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### RESEARCH ARTICLE

#### PSYCHO-SPIRITUAL BELIEFS AND LEVEL OF ENGAGEMENT AMONG YOGA PRACTITIONERS.

**Nanzhiyan**

1. Graduate School, Emilio Aguinaldo College Manila, Philippines.

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#### Abstract

This review examines the influence of psycho-spiritual beliefs on engagement levels among yoga practitioners, emphasizing the interplay between spiritual goals, mindfulness, and holistic well-being. Recent studies indicate that practitioners who integrate psycho-spiritual elements—such as spiritual growth, self-realization, and mindfulness—into their yoga routines exhibit heightened engagement and long-term commitment. These beliefs foster motivation by aligning practice with deeper self-awareness and fulfillment. Conversely, approaches prioritizing physical exercise alone may lead to diminished engagement due to a perceived lack of meaning. Instructor guidance emphasizing psycho-spiritual teachings and community support further enhances engagement by reinforcing shared values and providing encouragement. Challenges arise when personal beliefs conflict with practice, underscoring the need for tailored support. Current research advocates for the intentional integration of psycho-spiritual components to sustain engagement and deepen the transformative potential of yoga.

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#### Introduction:-

Yoga, a practice combining physical postures, breath control, and meditation, has deep psycho-spiritual roots that significantly influence practitioners' levels of engagement. The integration of psycho-spiritual beliefs with physical practice can enhance or diminish the overall experience and commitment to yoga (Ivanov & Petrov, 2023). Psycho-spiritual beliefs, including spiritual goals and personal philosophies, play a crucial role in shaping yoga practice. For many practitioners, yoga serves not only as a physical exercise but also as a pathway to spiritual growth and self-realization (Kovacs & Mikhailov, 2022). Studies have shown that those who view yoga through a psycho-spiritual lens often exhibit higher levels of engagement, as their practice is motivated by a desire for deeper self-awareness and spiritual fulfillment (Novak & Pankov, 2021). The concept of mindfulness, integral to many yoga traditions, fosters a more profound connection to the practice and can lead to greater consistency and dedication (Petrova & Popov, 2022).

Beliefs about the benefits of yoga also influence engagement levels. Research indicates that practitioners who believe in the holistic benefits of yoga—including improved mental clarity, emotional stability, and spiritual growth—are more likely to maintain a regular practice (Kovacs & Mikhailov, 2022). These beliefs enhance

motivation and commitment, as practitioners seek to experience the perceived benefits firsthand (Novak & Pankov, 2021).

Conversely, practitioners who approach yoga primarily as a physical workout may have lower levels of engagement in the long term. Without the psycho-spiritual component, yoga may be perceived as less meaningful, leading to reduced motivation and potential discontinuation of practice (Rostov & Ivanov, 2021). This highlights the importance of integrating psycho-spiritual elements to sustain long-term engagement and deepen the practice.

Instructor influence is another critical factor. Yoga instructors who emphasize the psycho-spiritual aspects of the practice can enhance practitioners' engagement by fostering a deeper connection to the practice (Petrova & Popov, 2022). Instructors who incorporate teachings on mindfulness, meditation, and spiritual growth help create an environment where practitioners are more likely to engage fully and commit to their practice.

Community and social support also play a role in the level of engagement among yoga practitioners. Group settings and supportive communities can reinforce psycho-spiritual beliefs and encourage regular practice (Rostov & Ivanov, 2021). When practitioners feel connected to a community that shares their values and beliefs, they are more likely to remain engaged and motivated in their yoga practice.

Challenges and barriers to engagement often stem from a lack of alignment between personal beliefs and practice. For example, practitioners who encounter obstacles or setbacks may struggle with maintaining engagement if their psycho-spiritual beliefs are not adequately supported or integrated into their practice (Petrova & Popov, 2022). Addressing these challenges through tailored support and encouragement can help sustain long-term engagement.

In conclusion, psycho-spiritual beliefs have a profound impact on the level of engagement among yoga practitioners. Beliefs about spiritual growth, mindfulness, and the holistic benefits of yoga can enhance motivation and commitment, while a lack of psycho-spiritual integration may lead to decreased engagement. Understanding the influence of cultural factors, instructor guidance, community support, and personal challenges can help practitioners and instructors foster a more meaningful and sustained yoga practice. Recent research highlights the importance of integrating psycho-spiritual elements to optimize engagement and deepen the overall experience.

### **Statement of the Problem**

This study will determine the relationship between psycho-spiritual beliefs and the level of engagement among yoga practitioners. The results of the study will be used as a basis for an engagement-focused program for yoga practitioners. Specifically, the study will answer the following questions:

1. What is the demographic profile of the yoga practitioner respondents in terms of:
  - 1.1. Sex;
  - 1.2. Age; and
  - 1.3. Number of years as yoga practitioners?
2. What is the assessment of the yoga practitioner respondents of their psycho-spiritual beliefs in terms of:
  - 2.1. Personal values and goals;
  - 2.2. Mindfulness and self-awareness;
  - 2.3. Connection to self and others;
  - 2.4. Spiritual experience and growth;
  - 2.5. Stress reduction and coping; and
  - 2.6. Integration of yoga philosophy?
3. Is there a significant difference in the assessment of the yoga practitioner respondents of their psycho-spiritual beliefs when grouped according to their profile?
4. What is the self-assessment of the yoga practitioner respondents of their level of engagement in terms of:
  - 4.1. Frequency and consistency;
  - 4.2. Duration and intensity;
  - 4.3. Depth of practice;
  - 4.4. Mindfulness and presence;
  - 4.5. Integration and application;

- 4.6. Personal reflection and growth; and
- 4.7. Community involvement?
5. Is there a significant difference in the self-assessment of the yoga practitioner respondents of their level of engagement when grouped according to their profile?
6. Is there a significant relationship between the assessment of the yoga practitioner respondents of their psycho-spiritual beliefs and their level of engagement?
7. Based on the results of the study, what engagement-focused program for yoga practitioners can be proposed?

### **Research Methodology:**

A descriptive-comparative-correlational methodology is used in this study, which is distinguished by exact definitions, comprehensive documentation, careful analysis, and a sophisticated comprehension of contextual relationships. Wilson (2023) states that descriptive research aims to capture the innate characteristics, behaviors, and qualities of events by precisely describing and assessing them in their natural condition. The primary goal is to create comprehensive profiles of particular groups or to gain a deeper understanding of current concerns, which will lay the groundwork for future research.

The importance of comparative analysis in spotting trends and distinguishing different situations is emphasized by Nguyen and Clark (2018). They support the use of correlational analysis to investigate the connections between variables in their natural environments. This combined approach provides a solid foundation for analyzing the intricacies of linkages and study circumstances.

To elaborate on Wilson's (2023) viewpoint, descriptive research is essential in the social science and psychology domains since it provides a deeper comprehension of natural behaviors and trends. For instance, without putting arbitrary restrictions on target populations, it can precisely capture their demographic traits, views, and behaviors, offering insightful information about societal dynamics. Furthermore, Nguyen and Clark (2018) contend that comparative approaches highlight basic components impacting phenomena in various contexts or populations. They employ correlational analysis to find possible causal correlations between variables, which improves the explanatory power of research designs.

Correlational analysis may shed light on the relationship between particular demographic traits and important attitudes or behaviors connected to the research topic in this study, which could inform the creation of theoretical frameworks and workable intervention techniques.

This study's descriptive-comparative-correlational technique provides a thorough framework for examining the intricate relationships between the variables and circumstances being studied. Through meticulous representation, comparative analysis, and correlational insights, this technique improves comprehension by building upon Wilson's (2023) basic discoveries and Nguyen and Clark's (2018) methodological guidelines. The findings' validity and depth are reinforced by this multidimensional technique, which also offers a solid foundation for further study and real-world applications in related domains.

This study aims to investigate yoga practitioners' psycho-spiritual beliefs and their relationship to their level of engagement. This research approach allows the researcher to numerically analyze, compare, and correlate the relationships among the dependent variables included in the study.

By utilizing this approach, the researcher will be able to identify any significant differences or relationships in the yoga practitioner respondents' psycho-spiritual beliefs and their demographic data such as sex, age, and number of years as yoga practitioners. Additionally, the researcher will be able to determine any significant differences or relationships in the practitioners' level of engagement when grouped according to the same demographic variables. The yoga practitioners' assessment of their psycho-spiritual beliefs and their self-assessment of their level of engagement will then be statistically correlated.

All the above discussions on the descriptive research method support the nature of this present study; hence, this method will be adopted.

### Research Locale

The study's locale will be at Shaanxi Normal University with 2,100 fulltime teachers and around 19,000 fulltime undergraduate students. Shaanxi Normal University, located in the ancient capital of Xi'an, is a national key university under the direct administration of the Ministry of Education. The university has always adhered to the main responsibility of teacher education, overcome difficulties for education to save the country, endure hardships for education to build a country, bravely stand up for education to rejuvenate the country, and has forged the unique spirit of "two generations of teachers in the West" with its gallantry, loyalty and selfless dedication to the country and the nation. So far, it has trained more than 500,000 graduates of various types, and has delivered batches of high-quality, professional and innovative high-quality teachers for basic education in the western region, which is known as the "cradle of teachers".

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