga

One-Sample Test

	Test Value = 0					
	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Influence of Everyday Demands	10.215	29	.000	2.43333	1.9461	2.9205
Frequency of Practicing Yoga	17.210	29	.000	3.56667	3.1428	3.9905

In the variable "Frequency of Practicing Yoga," the test indicates a substantial deviation from the test value (0). The 95% confidence interval for the mean difference, which is 3.56667, is (3.1428, 3.9905). Strong evidence is present against the null hypothesis, as indicated by the extremely low p-value.

The p-values in both situations are incredibly low (less than 0.001), indicating that there is substantial evidence to refute the null hypothesis that the test value equals the mean (0). The sample means are clearly higher than the test result in both situations, as shown by the positive mean differences.

Table

Difference between Influence of Everyday Demands and Practicing Yoga

Correlations

	Maintaining Close Relationships - A Frustrating Task	Frequency of Practicing Yoga
Maintaining Close Relationships - A Frustrating Task	1	.407*
Pearson Correlation		.026
Sig. (2-tailed)		30
N	30	30
Frequency of Practicing Yoga	.407*	1
Pearson Correlation		.026
Sig. (2-tailed)		30
N	30	30

*. Correlation is significant at the 0.05 level (2-tailed).

The p-value is 0.026 and the correlation coefficient between "Frequency of Practicing Yoga" and "Maintaining Close Relationships - A Frustrating Task" is 0.407. At the 0.05 level, the association is statistically significant (2-tailed). This implies that these two variables have a somewhat positive association. One variable tends to rise along with the other.

Table 3.7: Difference between Disappointment in Life and Practicing Yoga

One-Sample Test

	Test Value = 0					
	T	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Frequency of Practicing Yoga	17.210	29	.000	3.56667	3.1428	3.9905
Disappointments in Life	9.842	29	.000	2.16667	1.7164	2.6169

According to the test, there is a substantial deviation from test value (0) in the variable "Disappointments in Life." The 95% confidence range for the mean difference is (1.7164, 2.6169), and the difference is 2.16667. Strong evidence is present against the null hypothesis, as indicated by the extremely low p-value. The p-values are very low (less than 0.001) in both situations.

Table 3.8: Difference between Life Achievements and Practicing Yoga

One-Sample Test

	Test Value = 0					
	T	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Frequency of Practicing Yoga Satisfaction about Success and Achievements	17.210	29	.000	3.56667	3.1428	3.9905
	18.476	29	.000	3.80000	3.3794	4.2206

The test indicates that there is a substantial difference between the test value (0) and the variable "Satisfaction about Success and Achievements." The 95% confidence interval for the mean

difference, which is 3.80000, is (3.3794, 4.2206). Strong evidence is present against the null hypothesis, as indicated by the extremely low p-value. The p-values in both situations are incredibly low (less than 0.001), indicating that there is substantial evidence to refute the null hypothesis that the test value equals the mean (0).

Table 3.9: Difference between Life Achievements and Practicing Yoga

Correlations

		Frequency of Practicing Yoga	Lack of Trustworthy Relationships
Frequency of Practicing Yoga	Pearson Correlation	1	.521**
	Sig. (2-tailed)		.003
	N	30	30
Lack of Trustworthy Relationships	Pearson Correlation	.521**	1
	Sig. (2-tailed)	.003	
	N	30	30

** . Correlation is significant at the 0.01 level (2-tailed).

"Lack of Trustworthy Relationships" and "Frequency of Practicing Yoga" had a 0.521 correlation coefficient and a 0.003 p-value. At the 2-tailed 0.01 level of significance, the association is statistically significant. This implies that these two variables have a somewhat positive association. One variable tends to rise along with the other.

4. Discussion

In a past study Psychological Well-being, life enhancement, Quality of life: A Review was examined. The current study's goal is to offer a critical analysis of the relationship between Psychological well-being, Quality of life, and life Enhancement. Psychological well-being refers to a person's overall mental state and the quality of their emotional, cognitive, and social functioning

The whole well-being and contentment a person feels in several facets of their life is referred to as their quality of life. This is a multifaceted idea that includes several factors contributing to an individual's perceived life satisfaction and happiness. Life enhancement refers to intentional efforts and activities aimed at improving various aspects of one's life, fostering personal growth, well-being, and overall satisfaction. It involves proactive steps taken to enhance the quality of life by engaging in positive and fulfilling experiences. The review shows that contemporary mental-related phenomena like Psychological well-being are related to a person's mental state and yoga has a significant impact on psychological well-being, life enhancement, and quality of life. In addition, the trainers of yoga are likely to be affected by demographics, especially gender. The trainer's demographic and individual characteristics lead to valuable

conclusions so that satisfaction is promoted. The first hypothesis is accepted.

In the past, an indirect link between psychological well-being, quality of life, and life enhancement was examined. The current study's goal is to offer a critical analysis of the impact of yoga and the level of yoga trainer experience by individuals both male and female. The impact of Yoga has been studied and recognized for its positive impact on psychological well-being, life enhancement, and overall quality of life. The practice of yoga encompasses physical postures, breathing exercises, and meditation, which collectively contribute to various aspects of mental health and well-being. The review shows that psychological benefits, yoga also enhances overall quality of life by improving physical health. The physical postures and movements in yoga help increase flexibility, strength, and balance. Regular practice can also improve cardiovascular health, boost immune function, and promote better sleep patterns. These physical improvements contribute to a greater sense of vitality and well-being, ultimately enhancing one's overall quality of life.

In past studies of the impact of yoga on psychological well-being, life enhancement, and the quality of life of adults a review was examined. Data was collected from yoga trainers both males and females. Individuals develop the capacity to live in the present and develop an objective awareness of their thinking and emotions. This heightened self-awareness can extend beyond the yoga mat and into daily life, leading to improved decision-making, better relationships, and a greater sense of purpose and fulfillment. The second hypothesis is accepted.

In past studies, Certainly, when formulating a hypothesis about gender differences in a yoga-based intervention on psychological well-being, life enhancement, and quality of life among adults, you might consider the following: Psychological Well-being Female participants in the yoga intervention will show a greater improvement in psychological well-being compared to male participants. Research suggests that women may be more receptive to and engaged in mind-body practices, potentially leading to greater psychological benefits. Life Enhancement refers to both genders experiencing life enhancement, but women may show a more significant increase in areas related to personal growth and social relationships. Previous studies indicate that women may be more inclined to seek personal development and value social connections, potentially influencing the outcomes of life-enhancement interventions. Quality of Life refers to the yoga intervention that will positively impact the overall quality of life for both genders, with potential variations in specific domains. While both genders may experience improvements, studies suggest that women may be more attuned to factors like social relationships and work-life balance, which could contribute to differences in the perceived quality of life. Life Enhancement refers to Women may exhibit higher compliance and engagement rates in the yoga intervention compared to men.

Previous research indicates that women are often more likely to participate actively in health-related interventions, potentially influencing the outcomes of the yoga program. Women may demonstrate a stronger mind-body connection, leading to greater benefits in terms of psychological well-being and life enhancement. The third Hypothesis is accepted.

Certainly! The impact of yoga on psychological well-being is a well-explored research topic. Studies suggest that regular yoga practice can reduce stress, anxiety, and depression among adults, contributing to an overall improvement in psychological health. Additionally, the mindfulness and meditative aspects of yoga may enhance life satisfaction and quality of life by promoting self-awareness and emotional regulation. Research often emphasizes the holistic benefits of yoga, encompassing both mental and physical dimensions for a comprehensive approach to wellbeing.

4. Conclusions

A 5-week intervention program concluded that yoga was effective in daily life, increasing the range of positivity and reducing the level of any other illness but new trainers were found to produce significant results of yoga among adults with psychological well-being, life enhancement, and quality of life.

4.1 Limitations

1. The statistical strength of the study and the applicability of its conclusions to a larger population of participants may be constrained by a small sample size.
2. The study's subjects might not be an accurate representation of the whole Yoga participants community. Specific inclusion criteria or a higher propensity for yoga among some people may create bias and reduce the external validity of the study.
3. The follow-up time of the investigation may be limited.

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