

8.0: GENERAL DISCUSSION AND CONCLUSIONS

8.1 INTEGRATION OF KEY FINDINGS

Combined, these three studies provide a comprehensive examination of the relationship between spiritual health, mindfulness, and emotion regulation, as well as the importance of spirituality and religion in different cultural contexts. The first study highlights the significant positive relationship between spiritual health and mindfulness, and the negative association of spiritual dissonance with these factors. The second study suggests that there is cross-cultural agreement in terms of mindfulness, satisfaction at work, and happiness among Indian and French professionals, but that Indian professionals place a greater emphasis on spirituality and religion than French professionals. The third study highlights the positive effects of yoga-based training on psycho-spiritual wellbeing among French professionals, specifically in the areas of stress reduction, emotion regulation, mindfulness, and happiness. One of the key implications of these studies is the importance of addressing spiritual and religious needs in mental health and wellbeing interventions. The first study suggests that spiritual dissonance may be a barrier to spiritual health and mindfulness, and therefore addressing spiritual dissonance may be an important step in promoting these factors. The second study highlights the importance of understanding cultural differences in spirituality and religion when working with diverse populations. The third study emphasizes the potential benefits of yoga-based interventions for improving psycho-spiritual wellbeing, particularly in the context of stress reduction and emotion regulation. Future research could continue to explore the mechanisms underlying the relationship between spiritual health, mindfulness, and emotion regulation, as well as the role of spirituality and religion in different cultural contexts. Additionally, future studies could examine the effectiveness of yoga-based

interventions in different populations and contexts, as well as explore the use of other spiritual and religious practices in promoting mental health and well-being.

The relationship between spiritual health, mindfulness, and emotion regulation is rooted in theories that emphasize the integration of cognitive, emotional, and spiritual dimensions of well-being. Spiritual health, which fosters a sense of purpose and inner peace, enhances mindfulness by encouraging present-moment awareness and acceptance, which in turn supports emotion regulation through strategies like cognitive reappraisal (Gross, 2014). Yoga-based training contributes uniquely to psycho-spiritual well-being by combining physical postures (asanas), breath control (pranayama), and meditative focus to modulate the autonomic nervous system, reduce cortisol levels, and promote relaxation (Khalsa, 2008; Streeter et al., 2010). Unlike standalone approaches such as physical activity or sophrology, yoga integrates spiritual principles and practices like self-reflection, ethical conduct, and chanting, creating a comprehensive pathway to emotional and spiritual growth. Additionally, cross-cultural nuances highlight the need for tailored interventions: Indian professionals, who often place greater emphasis on spirituality and religion, may find yoga's spiritual components highly resonant, while French professionals may focus more on its psychological and emotional benefits within a secular framework. These distinctions underscore the importance of culturally sensitive approaches to maximize the relevance and efficacy of yoga-based and other psycho-spiritual interventions.

Comparison with Non-Pharmacological Interventions

Other non-pharmacological approaches, such as physical activity, and mindfulness-based stress reduction (MBSR), are widely used to support professional well-being, each offering distinct benefits. Physical activity interventions, such as aerobic exercise or strength training, are well-

documented for their ability to decrease cortisol levels, improve mood, and enhance overall physical health, providing robust benefits for stress management and well-being (Penedo & Dahn, 2005). Similarly, MBSR, a structured mindfulness program, focuses on cultivating awareness and reducing stress through meditation and body scanning techniques (Kabat-Zinn, 1990). While these approaches effectively target specific aspects of well-being, yoga-based interventions offer a unique combination of physical, psychological, and spiritual practices. Yoga integrates breath control (pranayama), physical postures (asanas), and meditative focus to promote relaxation, enhance emotion regulation, and foster mindfulness (Khalsa, 2008; Streeter et al., 2010). Additionally, yoga's emphasis on ethical principles, such as non-violence and self-discipline, provides a spiritual dimension that other interventions may not explicitly address, contributing to its impact on psycho-spiritual well-being. By incorporating spiritual practices alongside physical and psychological techniques, yoga offers a more holistic approach, making it particularly suitable for addressing the complex interplay of stress, mindfulness, and emotion regulation in professional settings.

8.2 SUMMARY

The first study examined the relationship between Spiritual Health, Mindfulness, and Emotion Regulation, as well as the role of Spiritual Dissonance in a sample of French emerging professionals. Results showed a significant positive relationship between self-reported Spiritual Health and Mindfulness. Additionally, Spiritual Dissonance had a negative association with Spiritual Health and Mindfulness. The second study compared levels of Mindfulness, Satisfaction at work, Fluctuating Happiness, Authentic-Durable Happiness, and the importance of Spirituality-Religions among Indian and French professionals. Results indicated that there were no significant differences in levels of Mindfulness, Satisfaction at work, Fluctuating

Happiness, and Authentic-Durable Happiness between the two groups. However, Indian professionals had higher levels of importance of Religions and Spirituality compared to French professionals. Additionally, the second study highlights the importance of cultural differences in understanding the effects of yoga on psycho-spiritual wellbeing. The third study investigated the impact of an 8-week yoga-based intervention on psycho-spiritual wellbeing among French professionals. Results showed that the yoga group experienced significant reductions in stress, improved emotion regulation, enhanced mindfulness, augmented spiritual wellbeing, and improved happiness compared to the control group.