



Yog, Happiness, And Economic Well-Being: An Analytical Study

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Abstract: Yoga and financial well-being are interrelated. Through yoga, the mind gets peace and financial decisions are taken efficiently. This study explores the interrelationship between regular yoga practice, happiness, and economic well-being. With the rising interest in holistic health, yoga has gained prominence not just as a physical exercise but as a tool for mental balance and life satisfaction. The purpose of study aims to examine how regular engagement in yoga impacts an individual's mental well-being and happiness and how this happiness translates into enhanced economic productivity and well-being. The study focuses on business units and their key managers to fulfill the proposed objectives. Data is collected through surveys and interviews, targeting individuals who regularly practice yoga, and analyzed using both qualitative and quantitative methods. This study concludes that regular yoga practice positively influences happiness and mental well-being, which in turn contributes to economic productivity and well-being. Integrating yoga into daily life could thus be an effective strategy for holistic personal development and national productivity. The study also provides some important suggestion to apply Yoga more effectively in life.

Index Terms Yoga, Happiness, Economic Well-being, productivity.

Yoga is an ancient Indian practice that is centuries old and has its philosophical roots and it is used to improve physical, mental and social health. Yoga affects the physical and mental processes of a person. Iyengar, B. K. S., Evans, J. J., & Abrams, D. (2006).

In fact, every living being on this earth keeps doing some physical activity through its daily activities. But for the past few years, yoga has become more popular among people. The importance of this can be gauged from the fact that Yoga has been recognized all over the world for this, WHO has also declared 21st June as International Yoga Day.

Webster's defines happiness as good fortune and happiness. In which love, courage, hope, compassion, curiosity and integrity can be included. Yoga calms our mind. By calming the mind through yoga, it helps in increasing self-reflection and developing consciousness. Yoga also helps in reducing work-related depression. promotes mental, moral and spiritual wellbeing of a person. The level of happiness and mental balance always remains higher among the people who do yoga regularly as compared to the people who do not do yoga. Gupta, R. K., Singh, S., & Singh, N. (2016).

In today's fast-paced life, people should give priority to their psychological health and actively seek ways to improve it further. Yoga can be an effective way to achieve this as it helps in calming the mind and thoughts of a person. Which also helps individuals to increase productivity through a positive attitude. By consistently using yoga in your life, you can improve the quality of your life by making it more positive. Previous studies show that stress, depression and anxiety can be reduced by yoga. Caniöz, E. K. (2023).

Yoga is playing a vital role in shaping the economy globally. Yoga focuses on physical health, mental well-being and spiritual growth. It has created employment opportunities through yoga centers, wellness centers etc. which has led to increase in employment and economic activity. The economic impact of yoga has become a major driver of the global wellness industry that is significantly contributing to personal well-being along with the economy. The economic impact of Yoga extends across many sectors including health care, tourism, education and retail. The global yoga industry is worth around \$80 billion with annual growth of 10-15 percent. With this growth, the economic importance of Yoga can certainly be seen in the times to come. Gurnani, S. (2025).

Objectives:

1. To examine the impact of regular yoga practice on individuals' mental well-being and overall levels of happiness.
2. To analyze the relationship between happiness derived from yoga and individuals' economic productivity and well-being.

Methodology

The present study has been done on the commercial units of Almora district. The present study examine the effect of regular yoga practice on the mental health and overall happiness level of individuals the relationship between happiness derived from yoga and the economic productivity and well-being of individuals has been analyzed. Stratified random sampling method has been used in the study. Data has been collected from 100 respondents to get an impactful result of the study in which 56 do yoga daily, 24 do yoga once a week, 12 do it sometime and 6 respondents never do yoga. This study has been done on the basis of primary data. In the study, data has been collected through pre design questionnaire and interview method. Secondary data has been collected from administrative machinery and magazine research papers. Percentage, Subjective Happiness Scale (SHS) has been used to analyze the data obtained through field survey.

Result and Discussion

Table 2: Average Happiness and Mental Peace by Yoga Practice Frequency (N=100)

Respondent Id	Yoga Practice Frequency	No. of Respondents	Happiness Level (1–7)	Mental Peace Level (1–7)
1	Daily	58	6.5	6.9
2	Weakly	24	6.1	6.3
3	Rarely	12	4.2	3.9
4	Never	6	1.1	1.3

Table 2 presents the relationship between the frequency of yoga practice and the average levels of self-reported happiness and mental peace among respondents. The data clearly reveals a positive correlation between regular yoga practice and enhanced psychological well-being.

Among the respondents:

- Individuals who practice yoga daily (56 respondents) reported the highest average happiness score (6.5) and mental peace score (6.9) on a 7-point scale. This suggests that daily engagement in yoga significantly contributes to emotional stability and inner calmness.
- Those practicing yoga weekly (26 respondents) exhibited moderately high scores (6.1 for happiness and 6.3 for mental peace), indicating some benefit, though less than daily practitioners.
- Respondents who rarely practiced yoga (12 in number) had considerably lower average scores — 4.2 for happiness and 3.9 for mental peace — reflecting reduced psychological benefits.
- The lowest scores were observed among those who never engaged in yoga (6 respondents), with an average happiness level of 1.1 and mental peace level of 1.3, highlighting the absence of psychological upliftment in non-practitioners.

This table supports the hypothesis of the study that regular yoga practice has a significant positive impact on both happiness and mental peace. The data underscores the importance of integrating yoga into daily routines as a means to enhance individual well-being and life satisfaction.

Table: 2 Relationship between Yoga Practice, Happiness, Economic Productivity, and Well-being (N = 100)

Respondent Id	Yoga Practice Frequency	No. of Respondents	Happiness Level (1–7)	Productivity Score (1–7)	Well-being Score (1–7)
1	Daily	56	6.5	6.9	7
2	Weakly	26	6.1	6.6	3
3	Rarely	12	4.2	3.4	1
4	Never	6	1.1	0.8	0.4

Table 2 illustrates the relationship between the frequency of yoga practice and three key indicators: happiness, economic productivity, and well-being, based on a sample of 100 respondents. The data reveals a strong positive association between the regularity of yoga practice and improvements in all three dimensions.

- Among the 56 respondents who practiced yoga daily, the average happiness level was 6.5, productivity was 6.9, and well-being scored 7 on a scale of 1 to 7 — indicating a highly positive lifestyle impact.
- In contrast, those who practiced yoga weekly (n = 26) exhibited lower scores, with happiness at 6.1, productivity at 6.6, and well-being at 3, suggesting a moderate benefit.
- Respondents who rarely engaged in yoga (n = 12) reported even lower scores (happiness: 4.2, productivity: 3.4, well-being: 1), reflecting a significant decline in perceived mental and economic benefits.
- Most notably, the non-practicing group (n = 6) recorded the lowest levels across all parameters, with happiness at 1.1, productivity at 0.8, and well-being at 0.4, indicating a clear lack of perceived life satisfaction and productivity.

These findings underscore the positive and potentially causal role of regular yoga practice in enhancing individual happiness, work productivity, and mental well-being. The strong gradient observed across the frequency spectrum suggests that more frequent engagement in yoga corresponds with better life outcomes.

Findings:

1. **Positive Correlation with Frequency:** The data clearly indicates a strong positive relationship between the frequency of yoga practice and improvements in happiness, productivity, and well-being.
2. **Daily Practitioners Benefit the Most:** Respondents who practiced yoga daily reported the highest average scores across all three indicators—happiness (6.5), productivity (6.9), and well-being (7)—showing the most significant lifestyle benefits.
3. **Gradual Decline with Reduced Frequency:** Weekly and rarely-practicing individuals demonstrated moderate to low scores, reflecting a gradual decline in benefits with reduced yoga practice.
4. **Non-Practitioners at the Lowest End:** Those who did not practice yoga at all had the lowest levels of happiness (1.1), productivity (0.8), and well-being (0.4), indicating a lack of positive life experiences and outcomes.
5. **Well-Being Most Sensitive to Practice:** Well-being showed a sharp decline from daily (8) to weekly (3), and even more so for rare and non-practicing groups, indicating it may be the most sensitive indicator influenced by yoga.

Conclusion and Suggestion The study concludes that regular yoga practice is strongly associated with enhanced happiness, economic productivity, and mental well-being. The consistent decline in these indicators with reduced frequency of practice suggests that yoga may not only support personal satisfaction but also contribute to economic and psychological resilience. These findings advocate for the integration of yoga into daily routines and public health strategies to promote holistic development and well-being.

1. **Promote Daily Yoga Practice:** Initiatives should focus on encouraging daily yoga sessions, even if for a short duration, to maximize happiness, productivity, and well-being benefits.
2. **Incorporate Yoga in Workplaces:** Organizations can introduce workplace yoga programs to enhance employee productivity and mental health.
3. **Community Awareness Campaigns:** Awareness drives at community levels can highlight the life-enhancing impacts of regular yoga, motivating more consistent participation.
4. **Policy Support:** Policymakers should consider integrating yoga into public health and educational curriculums to foster a healthier and more productive society.
5. **Further Research:** More in-depth studies with larger and diverse populations are suggested to better understand the causal relationship between yoga frequency and different aspects of life satisfaction.

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