

# A Comparative Study of the Impact of Yoga Practice on Stress Resilience in Humanitarian Aid Employees

E.H.P. Silva<sup>1</sup>, W.D.S. Perera<sup>2</sup>

<sup>1</sup>Department of Economics and Statistics, Faculty of Social Sciences and Languages, Sabaragamuwa University of Sri Lanka

<sup>2</sup>Department of Sport Sciences and Physical Education, Faculty of Applied Sciences, Sabaragamuwa University of Sri Lanka

Corresponding Author: E.H.P. Silva

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## ABSTRACT

Humanitarian aid workers typically experience higher stress levels. Events like assaults on relief workers that could have been psycho-traumatic could be the cause of this. This research investigates the influence of yoga practice on stress resilience in humanitarian aid employees, comparing those who engage in yoga practice with those who do not. To accomplish this goal, 300 humanitarian aid workers (mean age: 35.8, range: 25–45) were divided into two groups: yoga (Treatment Group) and non-yoga (Control Group) by using stratified random sampling. For this study, online questionnaires were used and respondents were chosen from among NGOs in Sarvodaya and World Vision. confidence, Emotional Insight, Negative Cognition, Social skills, and Empathy are the four key dimensions used to measure the explanatory variable of Stress resilience. The collected data were analyzed by using the SPSS 21 version from ANOVA to find out the significant difference between the two groups. The experimental group posttest p-value of these five variables is (.000) then the p-value is less than the significant value (5%). The control group had no appreciable variations during the same time. This research contributes to the understanding of stress resilience in humanitarian aid workers and the potential role of yoga in enhancing their well-being.

**Keywords:** Humanitarian employees, Mental health, Stress Resilience, Yoga Practices

## INTRODUCTION

The influence of continuous job stress on employee health is extensive and well-established, as noted by academics studying occupational health and wellness. Harmful physical and emotional reactions to painful and unpleasant aspects of the work environment, structure, and content are generally referred to as job stress. It occurs when an employee's needs, capabilities, or resources do not correspond with the expectations of the job (Jachens et al., 2018).

There has been evidence that mental stress damages cognitive abilities. In addition to triggering the central and peripheral immune systems, chronic stress also causes the release of inflammatory mediators (Kasala et al., 2014). A wide definition of job stress includes detrimental physical and emotional reactions to negative and unpleasant aspects of the work environment, structure, and content. It appears when a worker's needs, abilities, or resources do not

align with the requirements of the job (Jachens et al., 2018).

Participation in yoga has increased significantly in the past two decades (Hartfiel et al., 2011). This could have an impact on how well office professionals, students, and many others perform, as these individuals' ability to stay attentive, focused, and have good memory is a major performance factor (Mohan et al., 2011). Stress reduction is being aided by mind-body therapies more and more. A comprehensive analysis of the benefits of relaxation in connection to anxiety, headaches, sleeplessness, and hypertension has confirmed that relaxation is one self-help technique that may be taught to create a state of mental calm. A different review examined the application of relaxation techniques, which have been shown to be helpful in lowering anxiety, aggression, and sadness, to lessen psychosocial symptoms in cancer patients. Thus, relaxation may contribute positively to bettering psychosocial results (Smith et al., 2007). Yoga is a therapy that is becoming more and more popular. It may be used to address a variety of health issues and promote wellness.

## MATERIALS & METHODS

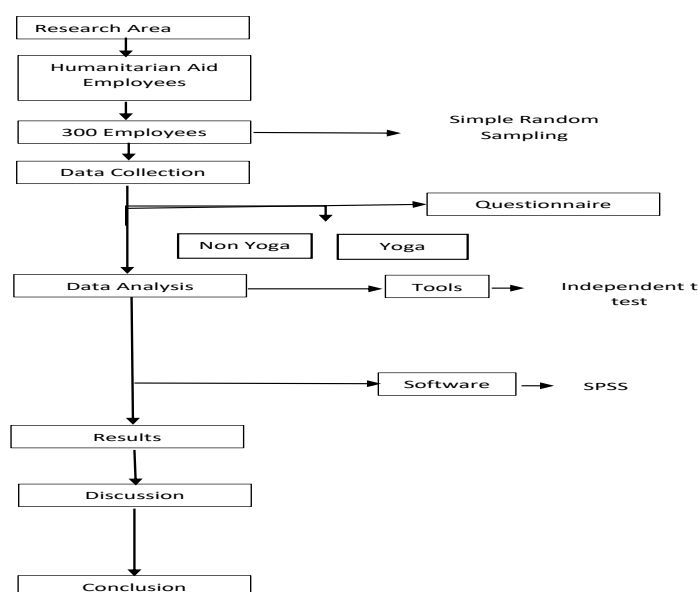
### Participants

The study was conducted on 300 humanitarian aid workers (mean age: 35.8, range: 25–45) Subjects with a history of practicing and/or learning Yoga and not Practicing yoga. only male individuals were included in the study, because women experience stress at varying levels and respond differently to it depending on the stage of the menstrual cycle.

### Study Design

A Google Form was created to assess the stress resilience of humanitarian aid workers. The survey was divided into two sections. One section asked standard questions like age, marital status, level of education, and years of experience from humanitarian employees. The second section consists of 23 questions that use a 9-point Likert scale to represent five variables from the suggested research model. In addition, participants were asked to explain why they had decided to take part in the study, whether or not their expectations had been fulfilled, and whether or not taking part in the experiment had provided any benefits.

### Study Design



To obtain a random sample of humanitarian relief workers, a probability sampling technique would ideally be needed in order to obtain a representative sample. Unfortunately, this sample strategy was not practical for the survey portion of the current study due to time, resource, and information access issues that would be required for such approaches. As a result, self-selection sampling was used to gather non-probability samples of humanitarian relief workers (i.e., when each employee in the organization was offered the option to participate but chose not to). The surveys did, however, sample respondents from two sizable international organizations, which produced a sample that was geographically diversified despite the sampling limits.

## STATISTICAL ANALYSIS

The target population of this research study included World Vision and Sarvodya in Sri Lanka. As a result, only 300 of the total sample sizes was valid for this study. It was decided based on sample size calculator. The sample was selected by using Convenience sampling method. The five dimensions their impact on the key concept of stress resilience were measured using the survey questionnaire. To analyzed the effect ANOVA table was used. 0.05 Significant level is used as test statistics for identify there has any significant effect or not.

## RESULT

Table 1 Descriptive Statistics (mean and standard deviation for all variables) finding effect of Yoga practice for stress resilience

Variable	Group	Sample Size	Mean	SD
Confidence	Non Yoga	150	21.55	2.144
	Yoga	150	31.40	3.046
Emotional Insight	Non Yoga	150	20.99	2.139
	Yoga	150	31.23	2.376
Negative Cognition	Non Yoga	150	20.40	2.637
	Yoga	150	20.27	1.906
Social skills	Non Yoga	150	17.31	1.995
	Yoga	150	24.64	1.673
Empathy	Non Yoga	150	16.89	1.891
	Yoga	150	26.35	4.484

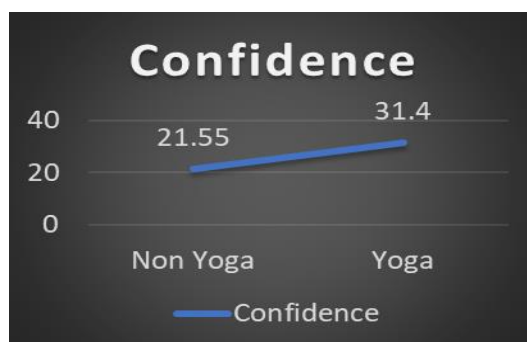
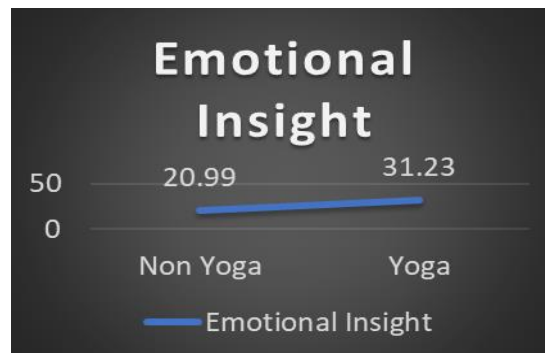
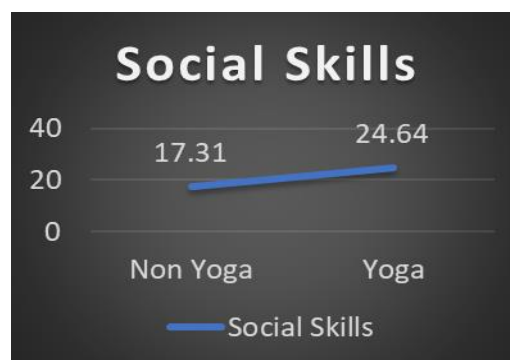
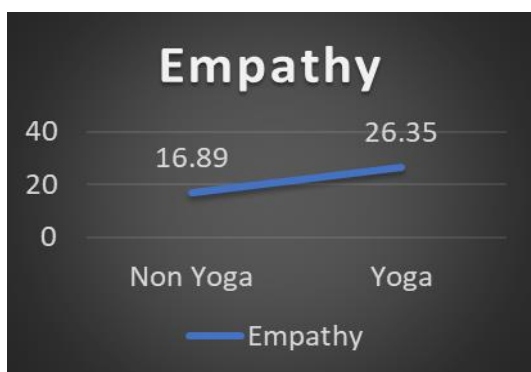
Above (Table 1) shows to be presenting data from a study that compares the mean and standard deviation of non-yoga and yoga scores for variables. (Confidence, Emotional Insight, Negative Cognition, Social skills and empathy) The sample size for each group is 150. The above table shows there is a significant difference between yoga practice employees mean value and the employees who do not practice yoga. It seems that Confidence, emotional insight, Social Skills and Empathy got higher scores in yoga practicing employees. However, the negative Cognition shows higher value for employees who do not practice yoga.

Table 2 TESTS OF BETWEEN-SUBJECTS EFFECT (ANOVA)

Variable	F Value	P Value
Confidence	17.773	.000
Emotional Insight	4.278	.039
Negative Cognition	12.834	.000
Social skills	21.885	.000
Empathy	8.767	.003

According to independent Sample t test for yoga practice employees, the experiment group (Yoga) p-value of these five variables is (.000) then the p-value is less than the significant value (5%).

Therefore, it concludes that the result revealed the initial level, all five variables showed statistically significant improvement. According that results, It concludes that Confidence, Emotional Insight, Negative Cognition, Social skills, and Empathy show improvement who practice yoga. Following graphs also shows that results visually.



## DISCUSSION

This study was aimed to determine the effect of impact of yoga practice on stress resilience in humanitarian aid employees. This study investigated the mental health benefits of yoga in empathy, social skills, confidence, Emotional Insight and negative cognition on Yoga practicing employees and employees who do not practice yoga. As a result it found that yoga practices had a positive and significance impact on humanitarian aid workers compared to non Yoga employees. The findings of this research provide several theoretical and implications. These results are in accordance with other studies that have assessed the effectiveness of yoga for improving well-being and resilience to stress among a variety of populations. These findings extend those of previous research

and indicate both interventions were effective and acceptable to subjects for managing their stress and anxiety. In general, yoga was as effective as relaxation techniques in reducing anxiety, stress and increasing physical and mental health and sleep ability(Smith et al., 2007).

Yoga psychology combines introspective and behavioral growth strategies. It offers a viewpoint that enables one to break free from the unpleasant personas they have given themselves and the destructive roles they have taken on. It swiftly transitions into a training program for altering beliefs, habits, and self-perceptions (Adhia et al., 2010). This is confirmed by the study's positive results. A person who practices yoga philosophy might see the world more broadly and become more conscious of what they do. Increased dedication to his work

and company follows naturally from this. This implies that his readiness to go above and beyond the call of duty stems from his comprehension of the idea of karma yoga, which is a performance in which the artist does not rely on rewards for their efforts. These results could help with the application of useful therapies, like yoga, in the workplace to improve health, lower the risk of metabolic and cardiovascular diseases, and reduce stress (Cheema et al., 2011).

In addition, it could be a good idea to start considering providing all company management cadres with systematic exposure to the knowledge contained in our ancient scriptures, as this would benefit them both personally and professionally. With a correct outlook on life and a variety of interactions, they can develop into more self-aware and self-restrained people. The core of the yoga lifestyle is having the right attitude in life, which can improve the atmosphere in the workplace.

## CONCLUSION

The experiment group (Yoga) p-value of these five variables is (.000) then the p-value is less than the significant value (5%). The result revealed the initial level, all five variables showed statistically significant improvement. It concludes that Confidence, Emotional Insight, Negative Cognition, Social skills, and Empathy show improvement who practice yoga. Finally, this research proof that stress resilience in humanitarian aid workers and the potential role of yoga in enhancing their well-being. The results are valuable for organizations seeking to implement effective stress management strategies and improve the mental health of their employees.

### Declaration by Authors

**Ethical Approval:** Approved

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**Conflict of Interest:** The authors declare no conflict of interest.

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