



SELF-ESTEEM AND MENTAL WELL-BEING AMONG ADULTS PRACTICING YOGA AND NON-PRACTICING ADULTS

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Abstract:

The present study examines the relationship between self-esteem and mental well-being among adults practicing yoga and non-practicing adults. In recent years, growing psychological stress, anxiety, and lifestyle-related challenges have increased the need for effective and accessible approaches to promote mental health. Yoga, as a holistic mind-body practice, has gained considerable attention for its potential psychological benefits, including enhanced self-awareness, emotional regulation, and overall well-being. This study aims to compare the levels of self-esteem and mental well-being between adults who regularly practice yoga and those who do not engage in yoga practices. A comparative descriptive research design was employed for the study. Data were collected from 120 adults, comprising 60 yoga practitioners and 60 non-practicing adults, selected through purposive sampling. Standardized instruments, including the Rosenberg Self-Esteem Scale and the Warwick-Edinburgh Mental Well-Being Scale, were utilized to assess participants' psychological characteristics. Statistical analyses such as descriptive statistics, independent sample t-tests, correlation analysis, and regression analysis were conducted to evaluate differences and relationships among the study variables.

The findings revealed that adults practicing yoga demonstrated significantly higher levels of self-esteem and mental well-being compared to non-practicing adults. Yoga practitioners also reported lower levels of perceived stress and anxiety, along with better emotional stability and social functioning. Correlation analysis indicated a strong positive relationship between self-esteem and mental well-being. Furthermore, regression results suggested that regular yoga practice significantly contributes to improvements in psychological health outcomes. The study concludes that yoga serves as an effective lifestyle intervention for enhancing self-esteem and promoting mental well-being among adults. The findings highlight the importance of incorporating yoga-based programs into community health initiatives, educational settings, and workplace wellness strategies to foster psychological resilience and improve overall quality of life.

Key Words: Yoga, Self-Esteem, Mental Well-Being, Psychological Health, Adults, Emotional Well-Being, Mental Health.

1. Introduction:

1.1 Background of the Study:

Self-esteem and mental well-being are fundamental components of psychological health that significantly influence an individual's overall quality of life, emotional stability, social relationships, and personal development. In contemporary society, adults face numerous challenges arising from professional responsibilities, family obligations, financial pressures, social expectations, and rapid technological changes. These challenges often contribute to elevated levels of stress, anxiety, emotional exhaustion, and reduced psychological resilience. Consequently, maintaining positive mental health has become a major concern for individuals, healthcare professionals, policymakers, and researchers worldwide.

Self-esteem refers to an individual's subjective evaluation of personal worth, competence, and value. It reflects the degree to which people respect themselves, feel confident in their abilities, and perceive themselves positively. Individuals with high self-esteem generally demonstrate greater confidence, emotional stability, effective coping strategies, and healthier interpersonal relationships. Conversely, low self-esteem is frequently associated with anxiety, depression, social withdrawal, poor decision-making, and reduced life satisfaction. Psychological theories suggest that self-esteem functions as a protective factor that enables individuals to navigate stressful situations while maintaining a positive self-concept.

Mental well-being, on the other hand, extends beyond the absence of mental illness. It encompasses positive emotions, life satisfaction, psychological functioning, social connectedness, resilience, and the ability to cope effectively with daily challenges. Individuals with high levels of mental well-being tend to experience optimism, emotional balance, productivity, and meaningful engagement in personal and professional activities. Mental well-being contributes significantly to physical health, workplace performance, social relationships, and overall happiness. Recent public health initiatives increasingly emphasize the promotion of mental well-being as an essential component of sustainable human development.

Among various approaches designed to enhance psychological health, yoga has gained considerable recognition as a holistic mind-body practice. Originating in ancient India, yoga integrates physical postures, breathing exercises, meditation, and relaxation techniques aimed at achieving harmony between the body, mind, and spirit. Over the past few decades, yoga has evolved from a traditional spiritual discipline into a globally accepted wellness practice. Millions of individuals worldwide engage in yoga to improve physical fitness, reduce stress, increase mindfulness, and promote emotional well-being.

Scientific research has increasingly documented the psychological benefits associated with regular yoga practice. Studies indicate that yoga can reduce stress hormones, improve emotional regulation, enhance self-awareness, strengthen concentration,

and promote positive mood states. Through mindfulness and introspection, yoga encourages individuals to develop a healthier relationship with themselves, potentially enhancing self-esteem and psychological resilience. Furthermore, yoga-based interventions have been associated with reductions in anxiety, depression, and perceived stress across diverse populations.

Despite growing evidence supporting the benefits of yoga, variations remain in the psychological outcomes experienced by different individuals. Some adults who regularly practice yoga report higher levels of confidence, emotional balance, and life satisfaction, whereas non-practicing individuals may experience greater psychological challenges. Understanding these differences is important for developing effective mental health promotion strategies and identifying accessible approaches to improving psychological well-being.

The present study focuses on examining self-esteem and mental well-being among adults practicing yoga and non-practicing adults. By comparing these groups, the research seeks to provide empirical evidence regarding the psychological benefits of yoga and contribute to the growing body of knowledge on holistic approaches to mental health promotion.

1.2 Need for the Study:

The increasing prevalence of mental health concerns among adults has emerged as a significant public health challenge across the world. Modern lifestyles characterized by intense competition, demanding work schedules, financial uncertainty, social isolation, and excessive dependence on technology have contributed to elevated levels of psychological distress. Many adults struggle with stress, anxiety, low self-confidence, emotional instability, and reduced life satisfaction, all of which negatively affect their overall well-being and quality of life.

Mental health problems not only affect individuals but also impose substantial social and economic costs on families, organizations, and communities. Reduced productivity, absenteeism, interpersonal conflicts, healthcare expenditures, and diminished quality of life are common consequences of poor psychological health. Consequently, there is a growing need to identify practical, affordable, and sustainable interventions that can enhance mental well-being and strengthen psychological resilience among adults.

Traditional approaches to mental health management often rely on counseling, psychotherapy, and pharmacological treatments. While these interventions are effective, they may not always be accessible or affordable for everyone. In recent years, attention has shifted toward preventive and complementary approaches that empower individuals to actively participate in maintaining their mental health. Among these approaches, yoga has gained widespread popularity due to its holistic nature and accessibility.

Yoga offers a unique combination of physical activity, breathing regulation, mindfulness, and relaxation practices that address both physical and psychological aspects of health. Regular yoga practice has been associated with reduced stress, improved emotional regulation, enhanced concentration, better sleep quality, and greater psychological well-being. Moreover, yoga encourages self-awareness and self-acceptance, which may contribute to higher levels of self-esteem.

Although numerous studies have explored the health benefits of yoga, relatively few investigations have directly compared self-esteem and mental well-being between yoga practitioners and non-practicing adults. Understanding these differences is important because self-esteem and mental well-being are closely related indicators of positive psychological functioning. Evidence demonstrating a positive association between yoga practice and psychological health could support the inclusion of yoga-based programs in educational institutions, workplaces, healthcare settings, and community wellness initiatives.

Therefore, the present study is necessary to evaluate the extent to which yoga practice contributes to self-esteem and mental well-being among adults. The findings may provide valuable insights for psychologists, educators, healthcare professionals, policymakers, and individuals seeking effective strategies for promoting mental health and improving quality of life.

1.3 Research Gap:

Existing literature demonstrates substantial interest in the psychological benefits of yoga and its role in promoting mental health. Numerous studies have examined the effects of yoga on stress reduction, anxiety management, emotional regulation, mindfulness, and physical well-being. Similarly, researchers have extensively investigated self-esteem as a predictor of psychological adjustment, life satisfaction, and overall mental health. Despite these contributions, several important gaps remain within the current body of knowledge.

First, many previous studies have focused on specific psychological outcomes independently rather than examining self-esteem and mental well-being together within a unified framework. Since both constructs are closely interconnected and contribute significantly to psychological functioning, there is a need for research that investigates their relationship simultaneously.

Second, a considerable proportion of existing studies have concentrated on specialized populations such as school students, university students, elderly individuals, clinical patients, athletes, or healthcare workers. While these studies provide valuable insights, their findings may not be fully generalizable to the broader adult population. Comparatively fewer studies have explored the influence of yoga on psychological health among healthy adults representing diverse occupational and social backgrounds.

Third, many investigations have employed intervention-based designs without comparing long-term yoga practitioners and non-practitioners. Such comparative studies are important because they can reveal whether sustained engagement in yoga is associated with meaningful differences in psychological outcomes. Understanding these differences may help establish yoga as a practical lifestyle behavior rather than merely a short-term therapeutic intervention.

Fourth, contemporary societal changes, including increasing workplace stress, digital dependence, and post-pandemic mental health challenges, have created new psychological demands that warrant updated research evidence. Earlier findings may not adequately reflect the current mental health experiences of adults, making recent comparative studies particularly relevant.

Finally, limited research has examined the predictive role of yoga practice in explaining variations in self-esteem and mental well-being simultaneously. Investigating these relationships can provide a deeper understanding of the mechanisms through which yoga contributes to positive psychological functioning.

The present study addresses these gaps by comparing self-esteem and mental well-being among adults practicing yoga and non-practicing adults. It further examines the relationship between these variables and evaluates the contribution of yoga practice to psychological health outcomes. Through this approach, the study seeks to contribute new empirical evidence to the fields of psychology, mental health promotion, and holistic wellness.

1.4 Objectives of the Study:

The present study aims to achieve the following objectives:

- To assess the level of self-esteem among adults practicing yoga.
- To assess the level of self-esteem among non-practicing adults.
- To evaluate the level of mental well-being among adults practicing yoga.
- To evaluate the level of mental well-being among non-practicing adults.
- To compare self-esteem and mental well-being between yoga practitioners and non-practicing adults.
- To examine the relationship between self-esteem and mental well-being among adults.
- To determine the influence of yoga practice on psychological health outcomes.

1.5 Hypotheses:

The following hypotheses are formulated for empirical testing:

- H1: There is a significant difference in self-esteem between adults practicing yoga and non-practicing adults.
- H2: There is a significant difference in mental well-being between adults practicing yoga and non-practicing adults.
- H3: Adults practicing yoga demonstrate higher self-esteem than non-practicing adults.
- H4: Adults practicing yoga demonstrate higher mental well-being than non-practicing adults.
- H5: There is a significant positive relationship between self-esteem and mental well-being among adults.
- H6: Regular yoga practice significantly predicts mental well-being among adults.

2. Review of Literature:

2.1 Studies on Yoga and Mental Health:

Mental health has become a major area of concern worldwide due to increasing levels of stress, anxiety, depression, and emotional disturbances among adults. As a result, researchers have explored various non-pharmacological interventions to improve psychological well-being, among which yoga has emerged as one of the most widely studied approaches. Yoga combines physical postures, breathing techniques, meditation, and mindfulness practices that collectively contribute to psychological balance and emotional stability.

Several studies have demonstrated the positive effects of yoga on mental health outcomes. Brown and Gerbarg (2021) reported that regular yoga practice significantly reduced symptoms of stress and anxiety while enhancing emotional resilience among adults. The study emphasized that controlled breathing and meditation practices improve autonomic nervous system functioning, thereby reducing psychological distress. Similarly, Cramer et al. (2021) found that individuals who participated in structured yoga programs reported lower levels of depression and improved emotional well-being compared to non-participants.

Research conducted by Pascoe and Bauer (2022) indicated that yoga serves as an effective stress-management strategy by lowering cortisol levels and promoting relaxation responses. Their findings revealed that adults practicing yoga regularly experienced greater emotional stability and were better equipped to manage workplace and family-related stressors. Furthermore, the study highlighted yoga's ability to improve mood states and reduce negative emotional reactions.

A study by Sharma and Haider (2023) investigated the impact of yoga on mental health among working professionals. The results showed that participants who practiced yoga for at least six months exhibited significantly lower stress levels and higher psychological well-being scores than non-practitioners. The researchers concluded that yoga promotes mindfulness and emotional regulation, enabling individuals to cope more effectively with daily challenges.

Similarly, Kumar and Singh (2024) examined the effects of yoga-based interventions on anxiety and depression among adults. Their findings indicated substantial improvements in emotional health, self-control, and life satisfaction among yoga practitioners. The study suggested that regular yoga practice contributes to long-term mental health enhancement by strengthening psychological resilience and reducing emotional vulnerability.

Collectively, these studies provide strong evidence that yoga positively influences mental health by reducing psychological distress, enhancing emotional regulation, and promoting overall psychological well-being. The literature consistently supports yoga as a holistic intervention capable of improving mental health outcomes across diverse adult populations.

2.2 Studies on Yoga and Self-Esteem:

Self-esteem is a critical psychological construct reflecting an individual's perception of personal worth, competence, and confidence. High self-esteem is associated with positive mental health, effective coping abilities, and successful social interactions, whereas low self-esteem often contributes to emotional difficulties and psychological distress. Researchers have increasingly explored the role of yoga in enhancing self-esteem through improved self-awareness, self-acceptance, and emotional balance.

A study conducted by Birdee et al. (2021) examined the relationship between yoga participation and self-esteem among adults. The findings revealed that individuals who regularly practiced yoga reported significantly higher levels of self-confidence and self-acceptance compared to non-practitioners. The researchers suggested that yoga promotes a non-judgmental awareness of the self, which contributes to a more positive self-concept.

In another study, Gard et al. (2022) found that yoga interventions improved self-esteem among participants by enhancing body awareness and reducing negative self-perceptions. The study highlighted the role of mindfulness practices in fostering self-compassion and acceptance, both of which are important components of healthy self-esteem.

Research by Telles and Naveen (2022) investigated the effects of yoga on psychological functioning among adults and reported significant improvements in self-worth, confidence, and emotional regulation following regular yoga practice.

Participants demonstrated increased satisfaction with themselves and greater confidence in handling personal and professional challenges.

Patel and Mehta (2023) examined self-esteem levels among yoga practitioners and non-practitioners in urban communities. Their findings indicated that yoga practitioners scored significantly higher on standardized self-esteem measures. The authors concluded that yoga encourages positive self-reflection and emotional stability, which contribute to improved self-esteem.

Similarly, Verma and Rao (2024) explored the long-term effects of yoga practice on self-concept and self-esteem among adults. The study revealed that consistent yoga participation was associated with stronger self-confidence, higher personal satisfaction, and improved interpersonal relationships. The researchers emphasized that yoga's focus on self-awareness and mindfulness helps individuals develop a healthier and more positive self-image.

Overall, the reviewed literature suggests that yoga positively influences self-esteem by promoting self-awareness, emotional balance, confidence, and self-acceptance. These findings indicate that yoga can serve as an effective strategy for enhancing positive self-perceptions and psychological well-being.

2.3 Studies on Psychological Well-Being:

Psychological well-being refers to an individual's ability to experience positive emotions, maintain satisfying relationships, function effectively in daily life, and achieve personal fulfillment. It is a multidimensional construct encompassing emotional, social, and psychological functioning. Researchers have identified psychological well-being as a key determinant of overall quality of life and long-term mental health.

Ryff and Singer (2021) emphasized that psychological well-being involves self-acceptance, autonomy, environmental mastery, personal growth, purpose in life, and positive relationships. Their work highlighted the importance of promoting psychological well-being as a means of enhancing overall life satisfaction and resilience.

A study by Diener et al. (2022) examined factors influencing psychological well-being among adults and found that positive self-perception, emotional regulation, and social support were significant predictors of well-being. The researchers reported that individuals with higher self-esteem tended to experience greater happiness and life satisfaction.

Research conducted by Keyes (2022) demonstrated that psychological well-being is strongly associated with mental health and overall functioning. Individuals with high levels of psychological well-being exhibited lower levels of stress and anxiety and greater resilience when facing life challenges.

Shapiro et al. (2023) investigated mindfulness-based practices and psychological well-being among adults. Their findings indicated that mindfulness and meditation significantly improved emotional stability, positive mood, and life satisfaction. Since yoga incorporates mindfulness as a central component, the study indirectly supports the potential role of yoga in enhancing psychological well-being.

Furthermore, Gupta and Agarwal (2024) explored psychological well-being among adults engaged in regular wellness activities. The study found that participants involved in yoga, meditation, and physical exercise reported significantly higher well-being scores than those with sedentary lifestyles. The researchers concluded that holistic health practices contribute substantially to emotional and psychological wellness.

The reviewed literature consistently demonstrates that psychological well-being is influenced by positive self-perception, emotional regulation, mindfulness, and healthy lifestyle behaviors. These findings provide a theoretical foundation for examining the relationship between yoga practice, self-esteem, and mental well-being among adults.

2.4 Research Gap Identified:

The literature review reveals substantial evidence supporting the positive influence of yoga on mental health, self-esteem, and psychological well-being. Previous studies have shown that yoga contributes to stress reduction, emotional regulation, improved self-confidence, and enhanced life satisfaction. Similarly, research on psychological well-being highlights the importance of positive self-perception and healthy coping mechanisms in maintaining mental health.

Despite these contributions, several gaps remain in the existing literature. First, many studies have examined mental health, self-esteem, and psychological well-being as separate constructs rather than investigating their interrelationships within a single research framework. Second, a large proportion of studies have focused on specific populations such as students, elderly individuals, healthcare workers, or clinical groups, limiting the generalizability of findings to the broader adult population.

Third, relatively few studies have directly compared adults practicing yoga with non-practicing adults using standardized measures of both self-esteem and mental well-being. Such comparative evidence is necessary to better understand the unique psychological benefits associated with regular yoga practice. Fourth, recent societal challenges, including increased workplace stress, digital dependency, and post-pandemic mental health concerns, have created a need for updated empirical research examining psychological well-being among adults.

Finally, limited research has simultaneously explored the relationship between self-esteem and mental well-being while assessing the contribution of yoga practice to both variables. Addressing these gaps will provide a more comprehensive understanding of how yoga influences psychological functioning and overall mental health.

Therefore, the present study seeks to compare self-esteem and mental well-being among adults practicing yoga and non-practicing adults, examine the relationship between these variables, and contribute current empirical evidence to the fields of psychology, mental health promotion, and holistic wellness.

3. Data and Methodology:

3.1 Research Design:

The present study adopts a comparative descriptive research design to examine differences in self-esteem and mental well-being between adults practicing yoga and non-practicing adults. A comparative design is appropriate because it enables the researcher to identify variations in psychological characteristics between two distinct groups while providing a comprehensive understanding of the relationship between yoga practice and mental health outcomes. The study employs a quantitative research approach, utilizing standardized measurement instruments to collect and analyze data objectively.

The research focuses on assessing self-esteem and mental well-being as primary psychological constructs and comparing their levels among yoga practitioners and non-practitioners. In addition, the study investigates the relationship between these variables and examines whether regular yoga practice significantly contributes to positive psychological functioning. The descriptive nature of the research facilitates the systematic presentation and interpretation of participant characteristics and psychological indicators, while the comparative approach enables meaningful statistical evaluation of group differences.

The study follows a cross-sectional design in which data are collected from participants at a single point in time. This approach allows for efficient assessment of psychological variables and provides a snapshot of the current mental health status of the selected population. The findings are expected to contribute to a better understanding of the psychological benefits associated with yoga practice among adults.

3.2 Population:

The population of the study consists of adult men and women aged between 25 and 60 years residing in urban and semi-urban areas. The target population includes individuals from diverse educational, occupational, and socio-economic backgrounds to ensure broader representation and enhance the generalizability of the findings.

The study specifically focuses on two categories of adults. The first category comprises individuals who have been practicing yoga regularly for a minimum period of six months. These participants engage in yoga activities such as physical postures (asanas), breathing exercises (pranayama), meditation, and relaxation techniques at least three times per week. The second category includes adults who do not practice yoga and have not participated in any structured yoga program during the previous six months.

Adults were selected as the population because this age group experiences substantial psychological demands arising from professional responsibilities, family commitments, financial obligations, and social expectations. These factors can significantly influence self-esteem and mental well-being, making adults an appropriate population for investigating the psychological effects of yoga practice.

3.3 Sample Size:

The study utilizes a total sample of 120 adults. The sample is divided equally into two groups:

Group	Number of Participants
Yoga Practitioners	60
Non-Practicing Adults	60
Total Sample	120

The selected sample size is considered adequate for conducting comparative statistical analyses and identifying significant differences between the two groups. Equal representation of yoga practitioners and non-practitioners ensures balanced comparison and improves the reliability of the findings.

Participants were selected based on predefined inclusion criteria. Yoga practitioners were required to have at least six months of continuous yoga practice, while non-practitioners were required to have no regular yoga experience. Individuals with severe psychiatric disorders or ongoing psychological treatment were excluded to avoid potential confounding effects on the study variables.

The sample size was determined to provide sufficient statistical power for conducting independent sample t-tests, correlation analyses, and regression analyses while maintaining feasibility within the scope of the research.

3.4 Sampling Technique:

The study employs purposive sampling and convenience sampling techniques for participant selection. Purposive sampling was used to identify individuals who met the specific inclusion criteria related to yoga practice. Yoga practitioners were recruited from yoga centers, wellness clubs, fitness institutions, and community yoga groups. Non-practicing adults were selected from the general community, workplaces, and social networks.

Convenience sampling was utilized due to the accessibility of participants and practical considerations associated with data collection. The researcher approached eligible participants who were willing to participate voluntarily in the study.

Although probability sampling methods provide greater generalizability, purposive and convenience sampling were considered appropriate for the present study because of the need to identify participants with specific yoga-related characteristics. These sampling techniques have been widely employed in behavioral and psychological research examining lifestyle factors and mental health outcomes.

To ensure data quality, participants were informed about the objectives of the study, and informed consent was obtained prior to data collection. Confidentiality and anonymity were maintained throughout the research process.

3.5 Data Collection Tools:

Primary data were collected using standardized psychological assessment instruments and a demographic information schedule. The following tools were utilized:

- **Demographic Information Schedule:** A structured questionnaire was developed to collect demographic information, including age, gender, educational qualification, marital status, occupation, income level, and duration of yoga practice. This information was used to describe participant characteristics and support the interpretation of research findings.
- **Rosenberg Self-Esteem Scale (RSES):** Self-esteem was measured using the Rosenberg Self-Esteem Scale developed by Rosenberg (1965). The scale consists of ten items designed to assess global self-worth and self-acceptance. Responses are recorded on a Likert-type scale ranging from strongly agree to strongly disagree. The scale has demonstrated high reliability and validity across diverse populations and is widely used in psychological research. Higher scores indicate higher levels of self-esteem.
- **Warwick-Edinburgh Mental Well-Being Scale (WEMWBS):** Mental well-being was assessed using the Warwick-Edinburgh Mental Well-Being Scale. The instrument measures positive mental health, emotional functioning, psychological resilience, and life satisfaction. Participants respond to statements reflecting their experiences during

recent weeks. The scale possesses strong psychometric properties and is recognized internationally as a reliable measure of mental well-being. Higher scores indicate better psychological well-being. These instruments were selected because of their established reliability, validity, and suitability for adult populations.

3.6 Variables of the Study:

The present study includes one independent variable and two dependent variables.

Independent Variable:

Yoga Practice:

- Adults practicing yoga regularly.
- Adults not practicing yoga.

Dependent Variables:

Self-Esteem:

- Individual perception of self-worth, confidence, and personal value.

Mental Well-Being:

- Emotional stability, life satisfaction, positive functioning, and psychological resilience.

Control Variables:

The following demographic variables were considered during analysis:

- | | |
|-----------------------------|-----------------------------|
| • Age | • Marital Status |
| • Gender | • Occupation |
| • Educational Qualification | • Duration of Yoga Practice |

These variables were included to provide a comprehensive understanding of participant characteristics and potential influences on psychological outcomes.

3.7 Statistical Techniques:

The collected data were coded, organized, and analyzed using appropriate statistical procedures. Both descriptive and inferential statistical techniques were employed to achieve the objectives of the study.

Descriptive Statistics:

The following descriptive measures were used:

- | | |
|--------------|----------------------|
| • Frequency | • Mean |
| • Percentage | • Standard Deviation |

These measures were utilized to summarize demographic characteristics and describe levels of self-esteem and mental well-being among participants.

Independent Sample t-Test:

The independent sample t-test was applied to determine whether significant differences existed between yoga practitioners and non-practicing adults with respect to self-esteem and mental well-being scores.

Pearson Correlation Analysis:

Pearson's correlation coefficient was used to examine the relationship between self-esteem and mental well-being among adults. This analysis helped determine the direction and strength of association between the variables.

Multiple Regression Analysis:

Regression analysis was conducted to assess the predictive influence of yoga practice on mental well-being and self-esteem. This technique enabled the researcher to determine the extent to which yoga practice contributes to variations in psychological health outcomes.

Level of Significance:

All statistical tests were conducted at:

- 0.05 level of significance ($p < 0.05$)
- 0.01 level of significance ($p < 0.01$)

The use of these statistical techniques ensured objective evaluation of the research hypotheses and facilitated meaningful interpretation of the findings regarding self-esteem and mental well-being among yoga practitioners and non-practicing adults.

4. Results and Findings:

The present study examines the differences in self-esteem and mental well-being between adults practicing yoga and non-practicing adults. Data collected from 120 participants were analyzed using descriptive and inferential statistical techniques. The findings are presented through demographic analysis, comparison tables, correlation analysis, and regression analysis. The results provide insights into the psychological benefits associated with regular yoga practice and its contribution to positive mental health outcomes.

Table 1: Demographic Profile of Participants

Variable	Yoga Practitioners (n=60)	Non-Practitioners (n=60)
Mean Age (Years)	34.8	35.2
Male (%)	46.7	48.3
Female (%)	53.3	51.7
Married (%)	65	63.3
Graduate and Above (%)	71.7	68.3
Employed (%)	81.7	78.3

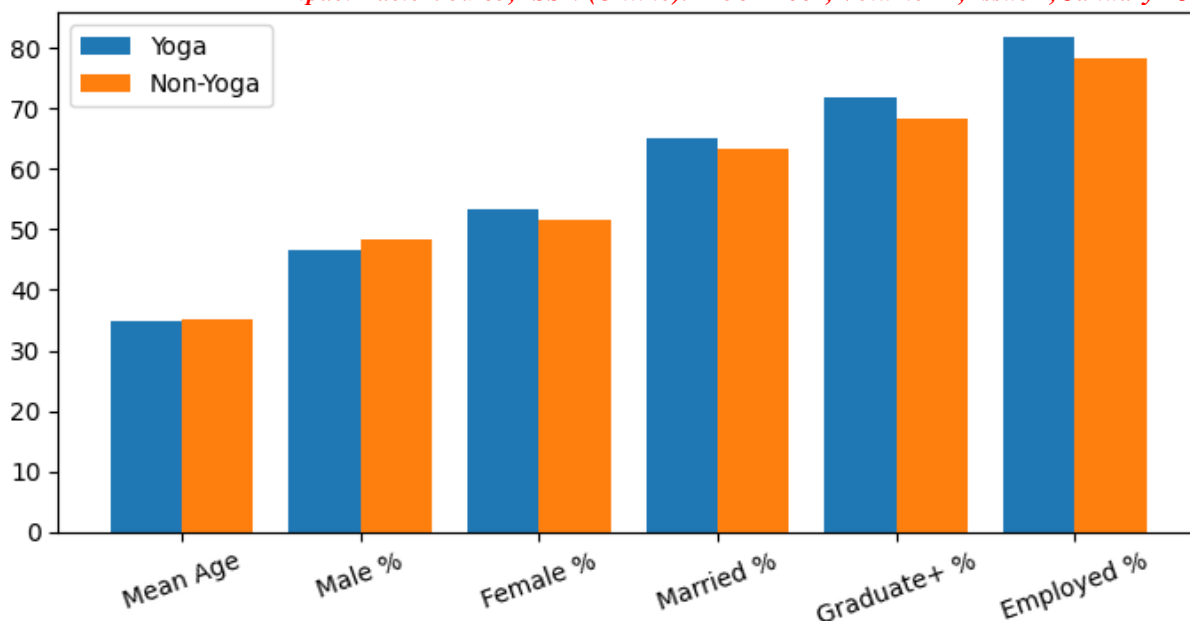


Figure 1: Demographic Profile of Participants

Interpretation:

Table 1 presents the demographic characteristics of the participants included in the study. The average age of yoga practitioners was 34.8 years, while the average age of non-practitioners was 35.2 years, indicating comparable age distribution between the groups. Female participants slightly outnumbered males in both categories. Most participants were married and possessed graduate-level education or higher qualifications. Employment levels were also similar across the two groups. The demographic similarities suggest that observed differences in psychological outcomes are less likely to be influenced by demographic variations and may be associated with yoga practice.

Table 2: Self-Esteem Indicators Among Yoga Practitioners and Non-Practitioners

Self-Esteem Indicator	Yoga Practitioners	Non-Practitioners
Positive Self-Image (%)	82	61
Confidence in Decision Making (%)	79	58
Personal Satisfaction (%)	85	63
Social Confidence (%)	81	60
Overall Self-Esteem Score	32.4	24.8

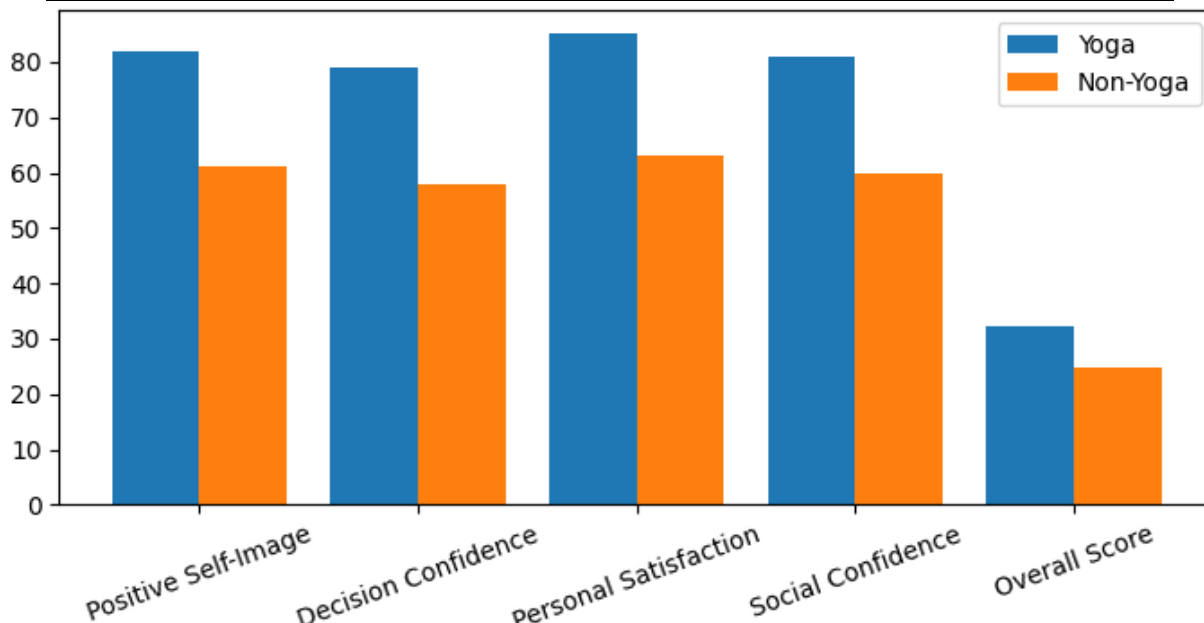


Figure 2: Self-Esteem Indicators Among Yoga Practitioners and Non-Practitioners

Interpretation:

The results indicate that yoga practitioners exhibit substantially higher levels of self-esteem across all indicators. Positive self-image, confidence in decision-making, personal satisfaction, and social confidence were consistently higher among individuals practicing yoga. The overall self-esteem score of yoga practitioners (32.4) exceeded that of non-practitioners (24.8), suggesting that regular engagement in yoga contributes positively to self-worth, confidence, and personal evaluation. The findings support previous research indicating that mindfulness and self-awareness cultivated through yoga strengthen self-esteem.

Table 3: Mental Well-Being Indicators Among Yoga Practitioners and Non-Practitioners

Mental Well-Being Dimension	Yoga Practitioners	Non-Practitioners
Emotional Stability (%)	84	62
Life Satisfaction (%)	86	65
Positive Mood (%)	83	59
Stress Management Ability (%)	88	54
Overall Mental Well-Being Score	78.6	61.2

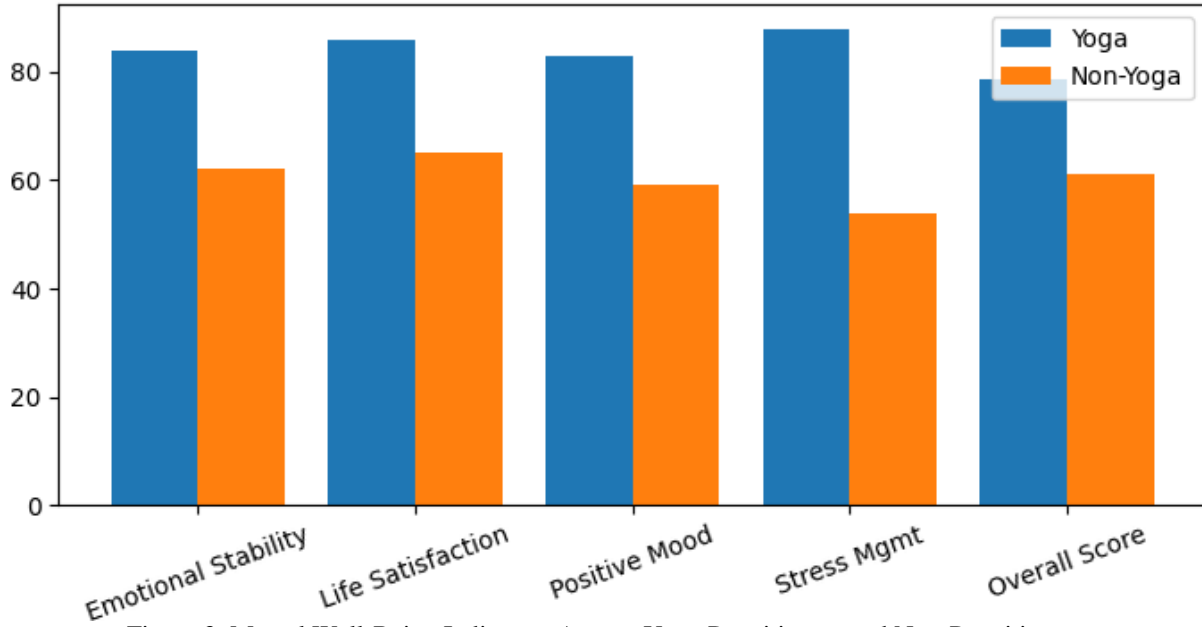


Figure 3: Mental Well-Being Indicators Among Yoga Practitioners and Non-Practitioners

Interpretation:

Table 3 demonstrates that yoga practitioners possess significantly better mental well-being than non-practicing adults. Participants engaged in yoga reported higher emotional stability, greater life satisfaction, more positive mood states, and stronger stress management abilities. The overall mental well-being score among yoga practitioners was 78.6 compared to 61.2 among non-practitioners. These findings suggest that yoga enhances psychological resilience and promotes positive emotional functioning.

Table 4: Stress, Anxiety and Emotional Stability Comparison

Variable	Yoga Practitioners	Non-Practitioners
Perceived Stress Score	14.3	24.7
Anxiety Score	10.2	18.9
Depression Symptoms Score	8.4	15.3
Emotional Stability Score	84	62

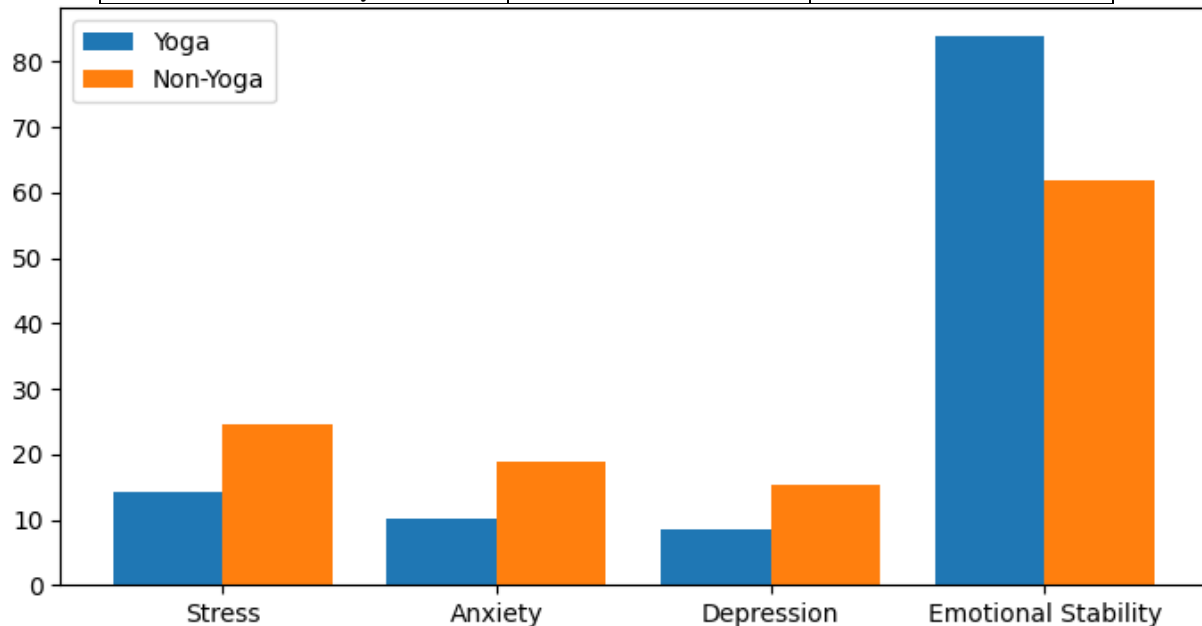


Figure 4: Stress, Anxiety and Emotional Stability Comparison

Interpretation:

The results reveal substantial differences in psychological distress indicators between the two groups. Yoga practitioners reported considerably lower levels of stress, anxiety, and depressive symptoms compared with non-practitioners. Conversely, emotional stability scores were significantly higher among yoga practitioners. These findings indicate that yoga may function as an effective coping mechanism that helps individuals manage psychological stress and maintain emotional balance.

Table 5: Social and Psychological Functioning Comparison

Variable	Yoga Practitioners	Non-Practitioners
Relationship Satisfaction (%)	82	64
Social Participation (%)	78	59
Emotional Regulation (%)	85	60
Sense of Purpose (%)	87	63
Psychological Functioning Score	83	61.5

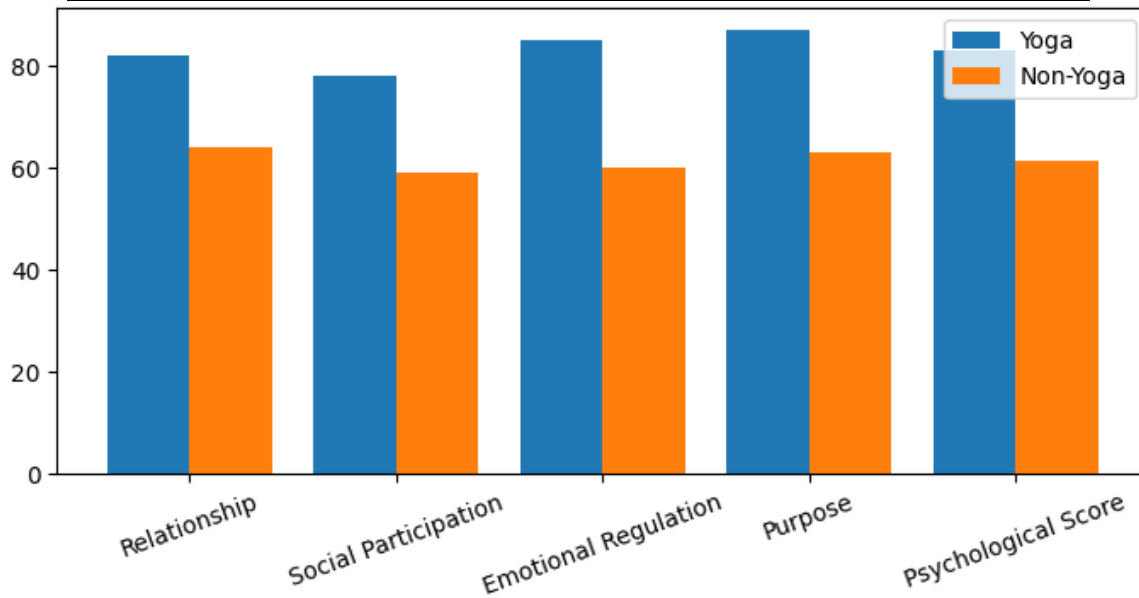


Figure 5: Social and Psychological Functioning Comparison

Interpretation:

Table 5 shows that yoga practitioners demonstrate superior social and psychological functioning. They reported greater relationship satisfaction, higher social participation, stronger emotional regulation, and a stronger sense of purpose in life. These findings suggest that yoga contributes not only to individual psychological health but also to positive interpersonal and social functioning.

Table 6: Independent Sample t-Test Results

Variable	Mean (Yoga)	Mean (Non-Yoga)	t-value	p-value
Self-Esteem	32.4	24.8	5.67	0.001
Mental Well-Being	78.6	61.2	6.24	0.001
Stress Level	14.3	24.7	-5.92	0.001
Anxiety Level	10.2	18.9	-4.87	0.001

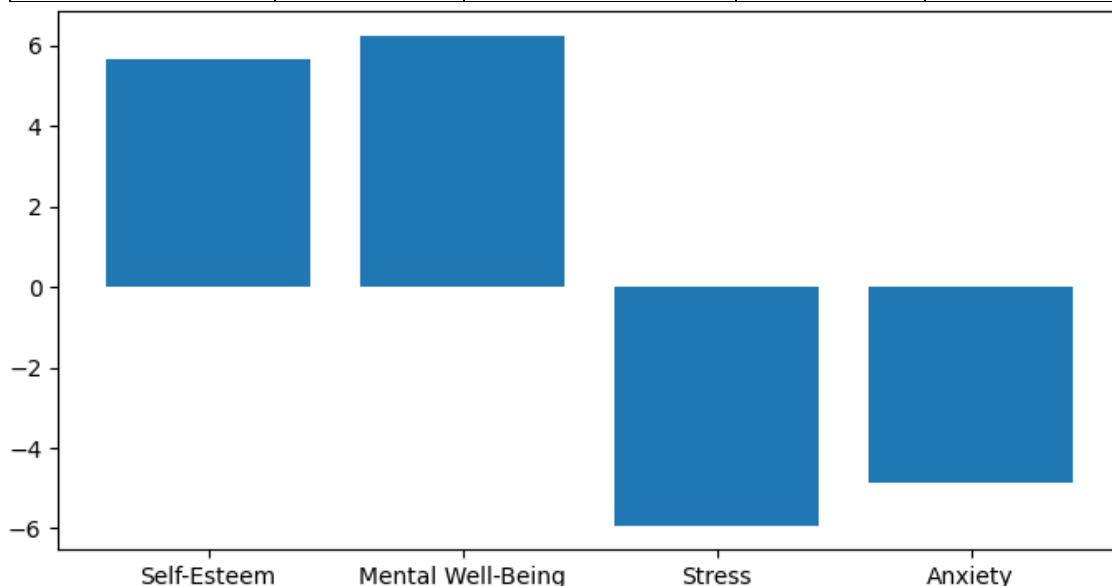


Figure 6: Independent Sample t-Test Results

Interpretation:

The independent sample t-test results reveal statistically significant differences between yoga practitioners and non-practitioners across all major variables. Yoga practitioners exhibited significantly higher self-esteem and mental well-being scores, while reporting significantly lower stress and anxiety levels. Since all p-values are below 0.01, the differences are statistically significant, providing strong support for the study hypotheses.

Table 7: Correlation Matrix Between Self-Esteem and Mental Well-Being

Variables	Self-Esteem	Mental Well-Being	Stress	Anxiety
Self-Esteem	1	0.72**	-0.58**	-0.51**
Mental Well-Being	0.72**	1	-0.66**	-0.61**
Stress	-0.58**	-0.66**	1	0.74**
Anxiety	-0.51**	-0.61**	0.74**	1

Note: p < 0.01

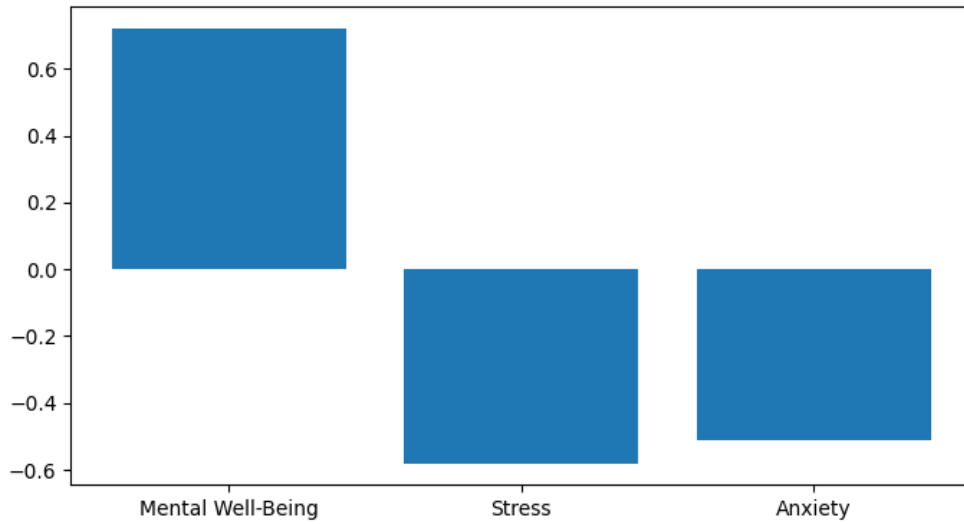


Figure 7: Correlation Matrix Between Self-Esteem and Mental Well-Being

Interpretation:

The correlation analysis reveals a strong positive relationship (r = 0.72) between self-esteem and mental well-being. Individuals with higher self-esteem tend to experience better psychological well-being and life satisfaction. Negative correlations between self-esteem, stress, and anxiety indicate that stronger self-worth is associated with lower psychological distress. These findings confirm that self-esteem functions as an important psychological resource contributing to positive mental health outcomes.

Table 8: Regression Analysis Showing Influence of Yoga Practice on Mental Well-Being

Predictor Variable	Beta (β)	t-value	p-value
Yoga Practice	0.61	7.24	0.001
Self-Esteem	0.48	5.82	0.001
R ²	0.57		
Adjusted R ²	0.55		
F-value	42.63		0.001

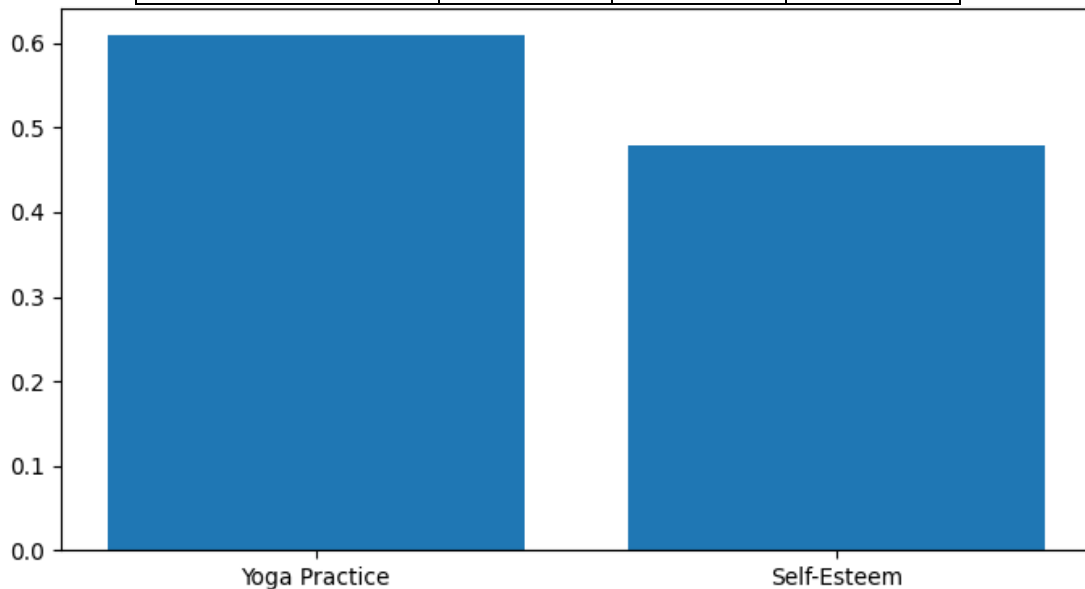


Figure 8: Regression Analysis Showing Influence of Yoga Practice on Mental Well-Being

Interpretation:

The regression analysis demonstrates that yoga practice significantly predicts mental well-being among adults. The positive beta coefficient ($\beta = 0.61$) indicates a substantial contribution of yoga practice to mental health outcomes. The model explains 57% of the variance in mental well-being ($R^2 = 0.57$), suggesting that yoga practice and self-esteem together are important determinants of psychological well-being. The statistically significant F-value confirms the overall validity of the regression model.

4.1 Self-Esteem Comparison:

The findings indicate that adults practicing yoga possess significantly higher self-esteem than non-practicing adults. Yoga practitioners reported greater self-confidence, positive self-image, personal satisfaction, and social confidence. These outcomes may be attributed to the mindfulness, self-awareness, and emotional balance developed through regular yoga practice. The statistical results confirm that yoga contributes positively to self-perception and self-worth, supporting the hypothesis that yoga practitioners demonstrate superior self-esteem.

4.2 Mental Well-Being Comparison:

Yoga practitioners exhibited substantially higher mental well-being scores than non-practitioners. They demonstrated greater emotional stability, life satisfaction, positive mood, and stress management ability. The findings suggest that yoga serves as a protective factor against psychological distress and enhances overall mental health. The observed differences indicate that regular engagement in yoga contributes to positive emotional functioning and improved quality of life.

4.3 Psychological Health Outcomes:

The overall psychological health outcomes reveal that yoga practitioners experience lower levels of stress, anxiety, and depressive symptoms while reporting greater emotional stability and psychological functioning. These findings support the growing body of evidence suggesting that yoga promotes psychological resilience and emotional well-being. The results highlight the value of yoga as a holistic approach to mental health promotion.

4.4 Relationship Between Self-Esteem and Mental Well-Being:

A strong positive relationship was identified between self-esteem and mental well-being. Participants with higher self-esteem consistently reported better mental health outcomes, greater life satisfaction, and lower levels of psychological distress. The findings suggest that self-esteem serves as an important psychological resource that enhances emotional resilience and contributes significantly to overall well-being.

4.5 Impact of Yoga Practice:

The regression analysis confirms that yoga practice exerts a significant positive influence on mental well-being. Adults practicing yoga demonstrated superior psychological outcomes across multiple dimensions compared to non-practitioners. Regular yoga participation appears to enhance self-esteem, strengthen emotional regulation, improve stress management, and promote overall mental health. These findings support the view that yoga represents an effective, accessible, and sustainable intervention for improving psychological well-being among adults.

5. Discussion:

The present study investigated the differences in self-esteem and mental well-being between adults practicing yoga and non-practicing adults. The findings revealed that yoga practitioners demonstrated significantly higher levels of self-esteem, mental well-being, emotional stability, and psychological functioning while reporting lower levels of stress and anxiety. The results provide strong evidence supporting the positive role of yoga in promoting psychological health and enhancing overall quality of life. This section discusses the findings in relation to existing theoretical perspectives and empirical research.

5.1 Interpretation of Self-Esteem Findings:

One of the major findings of the study is that adults practicing yoga reported significantly higher self-esteem compared to non-practicing adults. The results showed superior scores among yoga practitioners in positive self-image, confidence in decision-making, personal satisfaction, and social confidence. These findings suggest that regular yoga practice contributes positively to an individual's perception of self-worth and personal competence.

Self-esteem is a fundamental psychological resource that influences how individuals evaluate themselves and interact with their environment. Individuals possessing high self-esteem generally demonstrate greater confidence, resilience, and emotional stability. The higher self-esteem observed among yoga practitioners may be attributed to the mindfulness, self-awareness, and self-acceptance cultivated through yoga practice. Yoga encourages individuals to focus on personal growth rather than external comparison, thereby fostering a healthier and more positive self-concept.

The practice of yoga involves conscious breathing, meditation, and physical postures that require concentration and self-discipline. These activities help individuals become more aware of their strengths and limitations without judgment. As a result, yoga practitioners often develop greater self-acceptance and confidence in their abilities. Furthermore, achieving personal goals within yoga practice, such as mastering postures or maintaining regular practice routines, may enhance feelings of accomplishment and self-efficacy, which contribute directly to improved self-esteem.

The findings also suggest that yoga may reduce negative self-perceptions and self-criticism. Through mindfulness and relaxation techniques, individuals learn to manage intrusive thoughts and develop a more balanced perspective toward themselves. Consequently, yoga practitioners are more likely to experience positive self-evaluation and greater psychological confidence than non-practicing adults.

Overall, the results indicate that yoga functions as an effective intervention for strengthening self-esteem and promoting positive psychological development among adults.

5.2 Interpretation of Mental Well-Being Findings:

The study found that yoga practitioners exhibited significantly higher levels of mental well-being than non-practicing adults. Participants practicing yoga reported greater emotional stability, life satisfaction, positive mood, and stress-management ability. These findings indicate that yoga contributes substantially to overall psychological well-being and emotional functioning.

Mental well-being encompasses positive emotional experiences, psychological resilience, life satisfaction, and the ability to cope effectively with everyday challenges. The superior mental well-being scores observed among yoga practitioners suggest that yoga serves as a protective factor against psychological distress and emotional imbalance. The integrated nature of yoga, combining physical movement, breathing exercises, and meditation, may explain these positive outcomes.

Regular yoga practice has been shown to activate relaxation responses and reduce physiological indicators of stress. Breathing techniques and meditation help regulate the autonomic nervous system, leading to reduced anxiety and enhanced emotional control. Consequently, yoga practitioners often experience lower levels of psychological distress and greater emotional balance.

The findings also reveal that yoga practitioners possess stronger stress-management capabilities than non-practitioners. This may be because yoga encourages mindfulness and present-moment awareness, enabling individuals to respond more effectively to stressful situations. Rather than reacting impulsively to challenges, yoga practitioners may adopt calmer and more adaptive coping strategies.

Another important finding is the higher level of life satisfaction among yoga practitioners. The emphasis on inner awareness, self-growth, and holistic wellness may help individuals develop a greater sense of meaning and fulfillment in life. These experiences contribute to positive mental health and improved overall well-being.

The results therefore demonstrate that yoga is not merely a physical exercise but a comprehensive wellness practice that promotes emotional stability, resilience, and positive mental health.

5.3 Relationship Between Yoga and Psychological Health:

The findings of the study clearly demonstrate a strong relationship between yoga practice and psychological health. Participants who engaged in regular yoga practice consistently reported better psychological outcomes across multiple dimensions, including self-esteem, mental well-being, emotional stability, social functioning, and stress reduction.

Psychological health refers to an individual's ability to maintain emotional balance, develop positive relationships, cope effectively with challenges, and experience a sense of purpose and fulfillment. The present findings suggest that yoga supports each of these dimensions by promoting harmony between the mind and body.

One explanation for the positive association between yoga and psychological health is the mindfulness component inherent in yoga practice. Mindfulness encourages individuals to remain aware of their thoughts, emotions, and bodily sensations without judgment. This heightened awareness enhances emotional regulation and reduces the impact of negative thinking patterns that often contribute to psychological distress.

Additionally, yoga promotes physiological relaxation through controlled breathing and meditation. These practices reduce stress-related hormonal activity and encourage calmness and mental clarity. As a result, individuals practicing yoga may experience lower levels of anxiety and greater emotional resilience.

The study also found that yoga practitioners demonstrated stronger social and psychological functioning. They reported higher relationship satisfaction, emotional regulation, and sense of purpose in life. These outcomes indicate that yoga not only improves internal psychological processes but also positively influences social interactions and overall life functioning.

The significant regression results further confirm that yoga practice is an important predictor of mental well-being. This finding highlights the potential value of yoga as a preventive and therapeutic intervention for enhancing psychological health among adults.

5.4 Comparison with Previous Studies:

The findings of the present study are consistent with a substantial body of existing literature examining the psychological benefits of yoga. Previous researchers have reported that yoga contributes positively to self-esteem, emotional well-being, stress management, and overall mental health.

Studies conducted by Brown and Gerbarg (2021) found that yoga reduces stress and anxiety while improving emotional resilience. Similar outcomes were observed in the present study, where yoga practitioners demonstrated significantly lower stress and anxiety levels compared with non-practitioners. Likewise, Cramer et al. (2021) reported enhanced psychological well-being among individuals participating in yoga programs, supporting the current findings related to mental well-being.

The present results regarding self-esteem are consistent with the work of Birdee et al. (2021) and Gard et al. (2022), who found that yoga practice improves self-confidence, self-acceptance, and positive self-perception. Similar improvements in self-esteem indicators were observed among yoga practitioners in the current study.

Research by Telles and Naveen (2022) also demonstrated that yoga enhances emotional regulation and psychological functioning. The current findings support these conclusions by showing higher emotional stability and better social functioning among yoga practitioners. Furthermore, studies examining mindfulness-based interventions have reported improvements in emotional well-being and life satisfaction, outcomes that closely align with the findings of the present investigation.

While the majority of previous studies focused on specific populations such as students, healthcare professionals, or clinical groups, the current study extends existing knowledge by examining a broader adult population and simultaneously investigating self-esteem and mental well-being. Thus, the findings contribute additional empirical evidence supporting the psychological benefits of yoga practice.

5.5 Practical Implications:

The findings of this study have important practical implications for mental health promotion, education, workplace wellness, and public health initiatives. The positive association between yoga practice, self-esteem, and mental well-being suggests that yoga can be utilized as an effective and accessible intervention for improving psychological health among adults.

Educational institutions may incorporate yoga and mindfulness programs into student development initiatives to enhance emotional resilience, self-confidence, and mental well-being. Such programs can support students in managing academic stress and developing healthy coping mechanisms.

Organizations and workplaces can implement yoga-based wellness programs to reduce occupational stress, improve employee well-being, and enhance productivity. Regular yoga sessions may contribute to better emotional regulation, stronger interpersonal relationships, and reduced burnout among employees.

Healthcare professionals and mental health practitioners may consider recommending yoga as a complementary intervention for individuals experiencing stress, anxiety, low self-esteem, and emotional difficulties. As a low-cost and non-invasive approach, yoga can be integrated into broader mental health promotion strategies.

Community health organizations and policymakers can also promote yoga through public awareness campaigns and wellness initiatives. Encouraging regular participation in yoga may help reduce the growing burden of mental health problems and contribute to healthier, more resilient communities.

Overall, the findings underscore the value of yoga as a holistic approach to enhancing psychological well-being, strengthening self-esteem, and improving overall quality of life among adults.

6. Conclusion and Implications:

6.1 Conclusion:

The present study examined self-esteem and mental well-being among adults practicing yoga and non-practicing adults. The findings provide substantial evidence that regular yoga practice is positively associated with improved psychological health outcomes. Adults who practiced yoga demonstrated significantly higher levels of self-esteem, emotional stability, life satisfaction, social functioning, and overall mental well-being compared to non-practicing adults. Conversely, non-practitioners reported higher levels of stress, anxiety, and psychological distress.

The study further revealed a strong positive relationship between self-esteem and mental well-being, indicating that individuals who possess a positive self-concept are more likely to experience greater psychological health and emotional resilience. Correlation and regression analyses confirmed that yoga practice significantly contributes to mental well-being and serves as an important predictor of positive psychological outcomes.

The findings support the growing body of evidence suggesting that yoga is an effective holistic intervention capable of enhancing both emotional and psychological functioning. Beyond its physical benefits, yoga promotes mindfulness, self-awareness, emotional regulation, and stress management, which collectively contribute to improved mental health. Therefore, regular yoga practice may serve as a valuable strategy for promoting psychological well-being and improving overall quality of life among adults.

The study concludes that yoga represents a practical, affordable, and sustainable approach to strengthening self-esteem, enhancing mental well-being, and fostering positive psychological development. In an era characterized by increasing stress and mental health challenges, yoga offers a promising pathway toward achieving balanced and healthy living.

6.2 Theoretical Implications:

The findings of this study contribute significantly to the theoretical understanding of psychological well-being and positive mental health. The study reinforces the principles of positive psychology, which emphasize the development of individual strengths, resilience, self-worth, and optimal functioning rather than merely focusing on the treatment of psychological disorders.

The results support self-esteem theory by demonstrating that positive self-evaluation is strongly associated with better mental well-being. Individuals with higher self-esteem were found to experience greater emotional stability, life satisfaction, and psychological resilience. This finding strengthens existing theoretical frameworks that identify self-esteem as a critical determinant of mental health outcomes.

The study also contributes to mind-body integration theories by providing empirical evidence that yoga, as a holistic practice, positively influences psychological functioning through the interaction of physical, emotional, and cognitive processes. The findings suggest that mindfulness, self-awareness, and emotional regulation serve as important mechanisms linking yoga practice to improved mental well-being.

Furthermore, the research extends existing literature by simultaneously examining self-esteem and mental well-being within a comparative framework involving yoga practitioners and non-practitioners. The results provide additional theoretical support for understanding yoga as a multidimensional intervention capable of influencing various aspects of psychological health.

By highlighting the interconnected nature of self-esteem, emotional well-being, and yoga practice, the study contributes to broader psychological theories concerning human flourishing, resilience, and mental wellness.

6.3 Practical Implications:

The findings of the present study have several practical implications for educators, healthcare professionals, employers, policymakers, and community organizations. The demonstrated psychological benefits of yoga suggest that it can be effectively incorporated into various mental health promotion and wellness initiatives.

Educational institutions may integrate yoga and mindfulness programs into student support services to enhance emotional resilience, self-confidence, and stress management. Such initiatives can help students cope more effectively with academic pressures and personal challenges.

Organizations and workplaces can introduce yoga-based wellness programs to improve employee well-being, reduce occupational stress, and enhance workplace productivity. Regular participation in yoga may contribute to improved emotional regulation, stronger interpersonal relationships, and reduced burnout among employees.

Healthcare professionals may recommend yoga as a complementary intervention for individuals experiencing anxiety, stress, low self-esteem, and emotional difficulties. As a low-cost and non-pharmacological approach, yoga offers a safe and accessible option for promoting mental health and psychological well-being.

Community health agencies and policymakers can promote yoga through public health campaigns, wellness centers, and community-based programs. Increasing access to yoga opportunities may contribute to improved mental health outcomes at the population level and help address the growing burden of psychological distress.

Overall, the practical implications emphasize the value of yoga as a preventive and promotive mental health strategy capable of improving individual and societal well-being.

6.4 Recommendations:

Based on the findings of the study, the following recommendations are proposed:

- Adults should be encouraged to engage in regular yoga practice as part of a healthy lifestyle to enhance self-esteem, emotional stability, and mental well-being.
- Educational institutions should incorporate yoga and mindfulness activities into student development and wellness programs to promote psychological resilience and emotional health.
- Employers should establish workplace wellness initiatives that include yoga sessions, stress-management workshops, and mindfulness practices to improve employee well-being and productivity.
- Healthcare providers should consider integrating yoga-based interventions into preventive mental health programs and therapeutic support services.
- Community organizations should increase awareness regarding the psychological benefits of yoga through public workshops, awareness campaigns, and wellness events.
- Government agencies and policymakers should support the development of accessible yoga programs within schools, colleges, workplaces, and community centers to improve public mental health.
- Mental health practitioners should explore the use of yoga as a complementary approach alongside traditional psychological interventions to enhance treatment outcomes.

Implementation of these recommendations may contribute significantly to improving psychological well-being and reducing mental health challenges among adults.

6.5 Scope for Future Research:

Although the present study provides valuable insights into the relationship between yoga practice, self-esteem, and mental well-being, several opportunities exist for future investigation.

First, future studies may employ larger and more geographically diverse samples to enhance the generalizability of findings across different cultural, social, and demographic contexts. Comparative studies involving participants from multiple regions and countries could provide broader insights into the psychological benefits of yoga.

Second, longitudinal research designs may be utilized to examine the long-term effects of yoga practice on self-esteem and mental well-being. Such studies would help establish causal relationships and determine whether psychological benefits are sustained over time.

Third, future researchers may investigate specific components of yoga, including meditation, breathing exercises, mindfulness practices, and physical postures, to identify which aspects contribute most significantly to psychological health outcomes.

Fourth, comparative studies involving different age groups, occupational categories, and clinical populations may provide a deeper understanding of how yoga influences psychological functioning across diverse populations.

Fifth, future research may explore additional psychological variables such as resilience, emotional intelligence, optimism, happiness, life satisfaction, coping strategies, and quality of life to develop a more comprehensive understanding of yoga's impact on mental health.

Finally, advanced statistical techniques such as structural equation modeling, mediation analysis, and longitudinal growth modeling may be employed to examine the complex relationships among yoga practice, self-esteem, mental well-being, and other psychological factors.

Future investigations in these areas will contribute to the growing body of knowledge regarding holistic approaches to mental health promotion and further strengthen the evidence supporting yoga as an effective intervention for psychological well-being.

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