

## **1.0: INTRODUCTION**

The psychological landscape of French professionals today raises significant concerns, particularly with the prevalence of mental health conditions like anxiety, depression, and burnout, as elucidated by Lazarescu et al. (2018). Furthermore, the stress-related ailments highlighted by Balayssac et al. (2017) underscore the urgency of this issue. Critical factors impacting the mental well-being of this demographic include the delicate balance between personal and professional life, the intensity of their workloads, the level of job autonomy they experience, as well as the support they receive from social networks, work environment, and the perceived quality of their work. Nevertheless, beyond these contributing elements, the stigma surrounding mental health looms large, presenting a barrier to seeking help. Moreover, there is a clear gap in tailored interventions that effectively address the unique needs of French professionals, pointing to a pressing need for research and development in this area.

Numerous studies have pointed to the positive effects that yoga can have on one's physical, mental, and even spiritual health (El-Hashimi & Gorey, 2019; Hofmann et al., 2016; Pascoe et al., 2017). It is a comprehensive practise that combines physical postures, breathing techniques, and meditation to improve various aspects of health and well-being. Yoga has been demonstrated to be particularly beneficial in reducing stress and anxiety, improving mood, and enhancing emotion regulation and cognition (Chobe et al., 2020; Menezes et al., 2015; Pascoe et al., 2017; Zuo et al., 2016). The non-communicable diseases (Cramer et al., 2013; Raghuram et al., 2021), mental health(Gothe et al., 2019), cardiovascular health(Barrows & Fleury, 2016), depressive symptoms (Brinsley et al., 2020) , stress reduction (Pascoe & Bauer, 2015), psychological well-being (Silva & Rosado, 2017), addiction (Posadzki et al., 2014), work place health (Cocchiara et al., 2019), and many more areas have been heavily researched to show how yoga influences

them. However, there is a dearth of research on the effects of yoga on psycho-spiritual well-being among French professionals. Because French culture places a strong emphasis on rationality and secularism, yoga may not be as popular or accepted as it is in other cultures. Therefore, it is essential to investigate the effects of yoga on psycho-spiritual well-being among French professionals to comprehend its potential benefits and guide the development of culturally-appropriate interventions.

### **1.1 NEED FOR THE STUDY**

The study aims to explore the interplay of spiritual health, mindfulness, and emotion regulation in French emerging professionals, compare work satisfaction and happiness between Indian and French professionals, and assess the impact of yoga-based training on the psycho-spiritual well-being of French professionals against a control group. The three studies were designed to address different aspects of the research question and to provide a comprehensive understanding of the psycho-spiritual well-being of French professionals. The first study aimed to examine the relationship between spiritual health, mindfulness, and emotion regulation, as well as the role of spiritual dissonance in a sample of French emerging professionals. This study will provide valuable insight on how these factors may be related and how they may impact the mental and psychological well-being of French professionals. It is also important to understand how these factors may vary across different cultures, such as the comparison of mindfulness, job satisfaction, happiness, and the importance of spirituality and religion among Indian and French professionals. The second study aimed to compare the levels of mindfulness, job satisfaction, fluctuating happiness, authentic-durable happiness, and the importance of spirituality and religion among Indian and French professionals. This study will provide a better understanding of how these factors may vary across different cultures and the implications for mental and

psychological well-being. Additionally, there is a need to understand the effectiveness of yoga-based interventions in improving psycho-spiritual well-being among French professionals. The third study aimed to examine the effect of yoga-based training on psycho-spiritual well-being among French professionals. This study will provide valuable insight on how yoga can be used to support the mental and spiritual well-being of French professionals and inform the development of culturally-appropriate interventions.

## **1.2 BRIEF OVERVIEW OF THE THESIS**

The first chapter of this study introduces the study and explains why it is necessary. It highlights how important it is to comprehend the psychological and spiritual health of French professionals. The second chapter incorporates a comprehensive scriptural review of ancient Indian scriptures as well as a scientific review of *Karma Yoga*. This includes an examination of the philosophical and spiritual foundations of *Karma Yoga*, as well as scientific evidence on its benefits. The third chapter provides a comprehensive literature review of the topics related to the research variables. This includes a review of existing research on spiritual well-being, mindfulness, emotion regulation, stress, and happiness, as well as the efficacy of yoga-based interventions. The aims, objectives, research questions, and hypotheses are all presented in the fourth chapter of the thesis. In addition to that, definitions of important terms pertaining to this research are provided. The three most important works of the study are presented in chapters five, six, and seven, respectively. Each of the above chapters comprises an introduction, methods, analysis procedures, findings, discussion, limitations, and suggestions for future studies in accordance with each research question. This chapter also outlines the methodology of the study, including the participants, procedures, and measures used. In the last chapter, the eighth, a general discussion and conclusions are given.