

8.7 SUGGESTIONS FOR FUTURE STUDIES

Future research should aim to address the limitations of this study by including larger, more diverse samples that encompass both male and female participants. Longer follow-up periods are also recommended to assess the long-term effects of yoga interventions on substance use outcomes and quality of life. Furthermore, future studies should consider incorporating additional interventions aimed at improving social and environmental well-being, as these domains did not show significant improvements in the current study. Expanding the range of outcome measures to include factors such as social support and environmental stability may also provide a more complete understanding of the effects of yoga on addiction recovery.