

Integration of Psychology and Yoga for Positive Personification during Covid-19 Pandemic Period

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ABSTRACT

The Yoga has been recognized as an efficient intervention for various range of mental and psychological conditions. Yoga incorporates the breath, body and mind along with ethical, spiritual and life-style factors. The paper concentrated the impact of Yoga especially during the COVID-19 pandemic period. Mindfulness played the vital role in the psychological benefits of Yoga. The survey paper illustrated and analyzed the research of Yoga practice on how far the state of mindfulness have impact on post yoga intervention. The YOMI analysis report for the remedy of psychological disorders, self-regulatory potential yoga mechanisms for the wellness of psychological health and in the exploration of different types of yoga mechanisms would alter the psychological resources. In this survey, the analysis of yoga intervention having impact on the perceived effects on the students in terms of improvise emotional and physical health, steadiness and ease, increased wellness, and interpersonal integration has been described. The survey paper revealed the examination analysis of the impacts of short term yoga Nidra meditation on the levels of sleep, wellbeing, mindfulness and the stress disorders for the first time. The survey also reviewed the acute consequences of the yoga intervention (Bikram Yoga) on the practitioners to have positive and negative psychological impacts of the participants. Comparison of the individuals who have undergone the Yoga intervention to that of the individuals who possess major depression disorders has also been discussed in this paper.

Keywords

Psychology, Yoga, COVID 19 pandemic, mindfulness, stress disorder, positivity etc

INTRODUCTION

Yoga has the ability to exhibit the immediate psychological effects which includes the decreased depression stress, reduced anxiety and the improvisation in the quality of Life. The research studies suggested that Yoga practicing has the immediate effective factor on the HPA axis response (hormonal response system to stress-hypothalamic pituitary- adrenal). The power of Yoga practicing effect has the ability to aid the participants for the cultivation of good management skills in stress. Promotion of mental health would be crucial to enhance the quality of life and health and in raising of performance. Even though the practice of yoga only alone does not prevail to be the complete cure of remedy for ailments but it elevates the mood of the individual and thus playing the vital role in wellness management of those individual.

The implementation of Yoga would find its part in the field of psychologists as well, wherein the moderate exercise is better for depression and anxiety.[1] Yoga postures in turn have been developed to provoke the physical strength balance and the flexibility within oneself. It provides the excellent opportunity to enter the state of being fully engaged, flow of the mental health, being lively with nil attention to the time passing. This practicing program of Yoga can aid the people to develop greater awareness, cultivate mindfulness [2] and to enhance the ability to pay attention on what is present in hand. This practicing of Yoga implementation emphasizes the connection link between the bodies and mind. The Vital role of Yoga based practicing would

paved the way to make more mindful,[3] to become aware of the posture at all times, aid to learn for breathing both metaphorically and literally , builds the confidence level, driving in the psychological path such boosting the endurance and strength of mind , utilizing in relieving stress.

The pilot study research [4]illustrated in the survey as it describes the investigation analysis of the effects of yoga intervention on the alcohol behaviors and also the drug behaviors in women prone with the PTSD -posttraumatic stress disorder. The survey also includes the analysis of the efficacy involving the infusion of mindful-yoga and the feasibility study in fostering the self-regulation phenomena of yoga.[5]In the latter section of the survey, in exploring the different kinds of yoga would modify the psychological resources it would defines the effects of intervention of Hatha yoga improving the psychological health of older adults such as the attention of adults and their processing speed.[6] Further to the psychological factors, The paper [7]explained the effects of breath-focused mechanism and movement-focused yoga intervention on the parameters of attention along with stress parameters .In the survey ,One of the paper the proposed model [8] presents the required evidences of yoga having influence on the self-regulatory yoga mechanisms and incorporating the existing building blocks from the behavior pattern of theory. The survey includes the paper where [9] defines the stable model which describes the moderators and the mediators utilized in the research to whom and how far and underneath what situations does the practice of Yoga would enhance the positive manifestation. The world has been distressed by the disease COVID-19. It does not alone possess the impact on the physical body rather it had the huge influence on the social, economic, mental planes in life. As the recovering measure for tackling the disease, yoga has been determined as the significant modality to maintain the immune system and to diminish stress.[10]

The main contribution of the paper deals with the influence of Yoga on the Psychological wellbeing of an individual during normal and pandemic period. The paper describes the role of yoga practices in attaining the mindfulness and positive mental health. This review article also focused on the impact of Yoga practice in relieving stress disorder conflicts followed by achieving potential self-regulation.

SIGNIFICANCE OF YOGA IN COVID PERIOD :

The major cause of anxiety and stress globally among the people was the COVID-19 Pandemic period in this year. It had the severe impact on the employment, economicclimate, work and business perspectives due to the lock down period worldwide .It has exhibited the stress between the people of all the sectors in society specialized to workers. These workers would cater to the services in healthcare and all the restrictions for the prevention of essential items daily. The inferences are that the older age people or the persons who are affected by hypertension, cardiovascular ailments and diabetes have been prone to the infection of COVID-19. The sole protection from the virus had the necessity of every individual to prevent them to strengthen the immune system by food supplements and overcome the conflicts of stress and anxiety.

The article [11] analysed the essentiality of Yoga practicing at the workplace environment and also at home while in the lock-down period due the pandemic condition of COVID-19.This study [12] focuses the alternative methodologies in the improvisation of mental health programs which would motivate the officers to positive embodiments by the meditation and Yoga activities. The influence of COVID-19 period on the worker's stress, resiliency, misconduct and mental health had explored more insights than the HIV epidemic over the decades. The paper [13]also illustrates the beneficiary effects of therapies of Yoga practicing on the immune system health

specifically in the practice of yogic asana . This article [14] attempts to have a review the existing Yoga sastra theories and to the generalize the practice to the COVID-19 frame progression. This article [10] assessed how the early periods of the containment of national-government coronavirus disease- COVID19 have the impact on the mental health , wellbeing of the adults and the physical activity. This paper [15] made the detailed analysis on the stress management phenomena which has been aided by Yoga Practice implementation.[16] evidenced the yoga practicing as the centralized component for the relaxation of mind and body .It has its own pathway of recharging the body cells and aids to ease in the emotional, mental and the physical tensions. In this survey,[17] assessed the consumption, physical activity and dietary patterns of the Spanish populations during and before the COVID period.

THE INFLUENCE OF YOGA ON THE TRAIT OF MINDFULNESS

Mindfulness found to be the significant part in the yoga practice. The people of various stages of life and ages turning out to mindfulness and yoga –based approaches as the appropriate therapy for the mental and the physical issues. Following are the papers having the impact of Yoga practicing on Mindfulness.

In the study [3] analyzed to check whether yoga practicing could increase the mindfulness levels in the sector of healthy population . In the study the methodology utilized is the Freiburg Mindfulness Inventory – FMI for the assessment of Mindfulness in the Pre stage and post stage. The resultant inferences revealed that the yoga practitioners group has experienced the increased level in the overall mindfulness. There found to be the significant increment level insightful understanding ($p < 0.01$) and in the overall mindfulness ($p < 0.02$) by the control group. The inferences have revealed that the yoga practicing may be the feasible phenomena for increasing trait mindfulness levels in the healthy population. Also this yoga serves as the preventive methodology for the protrusion of the emotional negative mood states (depression and anxiety)

The main objective of the study of this controlled train analysis [2] assessed the consequences of the five week YOMI analysis program on worry, mindfulness and on perceived stress. In this trail model, the participants have been allocated on to 2 groups. The first group have participated in the 5 week intervention in two times a week. The second group been allocated to a waiting list condition and later participated in the phase intervention after first group. These measures of the phase have been undergone administration through self-report questionnaires. This has been conducted through the web-based program as well. The inferences of the study implied the important effects of YOMI program on increasing the mindfulness and help in reducing stress and worry.[18] examined the feasibility and acceptability level of the mindful yoga intervention in the period of pregnancy. It also gathers the preliminary information on the efficacy in decreasing stress. The samples including the 16 healthy pregnant nulliparous women along with case as singleton pregnancies in the range between 12-32 weeks gestation at enrolment time. The output results have been assessed from the pre intervention to the post intervention. This has been carried out from the period of second to third trimesters in post hoc non parametric tests and with the repetitive analysis of measure in variance. The inferences have been found in the women practising mindful yoga. Those women in their second trimester shown the reduction in the relieving the stress mentally and in physical pain when compared with the trimester women whose mental health and pain increased. As the concluded part, the women presented the higher

reduction in the trait anxiety and the perceived stress level. This evidences that Yoga has potential efficacy in this sector and commenced in the early pregnancy period.

YOGA IN THE PATH OF POSITIVE MENTAL HEALTH :

The most general positive mental health indicators were the affect, resilience, wellbeing and mindfulness led by the satisfaction with the life, empathy and self-compassion. The studies focused on the psychological aspects of yoga practicing which reported the positive outputs for the mental health of human beings. It acts as the pathfinder for the positive mental health.[1]investigated the influence of the Self-Management of Excessive Tension SMET yoga in the Positive affectivity and negative affectivity changes of the employees. This Yoga program of SMET utilized as the intervention. For the implementation the PANAS scale used for the administration the parameters. This analysis tool SPS has been used for the data analysis phase. In the results, there found to be the considerable difference in the pre data and post data of their mean values, after SMET intervention in several dimensions. There seems to be important with the notation of p lesser than 0.05. As the summarized inference it showed that SMET facilitated to increment the affectivity of those analyzed employees.

In this study [9]presented the conceptual design model which describes the mediators and the moderators . These mechanisms would help in the research to answer for what conditions, how and under what conditions practicing yoga might provoke the positive embodiment. This model as the inference would presents that yoga practice might (a)nurtured the embodying experiences such as mindfulness , state etc., .(b) This experiences may cultivate the stable embodying experiences which generalize beyond the Yoga context. (C) This embodying experiences in turn would boost the embodying practices such as self-care, mindful. Through the structure of the conceptual design model, the researches have been offered with the ideas for the testable model ones. Further to this, it also allowed to study the additional design which supports them. In this paper, [19]focussed to critically analysed the consequences of the group based laughter yoga in the improvising the adults mental health .Here, the systematic review of the experimental studies were conducted. Further quality of the study has been evaluated. The impact sized of the individual person's mental health as the outcomes has been assessed. The studies after the review were synthesized. The most significant consequence of the laughter Yoga practicing is the enhancement of the depressive symptoms.This would indicated the medium to large effect sizes in the 2 studies over the shorter term period. As the limitation inference, laughter Yoga practicing were unable to pool the resultant data by the meta analyses implementation, due to the number of the large degree of heterogeneity and small number of studies.This article [20] examined the consequences of the physical education-PE of yoga based by the tests in physical self-worth, body appreciation change and the trait body-surveillance change.

IMPACT OF YOGA INTERVENTION ANALYSIS ON THE STRESS DISORDERS :

Yoga is a mindfulness technique comprises of the physical poses and the breathing exercises. This yoga practicing emphasizes the focus to the physical and the emotional stimuli. It sustains as the alternative treatment approach for the various mental conditions and the physical conditions. The below mentioned papers revealed the influence of the yoga intervention analysis on stress disorders.[7] made comparison of the consequence of the movement-focused practice and breath concentrated practice relying on the stress parameters(salivary cortisol and perceived stress) with the consistent attention in yoga. The exclusion criteria factors are the history of diagnosed

attention disorders and pregnancy. In the methodology, the participants of the research have been recruited through flyers prevailing in University of California in San Diego campus-UCSDC. These were distributed electronically through the Flyers posted around University of California San Diego campus online platforms. The finding of the study is the correlation change between the salivary and stress and the correlation change among the RIT measure and two stress related output measures. These correlation assessments have been evaluated for the whole participant groups and also for the individual Breath groups and movement.

The paper [21] aims to evaluate the effects of Yoga intervention (Iyengar Yoga) and the practice of coherent-breathing in an interval of 5 breaths per minute on the symptoms of depression. This also includes further determines the improvised yoga intervention dosing for researches in individuals with MDD-major depressive disorder. In the methodology, the subject samples have been randomized to low dose group and high dose group for the period of twelve week yoga intervention including 2 to 3 yoga intervention classes in one week. The outcome results revealed that the participants who have undergone the twelve week yoga intervention found to be declining in the level of showing depressive symptoms and coherent breathing compared with the participants affected with the major depressive disorder in the low dose and high dose groups. This implementation would provide the appropriate assistance for the usage of yoga interventions practices as the auxiliary to the depression disorders. The research [4] performed investigation of the yoga intervention effects on the drug abuse behaviors and alcohol behaviors in women with posttraumatic stress disorder –PTSD. This investigation assesses the information from the method of pilot randomized controlled trial which compares the twelve session yoga intervention with the normal assessment of woman age ranging from 18-65 years older having the PTSD condition. These participants been administrated by using the alcohol Disorder Identification test and Drug use Disorder Identification Test at the baseline and after the intervention stage. This has been continued in one month follow up. The importance of the change in DUDIT and AUDIT score levels were tested by the usage of linear mixed models in periodical time intervals. The results revealed that the particularized yoga therapy would play a vital role in reducing the risk of drug and alcohol use, in attenuating the PTSD symptoms' and in enhancing the interest level in the evidence based psychotherapy. The study [22] majorly reported that Yoga been evolved as the efficient method as the standardized treatments for the short term period management of depression.

POTENTIAL SELF REGULATORY YOGA MECHANISMS FOR THE BENEFICIARY OF PSYCHOLOGICAL HEALTH :

The contemporary psychotherapy has been focused for the development of self regulation tools for lowering the psychological distress and to improvise the wellbeing. The self-regulation theories play the uplifting central role among the several sub disciplines of psychology, medicine and cognitive science. The following research papers imply the capable self regulatory yoga mechanism implementation for the improvement of psychological health.

The study focus [8] presented the evidences for yoga impacting the self regulatory pathways and integrating the existing construct component from the behaviour theory with the emerging meditation and the yoga researches. This paper described for the guidance of future clinical and the basic research particularized in the areas of stress mediated psychological disorders treatment. The study performs by contextualizing the practice of yoga in the contemporary and the historical settings. It also defines how far the specified yoga practice components may have impact on the emotional, automatic, behavioural and cognitive outputs underneath the stress. This is

accomplished by the emphasis on the bottom up input and the interception which results in the psychological and the physical health.

This study [5] analysed the efficacy of curriculum infusion of mindful yoga and the feasibility to foster self-regulation. This self-regulation provides the support axis to the academic performance and the health promotion between the adolescents. In order to evaluate the influence of the infused mindful yoga practices, self-regulation has been measured by utilizing the adolescent Self-regulatory inventory mechanism. As the inference few of the parents described how their child exhibited the betterment to manage stress and complications. One of the limitation in the methodology of the Self-regulation is the moderate treatment and control groups' size which might have limited power.

The present proposal of yoga practices [23] focussed on the integration of the mechanisms of bottom up neurophysiological and the top down neurocognitive ones . The model of Yoga therapy has been proposed to build on these frameworks. This model converges with the Polyvagal Theory –PVT which works with the neural platforms that lies the behavioural, physical and the psychological attributes and the gunas. This model further provides the methodology for the yoga practice application for aiding the resilience and systematic regulation. This convergence of PVT and the guna would aids yoga therapy supporting the resilience,self-regulation and for reducing the allostatic by constructing the health relationships to BME phenomena.

EXPLORATION OF THE EXTENT OF HOW FAR THE VARIOUS KINDS OF YOGA MODIFY THE EMOTIONAL WHEEL BEIONG AND THE PSYCHOLOGICAL RESOURCES ACROSS THE SINGLE SECTOR :

Practices of Yoga have increased the positive psychological resources such as body consciousness, self-transcendence, mindfulness and the social connectedness and also it mediates its effects on the welfare of wellbeing. This has brought the salutary effects on the human's emotional wellbeing. The following papers explores the extent of yoga practicing would have the change in the psychological resources and the wellbeing of individuals.

In This research [24]focussed to analyse whether the positive consequence of yoga on the prisoner's behaviours. The effect could be extended that there will be the eventual differences in the personality of inmates profiles. In the research, the male prisoners prevailing in Sweden have involved in the ten week yoga intervention trial methods in a randomized way. (N equals to 111). The analysis of the ten week yoga intervention practice between the Swedish male prisoners have uplifted the inmates' character maturity , feel of being more purposeful , improving the ability to take the responsibility, developing the self acceptant features . These characteristics found to be related with lowered aggressive state of antisocial behaviour.In the Research [25]attempts to define how the acute session of yoga with its components been associated to the pre session and the post-session changes in the psychological resources . This also illustrated whether the changes been related with the positive modifications in emotions. The total of one forty four yoga practitioners have completed body consciousness, mindfulness , social connectedness , spiritual peace , exercise induced emotions and self-transcendence measures. These measures have been arranged immediately before and after the yoga session. As the inference, positive emotions levels like engagement, revitalization and tranquillity in its pre and post stages of Yoga found to

be increased while the exhaustion level of them decreased. Therefore, Yoga may have impact on the multiple psychological mechanisms which influenced the emotional wellbeing. The result inferences revealed that yoga interventions aimed to improvise the effects by the help of mechanisms such as spirituality or mindfulness.

The study of the research [6] assessed to analyse the consequences of the eight week Hatha Yoga intervention on the processing speed and the attention between the older age adults. The Participants of the intervention has been assigned randomly to the eight week Hatha yoga group and made to complete the cognitive assessment levels such as Trail making test parts of both A and B part, Attention network task and the pattern comparison test. This test has been carried out at the at baseline phase and after the eight week intervention. The covariance analysis insisted the quicker reaction times of those yoga groups on the factors of incongruent, congruent condition and the attention network Task's neural conditions. The resultant data have suggested that the yoga practices such as breathing, meditative exercises and postures led to the enhancement of information processing abilities and the attentional abilities. This paper [26] examined the influence of the four week yoga-intervention on the boy's body image and the girls of pre-adolescent age (body esteem, body surveillance and appreciation) and their mood factors in the post intervention of yoga.

CHALLENGES :

- In case if the yoga practice has not been performed with the precise mechanism, It has been hypothesized that carrying out yoga practice exercises would cause the shift on to the dominance in parasympathetic nervous system. This may have influence on the cognitive performance.
- The primary challenges evolved in the Yoga practicing for the managing process, promoting mental health, and the protection of it would correlate itself and followed by the subtle process of yoga, paradigmatic choice practical constraints and the methodological approach.
- Yoga practice comprises of the integrated practice of breath control, concentration /meditation and physical postures. Since it involves the statement above, the major limitation of the yoga studies and implementation is they might have synergistic effects and the individual effects which has not been deconstructed.
- Due to the complexity of the practice, it provided the challenge for the novice practitioners avoiding them to fully integrate the breath components and the movement.
- In Yoga based practice context, the physiology stress response would be elicited by the mental challenges, emotional and the physical challenges which is raised while during the practice.
- There is a requirement to unearth the psychological relevance of various moral guidelines and the ethical guidelines exhibited in the various traditions of Yoga. And also the researched ought to analyses on the individual and environmental constraints in yoga practice implementation in psychological stream.
- The primary logistical challenge in organizing the yoga intervention study consists of limited yoga practicing class venues, which might have mitigated with the design model with consistent yoga class time and location.
- There is the requirement of constraint to postulate that some standardized yoga components to facilitate the clear interaction about the yoga practices to the general public, and to permit for the investigation of the effectiveness. This constraint is undertaken in the case if Yoga

practice to be utilized as the therapeutic public health activity which would have positive consequences among the places and persons For instance, the maintenance and the adoption of Yoga practices in US are in limited range which implies the challenges to present Yoga as the therapeutic public health intervention.

- The pragmatic protocols of the study and the usage of generic yoga-modules in the practice has to be overcome while in the implementation of Yoga impact, The verification of the actual yoga practices and the quality measurement of the yoga is the challenging factor for the practitioners and their implementation on the novelty.

SURVEY ON YOGA INTERVENTION IN THE PSYCHOLOGICAL COMPONENTS :

TABLE ON LITERATURE SURVEY ILLUSTRATING THE DIFFERENT TYPES OF YOGA INFLUENCING THE PSYCHOLGOCIAL FACTORS.

S. No	Author	Description	Advantages	Limitations
1	[27]	This study aimed to analyses the perceived effects of the student, the mixed method concept-mapping methodology of the students in Kenya. This is implemented by utilizing together combination of the hierarchical cluster analysis - HCA and multidimensional scaling - MDS	The study explores the experiences of children undergoing yoga, in terms of their effectiveness, acceptability, and the feasibility.	This methodology decreases the generalizability of the finding to other related populations. The certain portion of data may be lost due to the difficulties in the data collection processes such as wind gust prevalent in the school settings.
2.	[28]	This objective of the article delivers the result data on the qualitative-perspective of the 5th grade and 6th grade participants and the teachers who has been participated in the sixteen week school based yoga program of mindfulness. The teachers were involved in yoga and sixteen week school based mindfulness obtained from the 3 public urban schools who serves the low income .	This research implementation found to be beneficial to the researches and developers who are involved in the conflicts of integrating successful yoga programs in school set.	This study has the limitation that it established the overlap of data while performing the method in 3 different schools and in various instructors.

3	[29]	This study aims in stating the positive impacts of Yoga prekshaDhayan in decreasing the aggressiveness seen in primary-school children. The participants of the implementation are the healthy children (including girls and boys) ranges with age 7 to 14 were involved. The analysis of socio-demographic data was gathered out by pre designed semi structure questionnaire.	This study facilitates the in providing out the gradual increase of long-term behavioural transformation among the children to decrease the anti social actions and increase in the peace of individual. This resultant data of the pilot study implied that Yoga-prekshaDhayan would be the cost effective preventive enhancement of the anti-social activities, violent crimes and stress disorders.	The lack of the control group and the usage of self report dependent measures of the trait aggressiveness found to the major limitation in the study.
3	[30]	The study hypothesized the simplified kiundalini yoga with the pranayama group and deer exercise peer group could have the significant influence on the depression variable in comparison with the control group. The group of sixty girls in school were taken as the subjects. They were taken at the age of 19 -23 years. The methodology of the implementation was carried out for pranayama, SKY yoga with deer-exercise under 3 different groups.	The inference showed the benefits such that the participants undergone SKY Yoga with deer-exercise helped in the enhancement of psychological conflicts like stress, depression. It provides the ability to handle balanced way of life and would exhibit the happier physical and mental health.	The implementation has the limitation on the heredity hazards like in the life style, food intake , sleep etc., not been controlled in a precise way. The factor that the state of mind which affects the brain would not been considered.

4	[31]	The study illustrates that eleven minute yoga-Nidra meditation been integrated to the busy schedule people and their adoption to it. These participants were analysed for the study design. The impacts of the short time meditation on the well-being, stress and the mindfulness are assesses at the 1st time. The model of Structural Equation Model has been utilized to evaluate the information with FIML- Full time information maximum likelihood in accordance with the missed data.	The greatest advantage of the whole yoga-Nidra intervention is that it is cost saving and also very economic in state. This is because it can be administrated successfully in online and it attained a huge range of participants.	The data on the positive impact of the meditation and mindfulness presented to every participants in the beginning of the research. This have the limitation is that it have the dependency on the answers of the participants.
5	[32]	The present study deals in tested inferences of the severe effects of Bikram-yoga practitioners in their positive effects, negative effects, association to the self-perceived stress and the state anxiety of them. The inferences of the research study demonstrate that the Bikram-yoga would be the new mild form of exercise which reduces the state anxiety and the negative effect of participants.	This Implementation found to the beneficial of every practitioners which provides the consequences in the reduction of the anxiety. Substantial stress and the negative aspects.	It has the limitation that it seems to be difficult to select the adequate control-group, wherein the change score to the regression to mean were all corrected. This process in turn leads to the false data results in the repetitive measures.

CONCLUSION:

The impacts of Yoga on the components of psychology have been analyzed in a broader spectrum. The conjunction merged with mindfulness intervention and diversity factor of the yoga practice aided to stress management, reduction, and other negative mood states. It has been recognized as the structure for the mind and body medicine. The breathing exercises and the physical postures enhance the outcomes of stress such as mental and physical disorders. This physical action has many quipped and established mental health benefits, and the physiological beneficiary aspects of yoga provoking people to become resilient to all the psychological disorders. The psychological impacts of Yoga found to the vast stream in the implementation sectors. Yoga and Positive psychology were seems to be intertwined due to the emphasis on the building clocks connected to the well-being such as gratitude in life and life. The research analysis

on the positive advantages of Yoga has gained popularity in the recent decade. This found to be integrated as the adjunct remedy. Such type of the above surveys have been stated. The overall summary concludes and supports how yoga can be performed as the supportive therapy to improvise the constructs by positive psychology. It also provides the objective analysis from the self-regulatory mechanisms of yoga intervention on the psychological factors of well-being.

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