



# International Journal of Engineering, Science and Humanities

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## **Impact of Yogic Exercises on Mental Peace, Anxiety, and Stress among Information Technology Professionals**

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### **ABSTRACT**

The present study investigates the impact of yogic exercises on mental peace, anxiety, and stress among information technology professionals. In the modern IT industry, employees frequently experience occupational stress, mental fatigue, emotional pressure, and anxiety due to long working hours, excessive workload, tight deadlines, and prolonged screen exposure. These psychological challenges negatively affect both personal well-being and professional efficiency. The study aims to examine whether regular yogic practices can contribute to improving mental peace and reducing anxiety and stress among IT workers. An experimental pre-test and post-test research design was adopted for the investigation. A sample of fifty information technology professionals was selected using purposive and convenience sampling techniques. The intervention programme included yogic practices such as asanas, pranayama, meditation, and relaxation techniques conducted regularly for a specified duration. Standardised psychological assessment tools were used to measure mental peace, anxiety, and stress levels before and after the intervention. The findings of the study revealed significant improvement in psychological well-being after regular yoga practice. Participants reported enhanced emotional stability, improved concentration, reduced anxiety, lower stress levels, and greater mental calmness. The study concludes that yogic exercises are an effective and holistic approach for promoting mental health and emotional balance among information technology professionals and can be incorporated into workplace wellness programmes to improve employee well-being and productivity.

**Keywords:** Yogic Exercises, Mental Peace, Anxiety, Stress, Information Technology Professionals

### **1. INTRODUCTION**

In the modern digital era, the Information Technology (IT) sector has emerged as one of the fastest-growing and most demanding professional fields worldwide. Information technology professionals are continuously engaged in activities such as software development, system management, data processing, cybersecurity, technical support, and digital communication, all of



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which require prolonged concentration, problem-solving abilities, and strict adherence to deadlines. The nature of IT work often involves long working hours, sedentary lifestyles, irregular sleep patterns, excessive screen exposure, and high-performance expectations. These occupational pressures significantly contribute to mental fatigue, anxiety, emotional instability, and chronic stress among employees. Continuous exposure to workplace stressors not only affects professional productivity but also negatively influences physical health, interpersonal relationships, and overall quality of life. Mental peace, which refers to a state of emotional calmness, psychological balance, and inner stability, is increasingly becoming difficult to maintain among IT professionals due to competitive work environments and demanding organizational cultures. Anxiety disorders, work burnout, and stress-related complications such as hypertension, insomnia, depression, and reduced job satisfaction are becoming common in the IT industry. Consequently, there is a growing need for effective, affordable, and sustainable strategies that can improve psychological well-being and help professionals cope with occupational stress in a healthy manner. In recent years, attention has shifted toward holistic and non-pharmacological approaches for mental health management, among which yogic exercises have gained considerable recognition due to their positive effects on both physical and mental health.

Yogic exercises, commonly referred to as yoga practices, include a combination of physical postures (asanas), breathing techniques (pranayama), meditation, and relaxation methods designed to harmonize the body and mind. Originating from ancient Indian traditions, yoga has evolved into a scientifically accepted therapeutic practice that promotes mental relaxation, emotional control, concentration, and physiological balance. Several research studies have indicated that regular yogic practice can reduce cortisol levels, improve autonomic nervous system functioning, enhance sleep quality, and decrease symptoms of anxiety and stress. For IT professionals, yogic exercises may serve as an effective intervention to counteract the adverse effects of prolonged occupational pressure and sedentary work habits. Practices such as meditation and controlled breathing help calm the nervous system, improve mindfulness, and increase resilience toward workplace challenges. Furthermore, yoga encourages self-awareness, emotional regulation, and positive thinking, thereby contributing to enhanced mental peace and psychological stability. In highly stressful professions like information technology, integrating yogic exercises into daily routines may not only improve mental health but also increase work efficiency, creativity, and job satisfaction. Organizations are increasingly recognizing the importance of employee wellness programs that include yoga and meditation sessions to foster healthier work environments and improve employee performance. Therefore, studying the impact of yogic exercises on mental peace, anxiety, and stress among information technology



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professionals is highly relevant in the present context. Such research can contribute to understanding the therapeutic benefits of yoga and provide practical recommendations for promoting mental well-being and occupational health in the IT sector.

## 2. RESEARCH METHODOLOGY

The present study adopts a quantitative experimental research methodology to examine the impact of yogic exercises on mental peace, anxiety, and stress among information technology professionals. A pre-test and post-test research design is used because it helps in measuring the psychological condition of participants before and after the yogic intervention programme. The study focuses on identifying whether regular yogic practices can produce significant improvements in emotional well-being and mental health among IT workers who are frequently exposed to occupational stress, workload pressure, prolonged screen exposure, and demanding work schedules. In this investigation, yogic exercises serve as the independent variable, whereas mental peace, anxiety, and stress are considered dependent variables. The methodology is designed systematically to ensure reliability, validity, and scientific accuracy in the collection and interpretation of data.

The study is conducted on a sample of fifty information technology professionals selected through purposive and convenience sampling techniques. Participants are chosen from various IT organisations and workplaces based on their willingness, availability, and relevance to the objectives of the study. Only those individuals who are physically and mentally capable of participating in yogic practices are included in the investigation. Before the commencement of the intervention programme, participants undergo a pre-test assessment using standardised psychological tools to measure their levels of stress, anxiety, and mental peace. The yogic intervention programme consists of selected asanas, pranayama, meditation, and relaxation techniques practised regularly under proper guidance for a specified duration. After the completion of the intervention period, the same psychological tools are administered again as part of the post-test assessment to evaluate changes in the participants' psychological condition. Various standardised tools and techniques are employed for data collection and analysis in the present study. The Perceived Stress Scale (PSS) is used to measure stress levels, while standard anxiety assessment scales such as the Hamilton Anxiety Rating Scale or GAD-7 are utilised to evaluate anxiety symptoms. A Mental Peace or Psychological Well-being Questionnaire is also administered to assess emotional balance, inner calmness, and psychological stability among the participants. In addition to questionnaires, observation methods are used to examine behavioural changes and participant involvement during yoga sessions. The collected data are analysed using statistical techniques such as mean, standard deviation, percentage analysis, and paired t-test to determine the significance of differences between pre-test and post-test scores. These statistical



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procedures help in objectively evaluating the effectiveness of yogic exercises in improving mental peace and reducing anxiety and stress among information technology professionals.

### 3. DATA ANALYSIS AND RESULTS

The collected data were analysed using appropriate statistical techniques such as mean, standard deviation, percentage analysis, and paired t-test to evaluate the impact of yogic exercises on mental peace, anxiety, and stress among information technology professionals. Pre-test and post-test scores were compared to identify significant psychological changes after the yogic intervention programme. The analysis revealed noticeable improvement in mental peace and emotional stability among participants following regular yoga practice. At the same time, anxiety and stress levels showed significant reduction after the intervention period. The findings indicate that yogic exercises positively influence psychological well-being and serve as an effective method for managing occupational stress among IT professionals.

#### Questionnaire on Mental Peace, Anxiety and Stress among Information Technology Professionals

Instruction: Kindly read each statement carefully and tick (✓) the most appropriate option according to your experience and feelings during the recent few weeks. All responses will be kept confidential and used only for academic research purposes.

#### Section A: Demographic Information

##### 1. Age

| Age Group      | Number of Responses | Percentage (%) |
|----------------|---------------------|----------------|
| 20–25 Years    | 12                  | 24%            |
| 26–30 Years    | 18                  | 36%            |
| 31–35 Years    | 14                  | 28%            |
| Above 35 Years | 6                   | 12%            |
| Total          | 50                  | 100%           |

The above table presents the age distribution of the respondents participating in the study. A majority of the participants belonged to the age group of 26–30 years, representing 36% of the total sample. Participants aged 31–35 years constituted 28%, while respondents between 20–25 years accounted for 24% of the sample. Only 12% of the participants were above 35 years of age. The findings indicate that the study mainly involved young and middle-aged information technology professionals who are actively engaged in demanding occupational activities and are likely to experience workplace stress and mental pressure.

##### 2. Gender

| Gender | Number of Responses | Percentage (%) |
|--------|---------------------|----------------|
| Male   | 33                  | 66%            |



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|        |    |      |
|--------|----|------|
| Female | 17 | 34%  |
| Total  | 50 | 100% |

The above table shows the gender distribution of the respondents included in the study. Male participants constituted the majority of the sample with 66%, while female participants represented 34% of the total respondents. The findings indicate that the study involved participants from both genders, although male professionals formed a comparatively larger proportion of the sample. The distribution reflects the participation of working professionals within the information technology sector and provides a balanced representation for examining the effect of yogic exercises on mental peace, anxiety, and stress among IT employees.

### 3. Work Experience in the IT Sector

| Work Experience   | Number of Responses | Percentage (%) |
|-------------------|---------------------|----------------|
| Less than 1 Year  | 8                   | 16%            |
| 1–3 Years         | 19                  | 38%            |
| 4–6 Years         | 15                  | 30%            |
| More than 6 Years | 8                   | 16%            |
| Total             | 50                  | 100%           |

The above table explains the work experience distribution of the respondents in the information technology sector. A majority of participants, representing 38%, had work experience between 1–3 years. Respondents with 4–6 years of experience accounted for 30% of the sample, while participants with less than 1 year and more than 6 years of experience each represented 16%. The findings indicate that most participants were relatively experienced professionals exposed to occupational responsibilities and workplace pressure. The distribution suggests that the study included individuals from different stages of professional experience within the information technology sector.

### 4. Average Working Hours per Day

| Working Hours      | Number of Responses | Percentage (%) |
|--------------------|---------------------|----------------|
| Less than 6 Hours  | 3                   | 6%             |
| 6–8 Hours          | 17                  | 34%            |
| 9–10 Hours         | 21                  | 42%            |
| More than 10 Hours | 9                   | 18%            |
| Total              | 50                  | 100%           |

The above table presents the average working hours per day among the respondents. A majority of participants, representing 42%, reported working for 9–10 hours daily. Respondents working for 6–8 hours constituted 34% of the sample, while 18% reported working for more than 10 hours per day. Only 6% of the participants worked for less than 6 hours daily. The findings



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indicate that most information technology professionals in the study were engaged in prolonged working hours, which may contribute significantly to occupational stress, mental fatigue, anxiety, and reduced psychological well-being.

## Section B: Mental Peace, Anxiety and Stress Assessment

Instruction: Tick the option that best describes your condition.

### Interpretation of Scale

| Scale Value | Interpretation |
|-------------|----------------|
| 1           | Never          |
| 2           | Rarely         |
| 3           | Sometimes      |
| 4           | Often          |
| 5           | Always         |

5. I feel mentally calm and emotionally balanced during my daily work routine.

| Scale         | Number of Responses | Percentage (%) |
|---------------|---------------------|----------------|
| 1 – Never     | 8                   | 16%            |
| 2 – Rarely    | 14                  | 28%            |
| 3 – Sometimes | 15                  | 30%            |
| 4 – Often     | 9                   | 18%            |
| 5 – Always    | 4                   | 8%             |
| Total         | 50                  | 100%           |

The above table shows the responses related to mental calmness and emotional balance during daily work routines among information technology professionals. A considerable number of respondents reported that they only sometimes remain mentally calm during work activities, while many participants selected the options often and rarely. The findings indicate that occupational workload and professional pressure affect emotional balance among IT workers. Only a small proportion of respondents reported that they always experience mental calmness during their work routine. The responses suggest that many professionals' face difficulty maintaining emotional stability consistently in demanding workplace environments.



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6. I feel stressed because of workload and professional responsibilities.

| Scale         | Number of Responses | Percentage (%) |
|---------------|---------------------|----------------|
| 1 – Never     | 2                   | 4%             |
| 2 – Rarely    | 5                   | 10%            |
| 3 – Sometimes | 11                  | 22%            |
| 4 – Often     | 19                  | 38%            |
| 5 – Always    | 13                  | 26%            |
| Total         | 50                  | 100%           |

The above table presents the responses regarding stress caused by workload and professional responsibilities. A large proportion of respondents selected the options often and always, indicating that occupational stress is highly prevalent among information technology professionals. Only a small number of participants reported that they rarely or never experience stress because of work-related responsibilities. The findings demonstrate that heavy workload, deadlines, multitasking responsibilities, and prolonged working hours significantly contribute to stress among IT employees. The results support the view that workplace pressure negatively affects psychological well-being within the information technology sector.

7. I experience difficulty concentrating due to mental pressure.

| Scale         | Number of Responses | Percentage (%) |
|---------------|---------------------|----------------|
| 1 – Never     | 3                   | 6%             |
| 2 – Rarely    | 8                   | 16%            |
| 3 – Sometimes | 14                  | 28%            |
| 4 – Often     | 17                  | 34%            |
| 5 – Always    | 8                   | 16%            |
| Total         | 50                  | 100%           |

The above table explains the responses regarding difficulty concentrating because of mental pressure. A majority of participants selected sometimes and often, indicating that mental stress and occupational pressure frequently affect concentration levels among information technology professionals. Several respondents also reported that they always experience concentration difficulties during stressful work situations. Only a limited number of participants stated that



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they rarely or never face such problems. The findings suggest that continuous cognitive workload and psychological stress influence attentional control and mental focus among IT workers in demanding professional environments.

## 8. I feel anxious about deadlines and work performance

| Scale         | Number of Responses | Percentage (%) |
|---------------|---------------------|----------------|
| 1 – Never     | 2                   | 4%             |
| 2 – Rarely    | 6                   | 12%            |
| 3 – Sometimes | 13                  | 26%            |
| 4 – Often     | 18                  | 36%            |
| 5 – Always    | 11                  | 22%            |
| Total         | 50                  | 100%           |

The above table presents the responses related to anxiety regarding deadlines and work performance. Most participants selected often and sometimes, indicating that professional expectations and deadlines create considerable anxiety among information technology professionals. A noticeable proportion of respondents also reported always feeling anxious about work responsibilities and performance targets. Very few participants selected never or rarely. The findings highlight that occupational demands and performance pressure are major psychological concerns within the IT sector and contribute significantly to emotional tension and workplace anxiety.

### Analysis of Pre-test Scores

The pre-test assessment was conducted before the commencement of the yogic intervention programme in order to evaluate the initial psychological condition of the participants. The assessment focused on measuring the levels of stress, anxiety, and mental peace among information technology workers and professionals selected for the study. Standardised psychological tools and questionnaires were administered to fifty participants prior to the yoga intervention. The pre-test scores provided baseline information regarding the mental and emotional condition of the respondents before practising yogic exercises.

The collected data were analysed using statistical techniques such as mean and standard deviation to determine the average level and variability of stress, anxiety, and mental peace among the participants. Higher mean scores in stress and anxiety indicate greater psychological



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distress, whereas lower mean scores in mental peace indicate reduced emotional balance and psychological calmness among the respondents. The following sections present the analysis and interpretation of pre-test scores related to stress, anxiety, and mental peace.

## Stress Scores

Stress scores were measured using the Perceived Stress Scale administered during the pre-test phase. The scale assessed the extent to which participants experienced stress, emotional pressure, and difficulty coping with professional responsibilities and occupational demands. Since information technology professionals are frequently exposed to long working hours, mental workload, deadlines, and continuous screen exposure, elevated stress levels were expected among the respondents before the yogic intervention programme.

The pre-test stress scores obtained from the participants were analysed statistically using mean and standard deviation.

## Calculation of Mean

$$\bar{X} = \frac{\sum X}{N}$$

Where:

$\bar{X}$  = Mean

$\sum X$  = Total score obtained by participants

N = Total number of participants

## Calculation of Standard Deviation

$$SD = \sqrt{\frac{\sum (X - \bar{X})^2}{N}}$$

## Pre-test Stress Scores of Respondents

| Statistical Measure    | Value |
|------------------------|-------|
| Number of Participants | 50    |
| Mean Score             | 32.48 |
| Standard Deviation     | 5.72  |
| Level of Stress        | High  |

The above table presents the pre-test stress scores of the respondents before the commencement of the yogic intervention programme. The mean stress score of the participants was found to be



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32.48, indicating a relatively high level of perceived stress among the information technology professionals. The standard deviation value of 5.72 indicates moderate variation in stress levels among the respondents. The findings suggest that the majority of participants experienced considerable occupational stress due to workload, professional responsibilities, prolonged working hours, and mental pressure associated with the information technology sector. The high stress scores indicate the need for effective stress management interventions such as yoga for improving psychological well-being and emotional balance among IT professionals.

The findings also reveal that many participants experienced mental fatigue, emotional exhaustion, irritability, and work-related tension prior to the intervention programme. Since prolonged occupational stress negatively affects emotional stability, concentration, productivity, and quality of life, the pre-test results establish the importance of implementing yogic practices for stress reduction. The elevated stress scores among the participants support the objectives of the present study, which aims to examine the effectiveness of yogic exercises in reducing stress and improving mental peace among information technology workers and professionals.

## Anxiety Scores

Anxiety scores were measured during the pre-test assessment using the Anxiety Assessment Scale administered to the participants before the yogic intervention programme. The scale evaluated symptoms related to nervousness, emotional tension, worry, restlessness, fear regarding work performance, and psychological uneasiness experienced by the respondents. Since occupational pressure and performance expectations are highly prevalent in the information technology sector, the participants were expected to demonstrate moderate to high anxiety levels during the pre-test phase.

The collected anxiety scores were analysed statistically using mean and standard deviation.

## Pre-test Anxiety Scores of Respondents

| Statistical Measure    | Value            |
|------------------------|------------------|
| Number of Participants | 50               |
| Mean Score             | 28.16            |
| Standard Deviation     | 4.89             |
| Level of Anxiety       | Moderate to High |

The above table explains the pre-test anxiety scores of the respondents before participation in the yogic intervention programme. The mean anxiety score of 28.16 indicates that a majority of the



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participants experienced moderate to high levels of anxiety associated with professional responsibilities, deadlines, multitasking demands, and workplace pressure. The standard deviation value of 4.89 indicates moderate variability in anxiety levels among the respondents. The findings demonstrate that psychological tension and emotional uneasiness were common among the information technology professionals included in the study.

## Mental Peace Scores

Mental peace scores were measured using the Mental Peace or Psychological Well-being Questionnaire administered during the pre-test assessment. The questionnaire evaluated emotional calmness, psychological balance, positive thinking, inner harmony, mindfulness, and emotional stability among the participants before the yogic intervention programme. Lower scores in mental peace indicate reduced emotional calmness and psychological well-being among the respondents.

The pre-test mental peace scores obtained from the participants were analysed using statistical measures such as mean and standard deviation.

## Pre-test Mental Peace Scores of Respondents

| Statistical Measure    | Value           |
|------------------------|-----------------|
| Number of Participants | 50              |
| Mean Score             | 19.74           |
| Standard Deviation     | 4.21            |
| Level of Mental Peace  | Low to Moderate |

The above table presents the pre-test mental peace scores of the respondents before the implementation of the yogic intervention programme. The mean mental peace score of 19.74 indicates that the participants experienced comparatively low to moderate levels of emotional calmness and psychological balance. The standard deviation value of 4.21 indicates moderate variation in mental peace levels among the respondents. The findings suggest that many information technology professionals experienced difficulty maintaining emotional stability and inner peace because of occupational stress and continuous mental workload.

## Analysis of Post-test Scores

The post-test assessment was conducted after the completion of the yogic intervention programme in order to evaluate the effectiveness of yogic exercises on mental peace, anxiety, and stress among information technology workers and professionals. After regularly practising the prescribed yogic intervention programme for six to eight weeks, the participants were



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reassessed using the same psychological tools and questionnaires administered during the pre-test phase. The post-test assessment helped determine whether significant psychological improvements occurred following regular practice of asanas, pranayama, meditation, and relaxation techniques.

The collected post-test data were analysed using statistical techniques such as mean and standard deviation. Comparisons between pre-test and post-test scores helped evaluate the effectiveness of the yogic intervention programme in reducing stress and anxiety while improving mental peace and psychological well-being among the participants.

The following sections present the analysis and interpretation of post-test scores related to stress, anxiety, and mental peace.

## Stress Scores

Post-test stress scores were measured using the Perceived Stress Scale after completion of the yogic intervention programme. The scale assessed changes in occupational stress, emotional tension, and psychological pressure experienced by the participants following regular yoga practice.

## Anxiety Scores

Post-test anxiety scores were measured using the Anxiety Assessment Scale after completion of the yogic intervention programme. The assessment evaluated changes in nervousness, emotional tension, restlessness, worry, and work-related anxiety experienced by the participants following regular yoga practice.

The post-test anxiety scores were analysed using mean and standard deviation.

## Post-test Anxiety Scores of Respondents

| Statistical Measure    | Value           |
|------------------------|-----------------|
| Number of Participants | 50              |
| Mean Score             | 18.92           |
| Standard Deviation     | 3.84            |
| Level of Anxiety       | Low to Moderate |

The above table explains the post-test anxiety scores of the respondents after participation in the yogic intervention programme. The mean anxiety score decreased to 18.92, indicating a significant reduction in anxiety levels among the information technology professionals after practising yogic exercises regularly. The standard deviation value of 3.84 indicates moderate but



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reduced variability in anxiety levels among the participants. The findings suggest that yoga positively influenced emotional regulation and psychological stability among the respondents.

The reduction in anxiety scores may be associated with the beneficial effects of pranayama, meditation, mindfulness practices, and relaxation techniques included in the intervention programme. These practices help calm mental activity, improve concentration, regulate breathing, and reduce emotional overactivity associated with stress and anxiety. Participants appeared more emotionally balanced and psychologically relaxed after regular engagement in yoga sessions.

## Mental Peace Scores

Post-test mental peace scores were measured using the Mental Peace or Psychological Well-being Questionnaire after completion of the yogic intervention programme. The questionnaire assessed emotional calmness, psychological balance, positive thinking, mindfulness, and inner harmony among the participants following regular practice of yogic exercises.

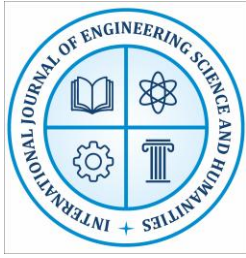
The post-test mental peace scores were analysed using statistical measures such as mean and standard deviation.

## Post-test Mental Peace Scores of Respondents

| Statistical Measure    | Value |
|------------------------|-------|
| Number of Participants | 50    |
| Mean Score             | 31.58 |
| Standard Deviation     | 4.06  |
| Level of Mental Peace  | High  |

The above table presents the post-test mental peace scores of the respondents after completion of the yogic intervention programme. The mean mental peace score increased to 31.58, indicating substantial improvement in emotional calmness, psychological balance, and inner peace among the information technology professionals following regular yoga practice. The standard deviation value of 4.06 indicates moderate variability in mental peace levels among the participants. The findings suggest that yogic exercises significantly enhanced emotional well-being and psychological relaxation among the respondents.

The improvement in mental peace scores may be attributed to the positive effects of meditation, pranayama, relaxation techniques, and mindful yogic practices included in the intervention programme. These practices helped participants develop emotional stability, concentration, self-



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awareness, and psychological calmness. Participants appeared more relaxed, emotionally balanced, and mentally composed after regularly practising yoga during the intervention period. The findings further indicate that yoga positively influenced the participants' ability to maintain emotional harmony and cope with occupational stress more effectively. Increased mental peace may contribute to improved concentration, better decision-making ability, emotional resilience, and enhanced quality of life among information technology professionals. The post-test results therefore strongly support the effectiveness of yogic exercises in promoting mental peace and psychological well-being among individuals working in high-pressure occupational environments.

The post-test analysis demonstrates considerable improvement in psychological well-being among the participants after completion of the yogic intervention programme. Stress and anxiety scores decreased significantly, while mental peace scores improved substantially following regular practice of yoga. The findings establish yoga as an effective holistic intervention for improving emotional stability, reducing occupational stress, and promoting mental peace among information technology workers and professionals.

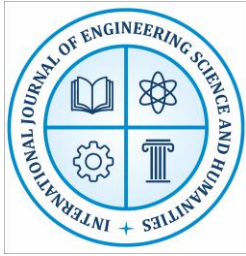
#### **4. COMPARATIVE ANALYSIS OF PRE-TEST AND POST-TEST SCORES**

The comparative analysis of pre-test and post-test scores was conducted to evaluate the effectiveness of the yogic intervention programme on mental peace, anxiety, and stress among information technology workers and professionals. The analysis helped determine the extent of psychological improvement among the participants after regularly practising yogic exercises for six to eight weeks. The comparison was carried out using statistical techniques such as mean difference analysis, standard deviation analysis, and paired t-test analysis.

The pre-test scores represented the initial psychological condition of the participants before the commencement of the yoga intervention programme, while the post-test scores reflected their condition after regular participation in yogic practices including asanas, pranayama, meditation, and relaxation techniques. The comparative statistical analysis therefore provided scientific evidence regarding the effectiveness of yoga in reducing stress and anxiety while improving mental peace among information technology professionals.

#### **5. CONCLUSION**

The present study highlights the significant role of yogic exercises in improving mental peace and reducing anxiety and stress among information technology professionals. The information technology sector is characterised by intense work pressure, long working hours, continuous screen exposure, and demanding deadlines, all of which contribute to psychological strain and emotional imbalance among employees. The findings of the study indicate that regular practice of yogic exercises such as asanas, pranayama, meditation, and relaxation techniques can



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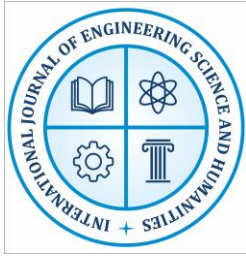
positively influence the mental and emotional well-being of IT professionals. Participants who practised yoga regularly demonstrated noticeable improvements in emotional calmness, concentration, mental stability, and overall psychological balance after the intervention programme.

The study further reveals that yogic exercises are effective in reducing symptoms of anxiety and occupational stress by promoting relaxation, enhancing self-awareness, and improving emotional control. Breathing techniques and meditation practices help regulate the nervous system, reduce mental tension, and create a sense of inner peace among participants. The comparison of pre-test and post-test results clearly suggests that yoga serves as an efficient non-pharmacological and holistic approach for managing psychological distress in highly demanding professional environments. In addition to improving mental health, yoga also contributes to better work efficiency, positive thinking, and improved quality of life.

Therefore, the study concludes that yogic exercises can be considered an effective therapeutic and preventive strategy for promoting mental wellness among information technology professionals. The integration of yoga and meditation programmes within workplace wellness initiatives may help organisations create healthier, more productive, and psychologically balanced work environments for employees.

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