

## **4.0: AIMS AND OBJECTIVES**

### **4.1 AIM**

- Examine the relationship between spiritual health, mindfulness, and emotion regulation among a sample of French emerging professionals
- Compare the levels of mindfulness, satisfaction at work, fluctuating happiness, and authentic-durable happiness, and the importance of spirituality-religion among Indian and French professionals
- Investigate the effect of yoga-based interventions on psycho-spiritual well-being among French professionals over a period of 8 weeks, with a follow-up measurement one month later.

### **4.2 OBJECTIVES**

- To examine the relationship between spiritual health, mindfulness, and emotion regulation among a sample of French emerging professionals.
- To understand the role of spiritual dissonance in a sample of French emerging professionals by examining its relationship with spiritual health, mindfulness, and emotion regulation.
- To compare the levels of mindfulness, satisfaction at work, fluctuating happiness, and authentic-durable happiness, and the importance of spirituality-religion among Indian and French professionals.
- To investigate the effect of yoga-based interventions on psycho-spiritual well-being among French professionals by comparing the changes in spiritual well-being,

mindfulness, emotion regulation (reappraisal and suppression), stress, and happiness (fluctuating happiness and authentic-durable happiness) between the yoga group and the control group over a period of 8 weeks and follow-up measurement one month later.

#### **4.3 RESEARCH QUESTION AND HYPOTHESES**

**Research Question:** What is the relationship between spiritual health, mindfulness, and emotion regulation among French emerging professionals and how does spiritual dissonance impact these factors?

**Hypothesis:** There will be a positive correlation between spiritual health, mindfulness, and emotion regulation among French emerging professionals. Spiritual dissonance will negatively impact spiritual health, mindfulness, and emotion regulation among French emerging professionals.

**Research Question:** How do the levels of mindfulness, satisfaction at work, fluctuating happiness, and authentic-durable happiness, and the importance of spirituality-religion differ between Indian and French professionals?

**Hypothesis:** There will be difference between Indian and French professionals in terms of their levels of mindfulness, satisfaction at work, fluctuating happiness, and authentic-durable happiness, as well importance to spirituality-religion.

**Research Question:** How does a yoga-based intervention affect psycho-spiritual well-being (spiritual well-being, mindfulness, emotion regulation, stress, and happiness) among French professionals over a period of 8 weeks and follow-up measurement one month later?

**Hypothesis:** The yoga-based intervention group will show significant improvements in spiritual well-being, mindfulness, emotion regulation (reappraisal and suppression), stress, and happiness

(fluctuating happiness and authentic-durable happiness) compared to the control group over a period of 8 weeks and follow-up measurement one month later.

#### **4.4 DEFINITIONS OF KEY TERMS**

*Mindfulness*: The ability to be present and fully engaged in the current moment, with a non-judgmental attitude, as measured by the Freiburg Mindfulness Inventory (FMI) (Walach et al., 2006).

*Spiritual well-being*: The extent to which an individual experiences a sense of meaning and purpose in life, a connection to something greater than oneself, and a sense of inner peace and contentment, as measured by the Spiritual well-being questionnaire (SWBQ) (Gomez & Fisher, 2003).

*Spiritual Dissonance*: The state of experiencing a conflict between one's spiritual beliefs, values, and practices, and one's daily experiences, behaviors, and attitudes. This refers to a sense of disconnection or incongruence between what an individual believes and how they live their life.

*Stress*: The emotional, cognitive, and physiological response to a perceived threat or challenge, as measured by Perceived Stress Scale (PSS) (Cohen, 1983)

*Subjective Fluctuating Happiness*: The extent to which an individual experiences happiness that fluctuates in response to daily events and activities, as measured by the SFHS scale (Michale, 2012).

*Subjective Authentic-durable Happiness*: The extent to which an individual experiences a more stable and authentic sense of happiness, as measured by the SA-DHS scale (Michale, 2012).

*Professionals*: Individuals who are working in a specific field or occupation. This includes individuals who have completed formal education and training in a specific field or occupation, and are working in that field or occupation. Professionals are typically considered to be experts

in their field, and are often required to have specialized knowledge, skills, and/or licenses in order to perform their work. Examples of professionals include, but not limited to, doctors, lawyers, engineers, teachers, accountants, and business executives.

*Professional students:* Individuals who are currently pursuing a specific field or occupation as a student.

*Integrated Yoga:* A holistic approach to yoga that includes the practice of physical postures (*asanas*), breathing techniques (*pranayama*), meditation and storytelling (The use of stories and narratives to convey teachings, wisdom, and inspiration)