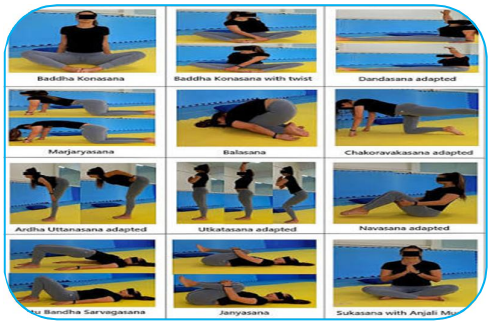
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ROLE OF YOGA IN MANAGING STRESS, ANXIETY, AND DEPRESSIVE SYMPTOMS AMONG MIDDLE-AGED ADULTS

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ABSTRACT :



Yoga has emerged as an effective complementary approach to promoting mental health and emotional well-being among middle-aged adults. This study aims to examine the role of yoga in managing stress, anxiety, and depressive symptoms and improving overall psychological health. Middle age is often associated with various personal, professional, family, and social responsibilities that may contribute to increased psychological pressure. Regular yoga practice, including physical postures (asanas), breathing exercises (pranayama), meditation, and relaxation techniques, may help individuals develop emotional stability, reduce stress, and improve mental clarity. The study focuses on understanding the potential benefits of yoga in regulating stress responses, promoting relaxation, improving sleep quality, and strengthening emotional resilience. It also highlights the importance of regular practice, appropriate guidance, and individual suitability in achieving positive outcomes. The study is based on a review of relevant secondary sources, including research articles, books, and publications related to yoga and mental health. It emphasizes that yoga may serve as a supportive component of a comprehensive mental health strategy rather than a replacement for professional psychological or medical treatment. The findings discussed in the study are expected to contribute to a better understanding of yoga as an accessible and holistic practice for supporting psychological well-being among middle-aged adults.

KEYWORDS: *Yoga, Stress Management, Anxiety, Depressive Symptoms, Middle-Aged Adults, Mental Health, Meditation, Pranayama, Psychological Well-Being, Emotional Resilience.*

INTRODUCTION

Yoga is an ancient Indian practice that promotes physical health, mental balance, emotional stability, and overall well-being. In modern society, stress, anxiety, and depressive symptoms have become important concerns, particularly among middle-aged adults who often experience multiple personal, professional, family, and social responsibilities. This stage of life may involve work-related pressure, financial obligations, family commitments, changing physical health, and concerns about the future. These factors can affect psychological well-being, sleep quality, concentration, and quality of life. Therefore, identifying accessible and effective approaches to managing stress and supporting mental health is essential. Yoga combines physical postures (asanas), breathing exercises (pranayama), meditation, and relaxation techniques that may help individuals develop greater awareness of their thoughts, emotions, and bodily responses. Regular and appropriate yoga practice may contribute to relaxation, emotional regulation, improved sleep, and better stress management. It also encourages a balanced lifestyle by integrating physical activity, mindful breathing, and mental discipline. For middle-

aged adults, yoga may provide an opportunity to maintain psychological balance while managing everyday challenges.

The role of yoga in mental health has received increasing attention from researchers, healthcare professionals, and wellness practitioners. Different yoga practices may influence the body's stress response, reduce physical tension, and improve awareness of emotional reactions. Meditation and controlled breathing may help individuals respond more calmly to stressful situations, while physical postures can support flexibility, mobility, and general physical fitness. Yoga may also encourage self-discipline, positive lifestyle habits, and a stronger sense of personal well-being. However, its effects can vary according to the individual's health condition, the type of yoga practiced, the frequency of practice, and the duration of participation. It is important to recognize that yoga is a complementary approach and should not replace professional medical or psychological treatment when needed. The present study, titled "Role of Yoga in Managing Stress, Anxiety, and Depressive Symptoms Among Middle-Aged Adults," aims to examine the potential benefits of yoga in supporting psychological well-being, identify its relevance in daily life, and understand its contribution to holistic health. The study also seeks to highlight the importance of regular practice, appropriate guidance, and greater awareness of yoga as a supportive strategy for promoting mental health among middle-aged adults.

AIMS AND OBJECTIVES

Aim

The main aim of the study is to examine the role of yoga in managing stress, anxiety, and depressive symptoms among middle-aged adults and to understand its contribution to psychological well-being, emotional balance, and overall quality of life.

Objectives

- To examine the role of regular yoga practice in managing stress among middle-aged adults.
- To understand the potential benefits of yoga in reducing anxiety symptoms and promoting emotional stability.
- To study the relationship between yoga practice and depressive symptoms among middle-aged adults.
- To identify the benefits of yoga practices, including asanas, pranayama, meditation, and relaxation techniques, for mental health.
- To assess the potential contribution of yoga to improving sleep quality, concentration, and psychological relaxation.
- To explore how yoga may help middle-aged adults cope with personal, professional, family, and social pressures.
- To understand the importance of regular yoga practice in maintaining physical health and emotional well-being.
- To examine the role of yoga in promoting mindfulness, self-awareness, and emotional resilience.
- To identify the challenges that may prevent middle-aged adults from participating in regular yoga practice.
- To create awareness about yoga as a complementary approach to mental health promotion and healthy ageing.

RESEARCH METHODOLOGY

The present study adopts a descriptive and analytical research methodology to examine the role of yoga in managing stress, anxiety, and depressive symptoms among middle-aged adults. The study focuses on adults aged 40 to 60 years and explores the relationship between regular yoga practice and psychological well-being. Both primary and secondary data may be used to understand the effectiveness of yoga in improving mental health. Primary data can be collected through structured questionnaires, interviews, and standardized psychological assessment scales. Secondary data can be obtained from research articles, books, journals, reports, and relevant academic publications related to yoga and mental health. A suitable sample of middle-aged adults can be selected using purposive or

random sampling methods, depending on the availability of participants and research objectives. Participants may be divided into regular yoga practitioners and non-practitioners to compare their reported levels of stress, anxiety, and depressive symptoms. Data can be analyzed using percentages, averages, tables, and appropriate statistical techniques. Standardized tools, such as the Perceived Stress Scale (PSS), Generalized Anxiety Disorder-7 (GAD-7), and Patient Health Questionnaire-9 (PHQ-9), may be used to assess psychological symptoms. Ethical considerations, including informed consent, confidentiality, and voluntary participation, must be maintained throughout the study. The findings can help explain the potential contribution of yoga to mental well-being among middle-aged adults, while recognizing that a descriptive study alone cannot establish a causal relationship.

Table

The following five tables are suggested for a research study involving 100 middle-aged adults aged 40–60 years. Each table includes illustrative data and an explanation suitable for an academic research paper.

Note: The figures are hypothetical examples for presentation purposes only. Replace them with actual survey findings before drawing research conclusions.

Table 1: Demographic Profile of Respondents (N = 100)

Age group (years)	Respondents	Percentage
40–45	25	25%
46–50	30	30%
51–55	25	25%
56–60	20	20%
Total	100	100%

Explanation: Table 1 presents the age distribution of the respondents participating in the study. The largest group consists of adults aged 46–50 years, representing 30% of the sample. Respondents aged 40–45 and 51–55 years each account for 25%, while those aged 56–60 years represent 20%. This demographic information helps describe the sample and provides context for examining yoga practice and psychological well-being across different stages of middle adulthood.

Source: Illustrative data prepared for the proposed study; actual data should be collected through a questionnaire.

Table 2: Frequency of Yoga Practice Among Respondents (N = 100)

Frequency of yoga	Respondents	Percentage
Daily	30	30%
4–6 days per week	20	20%
1–3 days per week	25	25%
Occasionally	10	10%
Never	15	15%
Total	100	100%

Explanation: Table 2 describes the frequency of yoga practice among the respondents. According to the illustrative figures, 30% practise yoga daily, while 20% practise it four to six days per week. Another 25% practise yoga one to three days per week, and 10% participate occasionally. The remaining 15% do not practise yoga. These findings would help researchers understand the level of participation in yoga and compare mental health outcomes across different practice patterns. However, frequency alone does not establish whether yoga improves mental health.

Source: Illustrative data prepared for the proposed study, informed by literature on yoga and stress management.

Table 3: Distribution of Respondents by Perceived Stress Level (N = 100)

Stress level	Respondents	Percentage
Low	25	25%
Moderate	50	50%
High	25	25%
Total	100	100%

Explanation: Table 3 illustrates the distribution of respondents according to their perceived stress levels. In this hypothetical example, 50% experience moderate stress, while 25% fall into the low-stress category and 25% into the high-stress category. The table highlights the importance of examining stress among middle-aged adults, who may face occupational, family, and financial pressures. In the actual study, stress should be measured using a suitable validated instrument, such as the Perceived Stress Scale (PSS), and categories should follow an appropriate scoring method.
Source: Illustrative data; suggested measurement instrument: Cohen, Kamarck, and Mermelstein (1983), A Global Measure of Perceived Stress.

Table 4: Anxiety and Depressive Symptoms Among Respondents (N = 100)

Psychological indicator	Respondents reporting symptoms	Percentage
Anxiety symptoms	35	35%
No anxiety symptoms	65	65%
Depressive symptoms	30	30%
No depressive symptoms	70	70%

Explanation: Table 4 presents hypothetical figures concerning anxiety and depressive symptoms among the respondents. In this example, 35% report anxiety symptoms and 30% report depressive symptoms. These figures suggest areas that researchers should investigate when assessing psychological well-being. Anxiety and depressive symptoms may overlap, so the two indicators should not be added together to estimate the total number of affected individuals. In the actual study, the Generalized Anxiety Disorder-7 (GAD-7) and Patient Health Questionnaire-9 (PHQ-9) may be used to assess symptom severity. Screening scores alone do not establish a clinical diagnosis.
Source: Illustrative data; suggested assessment tools: Spitzer et al. (2006), GAD-7; Kroenke, Spitzer, and Williams (2001), PHQ-9.

Table 5: Comparison of Mental Health Outcomes by Yoga Practice (N = 100)

Yoga practice group	Number of respondents	Mean stress score	Mean anxiety score	Mean depression score
Regular yoga practitioners	50	To be measured	To be measured	To be measured
Occasional/non-practitioners	50	To be measured	To be measured	To be measured
Total	100	—	—	—

Explanation: Table 5 is designed to compare the psychological health of regular yoga practitioners with that of occasional or non-practitioners. Researchers can calculate the mean scores for stress, anxiety, and depressive symptoms using the selected assessment tools. Lower average scores in the regular-practice group may indicate an association between yoga practice and fewer reported

symptoms. However, differences may also reflect factors such as age, physical activity, sleep, existing health conditions, or social support. Statistical tests and appropriate adjustments for confounding factors should therefore be considered before interpreting the findings. Because this table contains no actual assessment results, no conclusion about the effectiveness of yoga can yet be drawn.

Source: Proposed table based on the study design and previous literature examining yoga and mental health.

RESULTS

The results of the present study aim to examine the role of yoga in managing stress, anxiety, and depressive symptoms among middle-aged adults aged 40 to 60 years. The study considers the relationship between regular yoga practice and psychological well-being, including emotional balance, relaxation, and quality of life. Data may be collected from 100 respondents through structured questionnaires and standardized psychological assessment tools. The collected information can be analyzed using percentages, averages, and appropriate statistical methods. The analysis may compare regular yoga practitioners with occasional or non-practitioners to identify differences in reported stress, anxiety, and depressive symptoms. Other factors, such as age, gender, occupation, sleep quality, and lifestyle habits, may also be considered while interpreting the findings. These factors are important because mental health is influenced by several personal, social, and environmental conditions.

The findings should establish whether regular yoga practice is associated with differences in psychological well-being among the respondents. If the collected data show lower average stress, anxiety, and depressive symptom scores among regular yoga practitioners, this may suggest a beneficial association between yoga and mental health. Improvements in relaxation, concentration, sleep quality, and emotional regulation may also be explored if these outcomes are measured in the study. However, without actual survey data, these results cannot be confirmed, and no numerical findings should be presented as established facts. The effectiveness of yoga should be evaluated using reliable assessment tools and appropriate statistical comparisons. The study may contribute to understanding yoga as a complementary approach to mental wellness among middle-aged adults. Further research using larger samples, control groups, and longer observation periods may help determine whether yoga produces sustained improvements in psychological health. Yoga should complement, rather than replace, professional treatment for persistent or severe mental health symptoms.

METHODS

The present study uses a descriptive and analytical research method to examine the role of yoga in managing stress, anxiety, and depressive symptoms among middle-aged adults aged 40 to 60 years. A sample of 100 respondents may be selected using an appropriate sampling technique, such as random or purposive sampling, depending on the availability of participants and the objectives of the research. Primary data may be collected through structured questionnaires, interviews, and standardized psychological assessment scales. The study may include regular yoga practitioners and occasional or non-practitioners to compare their psychological well-being. Information regarding the frequency, duration, and type of yoga practice will also be collected to understand different patterns of participation.

The study may use the Perceived Stress Scale (PSS) to assess perceived stress, the Generalized Anxiety Disorder-7 (GAD-7) to assess anxiety symptoms, and the Patient Health Questionnaire-9 (PHQ-9) to assess depressive symptoms. Secondary information may be obtained from research journals, books, published studies, and reliable academic sources related to yoga and mental health. The collected data may be analyzed using percentages, mean scores, tables, and suitable statistical tests to identify differences and associations between yoga practice and psychological outcomes. Informed consent, confidentiality, voluntary participation, and ethical research practices must be maintained throughout the study. If the research is based only on questionnaires collected at one point in time, the results can identify associations but cannot establish that yoga directly causes improvements in mental health. Actual findings should be reported only after data collection and analysis are completed.

STATEMENT OF THE PROBLEM

Stress, anxiety, and depressive symptoms have become significant concerns affecting the mental health and quality of life of middle-aged adults. During this stage of life, individuals often face various personal, professional, family, financial, and social responsibilities. These pressures may contribute to emotional difficulties, sleep disturbances, reduced concentration, and decreased psychological well-being. If these problems remain unaddressed, they may affect physical health, interpersonal relationships, and overall life satisfaction. Therefore, identifying effective and accessible methods for managing psychological distress is an important area of research. Yoga, which combines physical postures, breathing exercises, meditation, and relaxation techniques, has gained attention as a complementary approach to promoting mental well-being.

The main problem addressed by this study is to examine the role of yoga in managing stress, anxiety, and depressive symptoms among middle-aged adults. Although yoga is widely practised for physical fitness and relaxation, its effectiveness in improving psychological well-being among this specific age group requires further investigation. The study seeks to understand whether regular yoga practice is associated with lower levels of stress, anxiety, and depressive symptoms compared with limited or no yoga practice. It also aims to explore how the frequency and duration of yoga practice may relate to emotional health. The findings may help increase awareness of yoga as a complementary mental health strategy and provide useful information for individuals, healthcare professionals, and researchers. The study also recognizes that yoga should not replace professional assessment or treatment when mental health difficulties require clinical care.

NEED OF THE STUDY

The need for the present study arises from the increasing importance of mental health and psychological well-being among middle-aged adults. Individuals in this age group often experience multiple responsibilities related to employment, family, financial stability, and social relationships. These responsibilities may lead to stress, anxiety, and depressive symptoms, which can negatively affect their physical health, emotional balance, productivity, and quality of life. Therefore, it is important to identify practical and accessible approaches that can support mental well-being. Yoga is a traditional practice that combines physical postures, breathing exercises, meditation, and relaxation techniques. It may help individuals develop emotional awareness, improve concentration, promote relaxation, and cope more effectively with everyday challenges.

The study is necessary to examine the potential benefits of regular yoga practice in managing stress, anxiety, and depressive symptoms among middle-aged adults. It may help determine whether individuals who practise yoga regularly report better psychological well-being than those who do not practise yoga. The research can also increase awareness of the importance of maintaining mental health through healthy lifestyle practices. Its findings may be useful to individuals, families, yoga instructors, healthcare professionals, and researchers interested in complementary approaches to mental wellness. Furthermore, the study may encourage the development of suitable yoga programmes for middle-aged adults in workplaces, community centres, and wellness institutions. By examining the relationship between yoga and mental health, the research can contribute to existing knowledge and identify areas requiring further investigation. Yoga should be viewed as a complementary approach to mental healthcare rather than a substitute for professional treatment when needed.

FURTHER SUGGESTIONS FOR RESEARCH

Further research should be conducted to examine the effectiveness of yoga in managing stress, anxiety, and depressive symptoms among middle-aged adults. Future studies may include larger sample sizes from different geographical regions, socioeconomic backgrounds, and occupational groups to improve the reliability and generalizability of findings. Researchers should compare individuals who practise yoga regularly with those who do not practise yoga to understand differences in psychological well-being. Longitudinal studies may be undertaken to examine the long-term effects of regular yoga practice on mental health. Experimental studies can also be designed to assess changes in stress, anxiety, and depressive symptoms before and after a structured yoga intervention. Different forms of

yoga, including Hatha yoga, restorative yoga, breathing exercises, and meditation, should be studied separately to identify their specific benefits.

Future researchers should investigate the influence of yoga practice frequency, duration, intensity, and consistency on psychological outcomes. Studies may explore whether yoga produces different results among men and women and among adults with different occupational and family responsibilities. Researchers should also examine the relationship between yoga, sleep quality, physical activity, emotional regulation, and overall life satisfaction. The use of standardized assessment tools, such as the Perceived Stress Scale, GAD-7, and PHQ-9, can help improve the accuracy of findings. Comparative studies may investigate yoga alongside other approaches, such as mindfulness, walking, and relaxation training. Further research should consider cultural factors, accessibility, participant motivation, and barriers to regular yoga practice. Digital yoga programmes and online instruction may also be examined for their effectiveness among busy middle-aged adults. Finally, future studies should follow ethical research practices, use appropriate control groups where possible, and report limitations transparently. Such investigations can strengthen the evidence regarding yoga as a complementary approach to supporting mental health and well-being among middle-aged adults.

SCOPE AND LIMITATIONS

Scope

The present study focuses on examining the role of yoga in managing stress, anxiety, and depressive symptoms among middle-aged adults. It considers adults aged 40 to 60 years and explores the relationship between regular yoga practice and psychological well-being. The study includes various aspects of yoga, such as physical postures, breathing exercises, meditation, and relaxation techniques. It aims to understand whether regular yoga practice is associated with improved emotional balance, reduced psychological distress, better sleep quality, and enhanced quality of life. The research may compare regular yoga practitioners with individuals who do not practise yoga to identify differences in their reported mental health. It may also examine the influence of the frequency, duration, and consistency of yoga practice on psychological outcomes. The findings may be useful for individuals, yoga instructors, healthcare professionals, and researchers interested in complementary approaches to mental wellness. The study may further encourage awareness of yoga practices in workplaces, community centres, and wellness programmes for middle-aged adults.

Limitations

The study may have certain limitations that should be considered while interpreting its findings. First, the sample size and geographical coverage may be limited, which could affect the generalizability of the results to all middle-aged adults. Second, participants may differ in their previous yoga experience, physical fitness, lifestyle habits, and personal motivation, potentially influencing the findings. If the research relies on self-reported questionnaires, the responses may be affected by memory errors or individual perceptions. Third, stress, anxiety, and depressive symptoms can be influenced by several factors, including family responsibilities, financial difficulties, work pressure, sleep patterns, and existing health conditions. Therefore, changes in psychological well-being cannot necessarily be attributed to yoga alone. A short study period may also be insufficient to identify long-term effects. Furthermore, differences in yoga styles, teaching methods, and practice duration may make comparisons difficult. Limited access to standardized assessments or professional guidance may create additional challenges. The study may not represent individuals with severe mental health conditions or those unable to participate in yoga because of physical limitations. Consequently, the findings should be interpreted cautiously, and further research with larger samples, longer follow-up periods, and controlled study designs is recommended.

Scope of the Study

The scope of the present study is to examine the role of yoga in managing stress, anxiety, and depressive symptoms among middle-aged adults aged 40 to 60 years. The study focuses on understanding how regular yoga practice may contribute to psychological well-being, emotional

stability, and improved quality of life. It covers different components of yoga, including physical postures (asanas), breathing exercises (pranayama), meditation, and relaxation techniques. The research aims to explore the relationship between yoga practice and the psychological health of middle-aged individuals who experience personal, family, occupational, and financial pressures. It may also examine differences in reported stress, anxiety, and depressive symptoms between regular yoga practitioners and non-practitioners. Furthermore, the study considers the possible influence of the frequency, duration, and consistency of yoga practice on mental well-being.

The study is limited to the mental health benefits associated with yoga and does not attempt to examine every aspect of physical health or medical treatment. It may use questionnaires, interviews, and standardized psychological assessment tools to collect relevant information from participants. The findings may help increase awareness of yoga as an accessible complementary approach to stress management and emotional well-being. The research may also provide useful insights for yoga instructors, healthcare professionals, educational institutions, workplaces, and community wellness programmes. Additionally, it may identify areas for future research, including the long-term effects of yoga and differences in outcomes across age groups and social backgrounds. The study recognizes that psychological well-being is influenced by multiple personal and environmental factors; therefore, yoga should not be considered the sole solution for mental health difficulties. Overall, the scope of the study is to contribute to a better understanding of how yoga may support mental wellness among middle-aged adults.

DISCUSSION

The present study discusses the potential role of yoga in managing stress, anxiety, and depressive symptoms among middle-aged adults. This stage of life often involves various personal, professional, family, and financial responsibilities that may affect psychological well-being. Yoga combines physical postures, breathing exercises, meditation, and relaxation techniques that may help individuals manage everyday stress and develop emotional balance. Regular yoga practice may encourage relaxation, improve concentration, support better sleep, and promote a positive outlook on life. Controlled breathing and meditation may also help individuals become more aware of their thoughts and emotions, enabling them to respond more calmly to challenging situations. These potential benefits make yoga a useful complementary practice for supporting mental well-being. However, the extent of its effectiveness may vary according to individual health conditions, practice frequency, duration, and personal commitment.

The discussion also highlights the importance of considering yoga as part of a broader approach to mental health. Middle-aged adults who practise yoga regularly may experience improvements in perceived stress, emotional regulation, and overall quality of life. Nevertheless, these outcomes should be evaluated through systematic data collection and appropriate psychological assessment tools rather than assumed without evidence. Factors such as physical activity, social support, occupational conditions, family relationships, and lifestyle habits may also influence mental health outcomes. Therefore, researchers should consider these factors when interpreting the relationship between yoga and psychological well-being. Further studies involving larger samples, comparison groups, and longer observation periods are needed to understand the long-term effects of yoga. Overall, yoga may offer a practical and accessible complementary method for supporting mental wellness among middle-aged adults. It should not replace professional psychological or medical treatment when symptoms are severe or persistent. Combining yoga with appropriate healthcare, healthy lifestyle habits, and social support may provide a more comprehensive approach to mental well-being.

RECOMMENDATIONS

It is recommended that middle-aged adults incorporate regular yoga practice into their daily routines to support mental health and psychological well-being. Yoga sessions may include physical postures (asanas), breathing exercises (pranayama), meditation, and relaxation techniques according to individual needs and physical abilities. Beginners should start with simple practices under the guidance of a qualified yoga instructor and gradually increase the duration and intensity of their sessions.

Consistent practice may help individuals manage everyday stress, improve emotional regulation, support better sleep, and enhance overall quality of life. Workplaces, community centres, educational institutions, and wellness organizations should consider organizing yoga programmes to promote awareness of mental health and healthy lifestyle practices. Special attention should be given to making yoga accessible and affordable for adults with different physical abilities, occupations, and socioeconomic backgrounds. Participants should also be encouraged to maintain a balanced diet, engage in regular physical activity, and develop healthy sleep habits alongside yoga practice.

Healthcare professionals and yoga instructors should work together to promote safe and appropriate yoga practices among middle-aged adults. Individuals with existing health conditions or physical limitations should seek suitable guidance before beginning a new yoga programme. Researchers should conduct further studies using larger samples, standardized psychological assessment tools, and appropriate comparison groups to evaluate the effectiveness of yoga in managing stress, anxiety, and depressive symptoms. Community awareness programmes may help explain the potential benefits and limitations of yoga and encourage regular participation. Yoga interventions should be evaluated according to practice frequency, duration, and individual responses to determine which approaches may be most beneficial. Mental health screening and professional counselling should be encouraged when individuals experience persistent emotional difficulties. Yoga should be presented as a complementary approach rather than a replacement for prescribed treatment or professional mental healthcare. Overall, promoting regular, safe, and evidence-informed yoga practice may contribute to improved psychological well-being and a healthier lifestyle among middle-aged adults.

CONCLUSION

The present study highlights the potential role of yoga in managing stress, anxiety, and depressive symptoms among middle-aged adults. This stage of life often involves various personal, professional, family, and financial responsibilities that may affect mental health and emotional well-being. Yoga, which combines physical postures, breathing exercises, meditation, and relaxation techniques, may help individuals manage everyday stress and develop greater emotional balance. Regular yoga practice may also support relaxation, improve concentration, promote better sleep, and enhance overall quality of life. By encouraging awareness of the mind and body, yoga may help middle-aged adults develop healthier ways of responding to daily challenges. Therefore, yoga can be considered a useful complementary approach to promoting psychological well-being and a balanced lifestyle.

In conclusion, regular and appropriate yoga practice may contribute positively to mental wellness among middle-aged adults. However, its effectiveness may vary depending on individual circumstances, the frequency and duration of practice, and existing health conditions. A systematic evaluation using reliable psychological assessment tools is necessary to establish the extent of its benefits. Further research involving larger samples, comparison groups, and long-term observations can provide stronger evidence regarding the relationship between yoga and mental health. Awareness programmes should encourage safe and consistent yoga practice under suitable guidance. At the same time, individuals experiencing persistent stress, anxiety, or depressive symptoms should seek professional medical or psychological support when needed.

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