

CHAPTER 4

AIMS AND OBJECTIVES

4.1 AIM OF THE CURRENT STUDY

1. The aim of this study is to examine the efficacy of cyclic meditation as yoga based mindfulness intervention for enhancing wellbeing in working professionals.
2. The study aims to examine the effect of yoga intervention in two different work groups – Study1 on leadership professionals and Study2 on offshore professionals, who are engaged in a high-risk work environment.
3. The study further aims to examine the follow-up effect of the residential intervention and also to examine the relationship between mindfulness, positive affect and perceived stress.

4.2 OBJECTIVES

1. Examine the effect of yoga intervention on mindfulness in working professionals
2. Examine the effect of yoga intervention on emotion regulation, perceived stress, positive and negative affect in working professionals
3. Examine the effect of yoga intervention at multiple time points - after a 5 day residential yoga intervention and after 3 months of home practice
4. Examine the mediating role of mindfulness in the relationship between positive affect and perceived stress

4.3 HYPOTHESIS

Yoga intervention will have an effect on mindfulness, emotion regulation, positive affect, negative affect and perceived stress.

4.4 NULL HYPOTHESES

Yoga intervention will have no effect on mindfulness, emotion regulation, positive affect, negative affect and perceived stress.

4.5 NEED FOR THE STUDY

Estimates suggest that working adults, on average, spend about one-third of their waking life at work (Harter, Schmidt and Keyes, 2002). Previous studies have shown psychological distress as highly prevalent among working adults (Hilton *et al.*, 2010; Larsen *et al.*, 2010). This is known to have a huge adverse effect on both employee health, wellness and organizational outcomes. The challenge becomes more acute in the case of leadership professionals and in occupations that involve high risk operations.

Potential benefits of mindfulness interventions range from mental and physical health outcomes to cognitive, affective and interpersonal outcomes (Creswell, 2017). Preliminary research in embedding mindfulness interventions into the workplace show promising results (Good et al. 2015). In existing mindfulness interventions, the yoga component has been found to produce striking results that need further investigation. Yoga brings about a unified mind-body interaction that facilitates the mindfulness process and outcomes (Tang and Tang, 2015). In the field of mindfulness research, the role of body regulation has often been underemphasized. Also considering practical challenges of competing time demands at workplace, interventions of shorter duration and with sustainable effect is the need (Good et al., 2015; Heckenberg et al., 2018).

Very few studies have tested for the intervention effect at follow-up time points and is an important area that needs research attention (Creswell, 2017). Only very few

studies have reported on the follow up practice that participants do in the weeks, months, and years post completion of formal mindfulness intervention programs. Further to intervention, it is not clear at which time points, in the following weeks, months or years beneficial effects are observed.

The current study advances the research primarily by introducing and examining the efficacy of cyclic meditation, as a unique yoga based mindfulness intervention. The study further examines the efficacy of cyclic meditation on emotion regulation, perceived stress, positive and negative affect. The study also examines the effect of the intervention at multiple time points – after a 5 day residential intervention and after 3 months of home practice. The daily practice recommended is only 35 minutes duration addressing minimum ‘dosage’ considerations.