

# **EFFECTIVENESS OF A STRUCTURED YOGA INTERVENTION ON OVERALL QUALITY OF LIFE AMONG WORKING WOMEN**

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## **Abstract**

*Quality of life is a multidimensional construct reflecting an individual's ability to harmonize professional responsibilities with personal and social roles. Among working women, competing role demands often result in stress and reduced well-being. Grounded in role theory, spillover theory, and the holistic framework of Patanjali's Ashtanga Yoga, the present study examined the effectiveness of a structured yoga intervention on overall quality of life among working women. A single-group pre-post research design was adopted with a purposive sample of 60 working women aged 25–50 years from the IT sector. Participants underwent a 50-minute structured yoga intervention comprising loosening exercises, asanas, pranayama, chakra chanting, and guided meditation. Quality of life was assessed using the WHOQOL-BREF. Paired sample t-test analysis revealed a significant improvement in quality of life following the intervention ( $t (59) = 13.066, p < .001$ ). The findings suggest that yoga is an effective holistic intervention for enhancing quality of life among working women.*

**Keywords:** Quality of Life, Working Women, Yoga Intervention, WHOQOL-BREF, Well-being

## **INTRODUCTION**

Quality Of Life is a multidimensional construct referring to an individual's ability to effectively integrate and manage professional responsibilities with personal, family, and social life. Quality Of Life is rooted in role theory, which suggests that individuals occupy multiple roles simultaneously, and when the demands of these roles become incompatible, role conflict and stress arise. Spillover theory further explains that experiences in one domain, whether positive or negative, spill over into the other domain, thereby influencing overall well-being. In the context of working women, work-life balance is not merely about time allocation but involves emotional energy, psychological engagement, and physical endurance. The harmonious integration of work and life roles enables women to function productively at work while maintaining health, emotional stability, and fulfilling family relationships. Thus, Quality of Life is conceptualized in this study as a dynamic process of negotiating, adapting, and harmonizing multiple life roles to achieve overall well-being and life satisfaction. **Quality of Life as a Holistic Experience for Working Women:** For working women, quality of life is not merely the absence of illness or occupational stress but represents a state of balance between professional aspirations and personal life. Economic independence and career growth can enhance self-esteem and life satisfaction; however, when these gains are accompanied by excessive workload and insufficient support, overall quality of life may decline. Quality of life among working women is therefore best understood as a holistic experience that integrates physical health, emotional resilience, social support, and a supportive environment. Imbalance in any one domain often affects the others, leading to cumulative stress and reduced well-being. **A systematic and comprehensive framework for human well-being is found in Patanjali's Yoga Sutras**, which outline the eightfold path (Ashtanga Yoga). These include ethical discipline (Yama), personal observances (Niyama), physical postures (Asana), breath regulation (Pranayama), sensory control (Pratyahara), concentration (Dharana), meditation (Dhyana), and self-realization (Samadhi). This holistic system addresses behavioural, physical, emotional, mental, and spiritual dimensions of life. Patanjali defines yoga as the cessation of mental fluctuations (Yogah chitta vritti nirodhah), implying freedom from psychological disturbances. Such freedom leads to inner stability, clarity, and peace—qualities that modern research identifies as central to high quality of life. Objectives: present study was to examine the effectiveness of a structured yoga intervention on overall quality of life among working women. The **null hypothesis** stated that there would be no significant difference in quality of life before

and after the yoga intervention. It was **hypothesized** that a structured yoga intervention would significantly improve overall quality of life among working women.

## PARTICIPANTS

The participants of the present study consisted of 60 working women selected using a purposive sampling technique. All participants were employed in IT sector mobmaxime organizations and were experiencing challenges related to balancing work and personal life responsibilities. The age of the participants ranged from 25to50 years. Prior to participation, the purpose of the study was clearly explained, and informed consent was obtained from all participants. Confidentiality and anonymity of responses were assured, and participants were informed of their right to withdraw from the study at any stage without any penalty. The study followed ethical guidelines for research involving human participants. The same group of participants was assessed during both the pre-test and post-test phases, allowing for a within-subject comparison to examine the effectiveness of the intervention on overall Quality of Life. Researcher selected the participants on the following inclusion and exclusion criteria meet the study requirement fully.

**Inclusive criteria:** Age between 25 to 50years females, who were physically and mentally fit,

**Exclusive criteria:** Those who were not willing to participate and were diagnosed with any chronic illness and disease.

**Design:** for this study the single group Pre -Post design was adopted to assess the data.

## INTERVENTION

Component	Practices Included	Duration
Omkar ,Prayer & Loosening Exercises	Neck, shoulder, spinal movements	6 min
Asanas	Balancing asana Holding asana Supine asna sequences Prone asna sequences Sitting asna sequences	20 min
Pranayama, yogic breathing	Nadi Shodhana, Bhramari, Anulom Vilom	10 min
Chakra chanting	Beej mantra	5min
Guided Meditation	Breath awareness / mindfulness	5 min
Closing Prayer	Om chanting	3 min
Total Duration		<b>50 minutes</b>

## DATA COLLECTION

Quality of life was assessed using the **World Health Organization Quality of Life-BREF (WHOQOL-BREF)** instrument developed by the World Health Organization (1998). The WHOQOL-BREF is a widely used, standardized measure designed to evaluate individuals' perceptions of their position in life within the context of their culture, value systems, goals, expectations, standards, and concerns. It provides a comprehensive assessment of quality of life across multiple life domains and is particularly suitable for studies involving working populations and health-related interventions. The scale consists of 26 items, of which 24 items assess four broad domains of quality of life: Physical Health, Psychological Health, Social Relationships, and Environmental Health. The remaining two items measure overall perception of quality of life and general satisfaction with health. Each item is rated on a five-point Likert scale, with response options reflecting intensity, capacity, frequency, or evaluation. Higher scores indicate a better perceived quality of life. The WHOQOL-BREF has demonstrated good psychometric properties, including satisfactory internal consistency, construct validity, and cross-cultural applicability. It has been extensively validated and widely used in Indian and international research, particularly in studies examining quality of life among working women, occupational stress, and lifestyle or mind-body interventions such as yoga. Its brevity, cultural sensitivity, and multidimensional structure make it an appropriate tool for intervention-based and comparative studies.

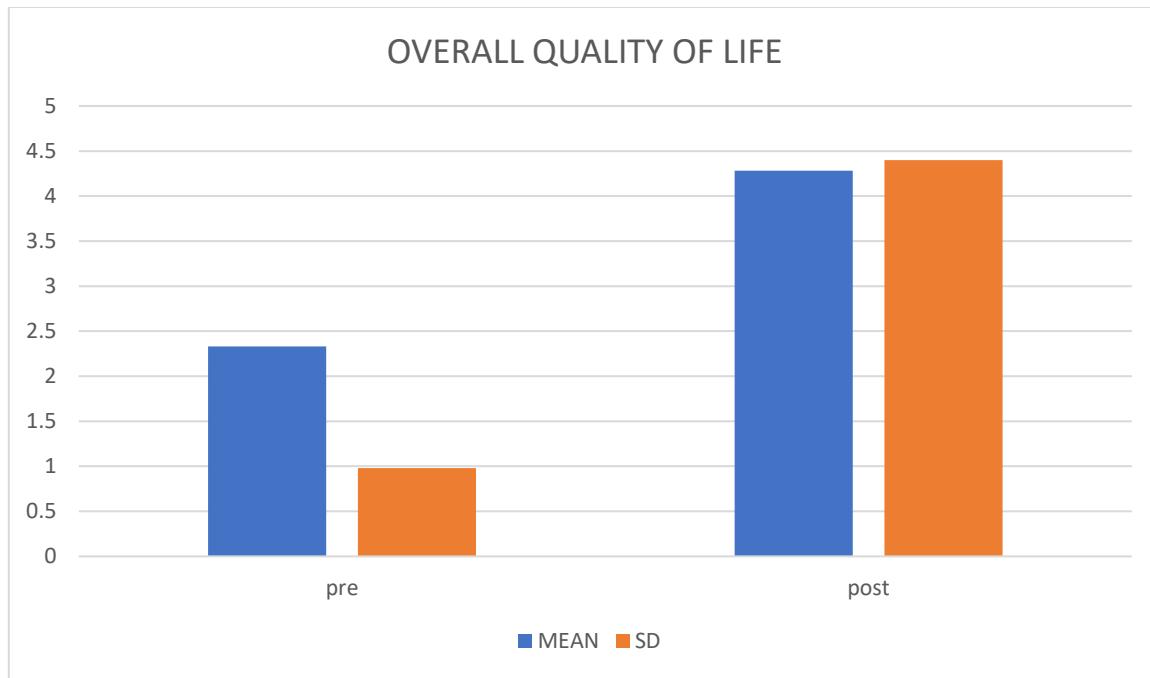
## RESULTS

The analysis and interpretation of data collected to evaluate The Effectiveness of a Structured Yoga Intervention on Overall Quality of Life among Working Women. The results are presented in tabular form and interpreted in light of the objectives and hypotheses of the study. The statistical analysis and interpretation of data collected to examine the effectiveness of the intervention on overall Quality of Life among working women. Data were analysed using descriptive and inferential statistics.

TABLE -1 : Quality of Life changes after yoga intervention program.

df=59

	MEAN	SD	N	t-value	p-value
PRE	2.33	0.986	60	13.066	<.001
POST	4.28	0.524	60		



The results of the present study indicate a significant improvement in quality of life among the participants following the intervention. In Table no 1. statistics revealed that the pre-test mean quality of life score was relatively low ( $M = 2.33$ ,  $SD = 0.986$ ;  $N = 60$ ), suggesting a moderate level of perceived well-being prior to the intervention. In contrast, the post-test mean score increased markedly ( $M = 4.28$ ,  $SD = 0.524$ ;  $N = 60$ ), indicating a substantial enhancement in participants' overall quality of life after the intervention. To examine the statistical significance of this improvement, a paired sample t-test was conducted. The analysis demonstrated a highly significant difference between pre-test and post-test scores,  $t(59) = 13.066$ ,  $p < .001$ . This result confirms that the observed improvement in quality of life was not due to chance and provides strong empirical support for the effectiveness of the intervention.

## DISCUSSION

The findings of the present study clearly demonstrate that the intervention had a significant positive impact on quality of life among the participants. The substantial increase in post-test mean scores suggests that participants experienced meaningful improvements in their physical, psychological, social, and environmental well-being. The reduced standard deviation observed in the post-test further indicates greater consistency in perceived quality of life following the intervention. The significant improvement observed in this study underscores the importance of incorporating holistic interventions into programs aimed at improving the well-being of working populations. By fostering balance between physical health, mental clarity, and social functioning, the intervention appears to have addressed key factors influencing quality of life. The findings also support the use of standardized quality of life measures in evaluating intervention outcomes in occupational and health-related research. The results provide strong evidence that the intervention is an effective approach for enhancing quality of life. Future research may further explore domain-specific changes, long-term sustainability of the observed benefits, and comparative effectiveness across different occupational groups.

## CONCLUSIONS

The study concludes that a structured yoga intervention significantly improves overall quality of life among working women. The marked increase in post-intervention scores indicates enhanced physical health, psychological well-being, social functioning, and environmental satisfaction. Grounded in role and spillover theories, the findings suggest that improvements in one life domain positively influence others, resulting in holistic well-being. The integration of yogic practices based on Patanjali's Ashtanga Yoga offers a comprehensive approach to managing occupational and personal

stress. The results highlight yoga as a cost-effective, non-pharmacological intervention that can be effectively incorporated into workplace wellness programs to promote sustainable quality of life among working women.

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