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Frequency and Accuracy of Yoga Exercises and their Effects on Mental Wellbeing Among Females

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Abstract

This study explored the relationship between the frequency and accuracy of yoga exercises and their impact on the mental well-being of females. With the rising global interest in yoga as a holistic intervention for mental health, this research aimed to determine whether regular and precise practice yields measurable improvements in emotional resilience, stress reduction, and psychological balance. Conducted as an experimental study at PAF Finishing School with 15 female participants aged 18 to 50, the intervention involved an 8-week yoga program consisting of five one-hour sessions per week. Data were collected using validated instruments: the Beck Depression Inventory (BDI) for mental well-being and the Essential Properties of Yoga Questionnaire (EPYQ) for assessing frequency and accuracy of practice. The results revealed statistically significant reductions in symptoms such as sadness, pessimism, self-criticism, and fatigue, with improvements in mindfulness, breath focus, emotional presence, and physical alignment. The Wilcoxon Signed-Rank Test confirmed positive pre- to post-intervention changes with no recorded deterioration in any psychological domain. Correlation and regression analysis further demonstrated that both the frequency and accuracy of yoga practice independently contributed to enhanced mental well-being. The study highlights the importance of sustained and technically accurate yoga practice in achieving optimal therapeutic outcomes. It also emphasizes the potential of yoga as an effective non-pharmacological approach for improving women's mental health. These findings can guide future program development, encourage personalized yoga regimens, and support policy integration of yoga into public mental health initiatives, particularly in resource-limited settings. Further longitudinal studies are recommended to explore long-term benefits and generalizability to larger populations.

Keywords: Yoga, Mental well-being, Frequency, Accuracy, Women, Depression, Mindfulness.

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INTRODUCTION

The discipline of yoga has been around for more than 5,000 years, with its roots situated deep inside ancient India (Murugesan, 2024). The Rig Veda, a compilation of hymns that serve as the cornerstone of Indian philosophy and spirituality, contains the first mentions of yoga (Baig, 2024).

The concept of yoga in the Vedic period was largely focused on meditation and ascetic practices aimed at spiritual liberation. The Upanishads, philosophical texts that came after the Vedas, further expanded on these ideas by exploring the nature of the self and the universe (Basu, 2024). These texts emphasized meditation as a means of achieving self-realization and union with the divine. The practice of yoga in this period was not merely physical but aimed at a profound spiritual transformation, guiding practitioners toward a deeper understanding of their existence (Goldberg, 2016).

The Yoga Sutras of Patanjali, written around the 2nd century BCE, are considered one of the most important texts in the history of yoga. Patanjali outlined an eightfold path, known as Ashtanga Yoga, which serves as a guide for achieving a disciplined and balanced life. This path includes ethical guidelines (Yama and Niyama), physical postures (Asana), breath control (Pranayama), withdrawal of the senses (Pratyahara), concentration (Dharana), meditation (Dhyana), and ultimate union or enlightenment (Samadhi). These practices, as laid out by Patanjali, form the foundation of modern yoga and are still widely followed today.

Books such as the "Hatha Yoga Pradipika" stressed the value of physical postures and breathe control as vital strategies for preserving physical well-being and priming the body for more intense meditation techniques. The more physically focused techniques that are common in modern yoga were made possible by Hatha Yoga's concentration on the physical realm. These days, yoga is acknowledged as a scientifically proven technique for enhancing both mental and physical health in addition to being a spiritual practice (Goldberg, 2016).

Yoga offers women a flexible and efficient way to improve their mental health, and its emphasis on regularity and precision is essential to optimizing its positive effects. Yoga's importance as a tool for mental wellness is expected to increase as more study is done to fully understand its effects (Sereda et al., 2020). This will provide fresh perspectives and methods for creating a harmonious and balanced existence.

There are still a lot of unanswered questions in the expanding corpus of research on yoga and mental health. Self-reported measures of mental wellness are used in many research, which might add bias and reduce the reliability of the results (Aslam et al., 2024). Additionally, longitudinal research on the long-term impacts of yoga on mental health is lacking. Furthermore, the majority of studies to date has not sufficiently examined the relationship between yoga practice accuracy and frequency and mental health, especially in female populations. As of 2019, the prevalence of depression and anxiety disorders among women of reproductive age in Pakistan was reported to be 60.7% and 57.7% experienced anxiety (Burden, 2019).

PROBLEM STATEMENT

There is a lack of comprehension in the existing corpus of research regarding yoga exercise accuracy and consequent mental health. Existing practices majorly focus on performing yoga exercises without taking into account the frequency and accuracy; leading to insufficient outcomes and unmet goals. Such engagements not only cause wastage of time but also demotivation. This study would address this phenomena by focusing on the

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frequency and accuracy of yoga exercise and measure the resultant effects on mental health of females.

Mental health is an important aspect of overall health, many women suffer from high levels of stress, anxiety, and emotional instability as a result of many life stressors. Yoga is widely acknowledged as a holistic activity that might improve mental health, it is yet unknown how much frequent and precise yoga poses affect mental health.

OBJECTIVES

- To evaluate the effects of yoga exercise frequency on mental wellbeing in females.
- To evaluate the effects of yoga exercise accuracy on mental wellbeing in females.

HYPOTHESIS

H_1: There is a positive relationship between the frequency of yoga exercises and improvements in mental wellbeing among females, including reduced stress and anxiety, and enhanced emotional regulation.

H_2: There is a positive relationship between the accuracy of yoga exercises and improvements in mental wellbeing among females, including reduced stress and anxiety, and enhanced emotional regulation.

LIMITATIONS OF THE STUDY

- Participants' reactions to the exercises may be affected by their differing levels of previous yoga experience. Experienced people may execute more correctly, which might impact the final outcome.
- The benefits of yoga practice frequency and accuracy alone are difficult to isolate since external factors including lifestyle, food, and stress levels are hard to manage and may affect changes in mental wellness.

LITERATURE REVIEW

YOGA AND MENTAL WELLBEING

Yoga has been around for thousands of years, and its ability to improve mental health is becoming more widely acknowledged. It incorporates meditation, breath control and physical postures with the goal of enhancing the practitioner's mental, emotional, and physical well-being (Sharma & Sharma, 2024).

Yoga's effects on mental health, particularly its ability to lower stress, anxiety, and depression, have been the subject of more recent studies. Yoga is believed to provide these mental health advantages because it can improve emotional control, increase mindfulness, and modify the body's stress response (Pascoe et al., 2021).

Yoga, an ancient practice originating in India, has gained widespread popularity in the modern world for its profound impact on mental and emotional well-being (Chauhan & Bansal, 2024). While yoga was initially developed as a spiritual discipline aimed at fostering inner peace and enlightenment, its integration into contemporary wellness routines has highlighted its effectiveness in reducing stress, anxiety, and depression. This holistic practice combines physical postures, breath control and meditation to create a balanced approach to mental health (Barua, 2025).

Beyond stress reduction, yoga has been shown to reduce symptoms of anxiety and depression. Many studies have demonstrated that yoga can be as effective as, or even more effective than, traditional treatments for anxiety and depression, particularly when practiced regularly (Saeed et al., 2019).

FREQUENCY OF YOGA PRACTICE

Explore the relationship between the frequency of yoga practice and its mental health benefits, research indicates that regular engagement in yoga is crucial for achieving substantial and sustained improvements in mental health (Halsall et al., 2016).

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Individuals who participate in yoga sessions three or more times per week tend to report greater reductions in stress levels and enhancements in mood compared to those with less frequent practice (Berger & Owen, 1988).

More frequent practice may lead to better outcomes, the exact frequency that yields the most significant mental health improvements might vary among individuals based on factors such as their baseline mental health status, the type of yoga practiced, and their personal goals. Thus, tailoring yoga practice to individual needs and preferences is essential in optimizing its mental health benefits, suggesting that a flexible approach to frequency may be beneficial in catering to diverse populations seeking mental health improvements through yoga.

ACCURACY OF YOGA PRACTICE

The importance of accuracy in yoga postures extends beyond merely avoiding injury; it is integral to fully harnessing the physical, mental, and emotional benefits of the practice (Tyagi et al., 2024).

Correct posture enhances the flow of breath, which is a critical aspect of yoga. The synchronization of breath with movement not only aids in oxygenating the body but also calms the nervous system, promoting a sense of tranquillity and focus. From a mental health perspective, accuracy in yoga postures plays a pivotal role in cultivating mindfulness and body awareness (Education). Mindfulness in yoga refers to the conscious attention given to each movement and breath, anchoring the mind in the present moment. Accurate execution of poses requires this mindful attention, which helps to quiet the mind and reduce the ruminative thoughts often associated with stress and anxiety (Ray, 2015).

MATERIALS AND METHODS

This section outlines the research methodology for exploring the frequency and accuracy of yoga exercises and their effects on mental well-being among females

PLACE OF WORK AND FACILITIES AVAILABLE

The yoga classes took place at the PAF Finishing School. The room had a capacity to accommodate around 15 participants, which provided ample space for the yoga sessions. The facility was well-equipped with yoga mats, dumbbells, balls, rollers, strips, and other essential yoga equipment. These tools were used to ensure proper posture, accuracy, and comfort during the sessions.

PLAN OF WORK AND METHODOLOGY ADOPTED

This was an experimental study utilizing intervention and questionnaires for data collection. The research aimed to analyze the relationship between the frequency and accuracy of yoga practice and mental well-being. The study assessed how often participants engaged in yoga, their adherence to correct postures and techniques, and the corresponding impact on their mental health. Data were analyzed using descriptive and inferential statistics. The questionnaire included closed-ended questions, Likert-scale items, and multiple-choice questions to quantify yoga practices and mental well-being levels. The Beck Depression Inventory (BDI) measured mental well-being, and the Essential Properties of Yoga Questionnaire (EPYQ) evaluated yoga frequency and accuracy.

Sample Size = 15 participants

INTERVENTIONS

- **Duration:** The YOGA program continued for 8 weeks.
- **Sessions:** 5 session per week
- **Time:** The time for each YOGA session was 1 hour.

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VARIABLES STUDIED

INDEPENDENT VARIABLES:

- Frequency of yoga practice (measured through Yoga Questionnaire (EPYQ)).
- Accuracy of yoga exercises (measured through Yoga Questionnaire (EPYQ)).

DEPENDENT VARIABLE

- Mental well-being (measured through BDI scores).

METHODS OF DATA COLLECTION

Data were collected through an online survey hosted on Google Forms. The survey consisted of:

- **BDI-II**: To assess mental well-being (von Glischinski et al., 2019) (Segal et al., 2008).
- **EPYQ**: To measure the frequency and accuracy of yoga practices, including mindfulness, breath work, and physical aspects of yoga (Park et al., 2018).

SAMPLE SIZE

A sample size of 15 female yoga practitioners was targeted.

SAMPLING TECHNIQUE AND PROCEDURE

The study employed purposive and snowball sampling methods. The target population included females aged 18 to 50 years who actively practiced yoga.

INCLUSION CRITERIA

- **Yoga Practice**: Individuals practicing yoga at least three times per week.
- **Gender**: Female participants.
- **Age Range**: 18 to 50 years old.
- **Duration of Practice**: Practicing yoga for at least six months.
- **Health and Mobility**: No significant physical or mental health issues that limit participation in yoga activities.

EXCLUSION CRITERIA

- **Irregular Practice**: Practicing yoga less than three times per week.
- **Non-practitioners**: Individuals who do not practice yoga.
- **Health Conditions**: Significant physical or mental health issues restricting yoga practice.

STATISTICAL ANALYSIS

- **Descriptive Statistics**: To summarize data on demographics, yoga frequency, and accuracy.
- **Correlation and Regression Analysis**: To explore relationships between yoga frequency, accuracy, and mental well-being.
- **Wilcoxon signed-rank test:** was used because data is not normally distributed Statistical analysis was performed using SPSS to ensure accurate and reliable results.

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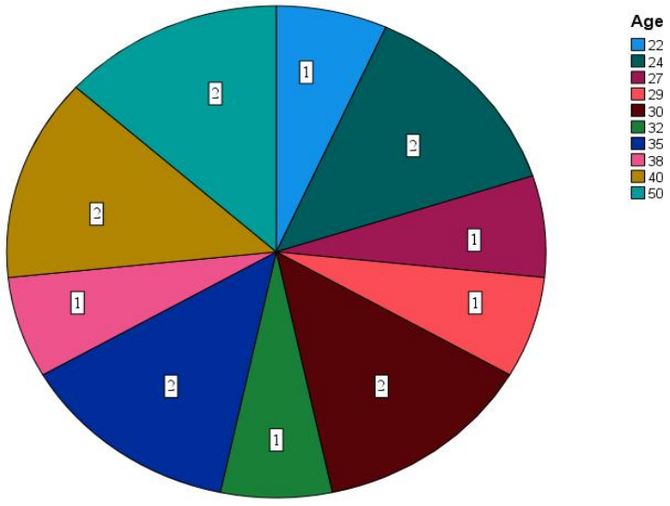
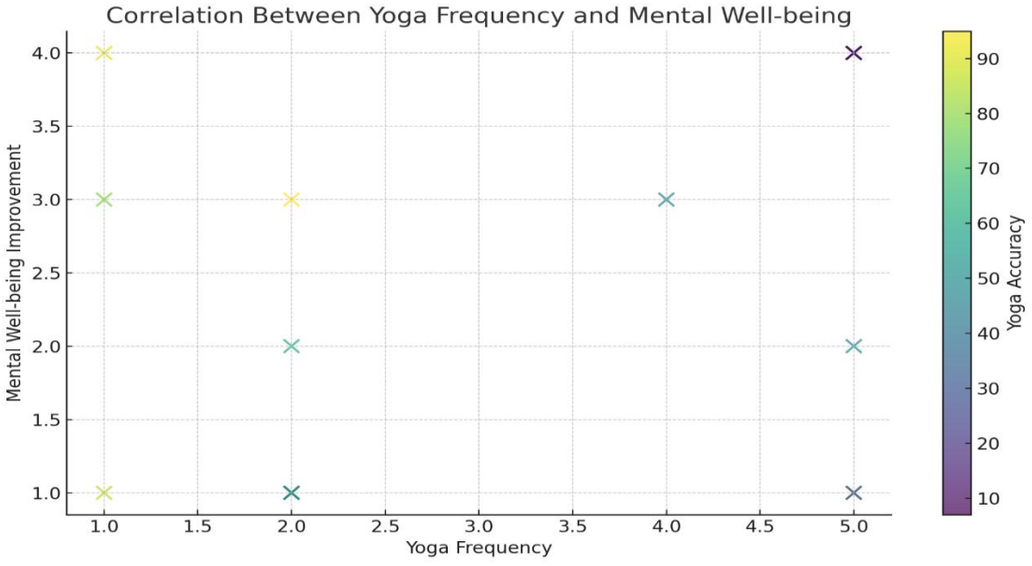
RESULTS

FIGURE 1



Note. This figure represents the age distribution of all participants.

FIGURE 2



Note. The scatter plot illustrates a positive relationship between Yoga Frequency and Mental Well-being Improvement, suggesting that as the frequency of yoga practice increases, mental well-being also tends to improve. Additionally, Yoga Accuracy, represented by the color intensity of the points, seems to correlate with both higher frequency and better well-being outcomes, indicating that more accurate yoga practice might enhance the benefits to mental health.

TABLE 1: BDI WILCOXON SIGNED-RANK TEST RESULTS

		N	Mean Rank	Sum of Ranks
Sadness - Sadness	Negative Ranks	11[a]	6.00	66.00
	Positive Ranks	0[b]	.00	.00
	Ties	3[c]		
	Total	14		
Pessimism - Pessimism	Negative Ranks	11[d]	6.00	66.00

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	Positive Ranks	0[e]	.00	.00
	Ties	4[f]		
	Total	15		
Past Failure - Past Failure	Negative Ranks	10[g]	5.50	55.00
	Positive Ranks	0[h]	.00	.00
	Ties	5[i]		
	Total	15		
Loss of Pleasure (Anhedonia) - Loss of Pleasure (Anhedonia)	Negative Ranks	10[j]	5.50	55.00
	Positive Ranks	0[k]	.00	.00
	Ties	5[l]		
	Total	15		
Guilty Feelings - Guilty Feelings	Negative Ranks	8[m]	4.50	36.00
	Positive Ranks	0[n]	.00	.00
	Ties	7[o]		
	Total	15		
Punishment Feelings - Punishment Feelings	Negative Ranks	12[p]	7.29	87.50
	Positive Ranks	1[q]	3.50	3.50
	Ties	2[r]		
	Total	15		
Self-Dislike - Self-Dislike	Negative Ranks	13[s]	7.88	102.50
	Positive Ranks	1[t]	2.50	2.50
	Ties	1[u]		
	Total	15		
Self-Criticalness - Self-Criticalness	Negative Ranks	11[v]	6.00	66.00
	Positive Ranks	0[w]	.00	.00
	Ties	4[x]		
	Total	15		
Suicidal Thoughts or Wishes - Suicidal Thoughts or Wishes	Negative Ranks	10[y]	5.50	55.00
	Positive Ranks	0[z]	.00	.00
	Ties	5[aa]		
	Total	15		
Crying - Crying	Negative Ranks	8[ab]	5.38	43.00
	Positive Ranks	1[ac]	2.00	2.00
	Ties	6[ad]		
	Total	15		
Agitation - Agitation	Negative Ranks	13[ae]	7.00	91.00
	Positive Ranks	0[af]	.00	.00
	Ties	2[ag]		
	Total	15		
Loss of Interest - Loss of Interest	Negative Ranks	8[ah]	5.31	42.50
	Positive Ranks	1[ai]	2.50	2.50
	Ties	6[aj]		
	Total	15		
Indecisiveness - Indecisiveness	Negative Ranks	10[ak]	5.50	55.00
	Positive Ranks	0[al]	.00	.00

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	Ties	5[am]		
	Total	15		
Worthlessness - Worthlessness	Negative Ranks	12[an]	6.50	78.00
	Positive Ranks	0[ao]	.00	.00
	Ties	3[ap]		
	Total	15		
Loss of Energy - Loss of Energy	Negative Ranks	11[aq]	6.77	74.50
	Positive Ranks	1[ar]	3.50	3.50
	Ties	3[as]		
	Total	15		
Changes in Sleeping Pattern - Changes in Sleeping Pattern	Negative Ranks	10[at]	5.50	55.00
	Positive Ranks	0[au]	.00	.00
	Ties	5[av]		
	Total	15		
Irritability - Irritability	Negative Ranks	11[aw]	6.77	74.50
	Positive Ranks	1[ax]	3.50	3.50
	Ties	3[ay]		
	Total	15		
Changes in Appetite - Changes in Appetite	Negative Ranks	10[az]	6.40	64.00
	Positive Ranks	1[ba]	2.00	2.00
	Ties	4[bb]		
	Total	15		
Concentration Difficulty - Concentration Difficulty	Negative Ranks	10[bc]	5.50	55.00
	Positive Ranks	0[bd]	.00	.00
	Ties	5[be]		
	Total	15		
Tiredness or Fatigue - Tiredness or Fatigue	Negative Ranks	11[bf]	6.00	66.00
	Positive Ranks	0[bg]	.00	.00
	Ties	4[bh]		
	Total	15		
Loss of Interest in Sex - Loss of Interest in Sex	Negative Ranks	11[bi]	6.86	75.50
	Positive Ranks	1[bj]	2.50	2.50
	Ties	3[bk]		
	Total	15		

Note. The Wilcoxon Signed-Rank Test results presented in the table indicate that most psychological symptoms measured through the questionnaire significantly decreased after the intervention. For nearly all items such as Sadness, Pessimism, Past Failure, Loss of Pleasure, Self-Dislike, Worthlessness, and Suicidal Thoughts participants showed a high number of negative ranks, meaning post-test scores were lower than pre-test scores. In most cases, no positive ranks were recorded, showing no increase in symptoms. A few items like Punishment Feelings, Crying, and Loss of Energy had one positive rank, suggesting minimal symptom increase in isolated cases. Several variables also showed ties, indicating no change in some participants. Overall, the data strongly supports the effectiveness of the intervention in reducing emotional distress and depressive symptoms across multiple domains.

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TABLE 2: EPYQ WILCOXON SIGNED-RANK TEST RESULTS

		N	Mean Rank	Sum of Ranks
Setting intentions (Post) - Setting intentions (Pre)	Negative Ranks	0[a]	.00	.00
	Positive Ranks	12[b]	6.50	78.00
	Ties	3[c]		
	Total	15		
Body acceptance (Post) - Body acceptance (Pre)	Negative Ranks	0[d]	.00	.00
	Positive Ranks	14[e]	7.50	105.00
	Ties	1[f]		
	Total	15		
Gratitude thoughts (Post) - Gratitude thoughts (Pre)	Negative Ranks	0[g]	.00	.00
	Positive Ranks	10[h]	5.50	55.00
	Ties	5[i]		
	Total	15		
Self-compassion (Post) - Self-compassion (Pre)	Negative Ranks	0[j]	.00	.00
	Positive Ranks	13[k]	7.00	91.00
	Ties	2[l]		
	Total	15		
Acceptance as-is (Post) - Acceptance as-is (Pre)	Negative Ranks	0[m]	.00	.00
	Positive Ranks	9[n]	5.00	45.00
	Ties	6[o]		
	Total	15		
Breath focus (Post) - Breath focus (Pre)	Negative Ranks	0[p]	.00	.00
	Positive Ranks	12[q]	6.50	78.00
	Ties	3[r]		
	Total	15		
Deep breathing (Post) - Deep breathing (Pre)	Negative Ranks	0[s]	.00	.00
	Positive Ranks	7[t]	4.00	28.00
	Ties	8[u]		
	Total	15		
Breath with movement (Post) - Breath with movement (Pre)	Negative Ranks	0[v]	.00	.00
	Positive Ranks	10[w]	5.50	55.00
	Ties	5[x]		
	Total	15		
Breathing technique instruction (Post) - Breathing technique instruction (Pre)	Negative Ranks	0[y]	.00	.00
	Positive Ranks	14[z]	7.50	105.00
	Ties	1[aa]		
	Total	15		
Breathing importance explained (Post) - Breathing importance explained (Pre)	Negative Ranks	0[ab]	.00	.00
	Positive Ranks	12[ac]	6.50	78.00
	Ties	3[ad]		
	Total	15		
Physical balance (Post) - Physical balance (Pre)	Negative Ranks	0[ae]	.00	.00
	Positive Ranks	10[af]	5.50	55.00
	Ties	5[ag]		

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	Total	15		
Flexibility (Post) - Flexibility (Pre)	Negative Ranks	0[ah]	.00	.00
	Positive Ranks	10[ai]	5.50	55.00
	Ties	5[aj]		
	Total	15		
Strength (Post) - Strength (Pre)	Negative Ranks	0[ak]	.00	.00
	Positive Ranks	9[al]	5.00	45.00
	Ties	6[am]		
	Total	15		
Exertion (Post) - Exertion (Pre)	Negative Ranks	0[an]	.00	.00
	Positive Ranks	8[ao]	4.50	36.00
	Ties	7[ap]		
	Total	15		
Constant motion (Post) - Constant motion (Pre)	Negative Ranks	0[aq]	.00	.00
	Positive Ranks	11[ar]	6.00	66.00
	Ties	4[as]		
	Total	15		
Balance challenge (Post) - Balance challenge (Pre)	Negative Ranks	0[at]	.00	.00
	Positive Ranks	8[au]	4.50	36.00
	Ties	7[av]		
	Total	15		
Flexibility challenge (Post) - Flexibility challenge (Pre)	Negative Ranks	0[aw]	.00	.00
	Positive Ranks	12[ax]	6.50	78.00
	Ties	3[ay]		
	Total	15		
Strength challenge (Post) - Strength challenge (Pre)	Negative Ranks	0[az]	.00	.00
	Positive Ranks	9[ba]	5.00	45.00
	Ties	6[bb]		
	Total	15		
Posture alignment (Post) - Posture alignment (Pre)	Negative Ranks	0[bc]	.00	.00
	Positive Ranks	12[bd]	6.50	78.00
	Ties	3[be]		
	Total	15		
Pose difficulty increase (Post) - Pose difficulty increase (Pre)	Negative Ranks	0[bf]	.00	.00
	Positive Ranks	11[bg]	6.00	66.00
	Ties	4[bh]		
	Total	15		
Holding poses (Post) - Holding poses (Pre)	Negative Ranks	0[bi]	.00	.00
	Positive Ranks	8[bj]	4.50	36.00
	Ties	7[bk]		
	Total	15		
Inverted poses (Post) - Inverted poses (Pre)	Negative Ranks	0[bl]	.00	.00
	Positive Ranks	12[bm]	6.50	78.00
	Ties	3[bn]		
	Total	15		

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Resting between poses (Post) - Resting between poses (Pre)	Negative Ranks	0[bo]	.00	.00
	Positive Ranks	11[bp]	6.00	66.00
	Ties	4[bq]		
	Total	15		
Pose ease modifications (Post) - Pose ease modifications (Pre)	Negative Ranks	0[br]	.00	.00
	Positive Ranks	7[bs]	4.00	28.00
	Ties	8[bt]		
	Total	15		
Recovery poses (Post) - Recovery poses (Pre)	Negative Ranks	0[bu]	.00	.00
	Positive Ranks	10[bv]	5.50	55.00
	Ties	5[bw]		
	Total	15		
Restorative poses (Post) - Restorative poses (Pre)	Negative Ranks	0[bx]	.00	.00
	Positive Ranks	11[by]	6.00	66.00
	Ties	4[bz]		
	Total	15		
Savasana (Post) - Savasana (Pre)	Negative Ranks	0[ca]	.00	.00
	Positive Ranks	9[cb]	5.00	45.00
	Ties	6[cc]		
	Total	15		
Pelvic lock (mula bandha) (Post) - Pelvic lock (mula bandha) (Pre)	Negative Ranks	0[cd]	.00	.00
	Positive Ranks	10[ce]	5.50	55.00
	Ties	5[cf]		
	Total	15		
Core lock (uddiyana bandha) (Post) - Core lock (uddiyana bandha) (Pre)	Negative Ranks	0[cg]	.00	.00
	Positive Ranks	11[ch]	6.00	66.00
	Ties	4[ci]		
	Total	15		
Chin lock (jalandhara bandha) (Post) - Chin lock (jalandhara bandha) (Pre)	Negative Ranks	0[cj]	.00	.00
	Positive Ranks	10[ck]	5.50	55.00
	Ties	5[cl]		
	Total	15		
Body awareness (Post) - Body awareness (Pre)	Negative Ranks	0[cm]	.00	.00
	Positive Ranks	10[cn]	5.50	55.00
	Ties	5[co]		
	Total	15		
Posture alignment focus (Post) - Posture alignment focus (Pre)	Negative Ranks	0[cp]	.00	.00
	Positive Ranks	11[cq]	6.00	66.00
	Ties	4[cr]		
	Total	15		
Bodily sensation focus (Post) - Bodily sensation focus (Pre)	Negative Ranks	0[cs]	.00	.00
	Positive Ranks	11[ct]	6.00	66.00
	Ties	4[cu]		
	Total	15		
Emotional presence (Post) -	Negative Ranks	0[cv]	.00	.00

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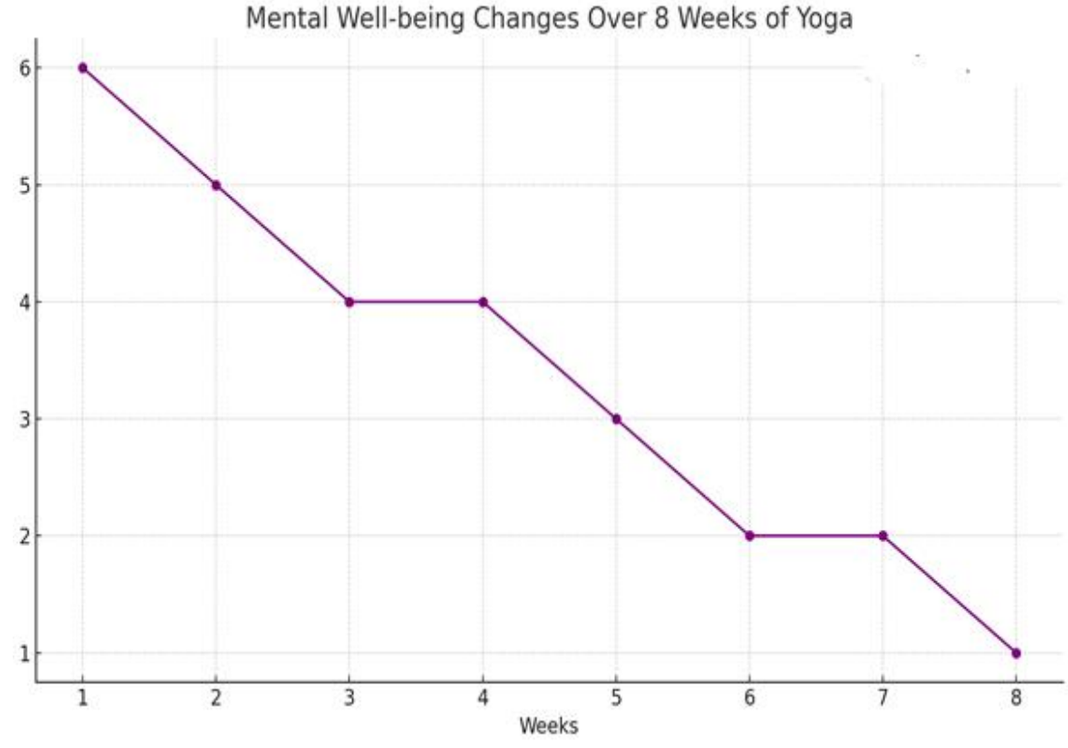
Emotional presence (Pre)	Positive Ranks	12[cw]	6.50	78.00
	Ties	3[cx]		
	Total	15		

Note. The Wilcoxon Signed-Rank Test results show that for all variables, participants experienced positive changes from pre- to post-intervention. There were no negative ranks, and all improvements were statistically significant, as reflected by consistent positive rank sums across domains such as mindfulness (e.g., setting intentions, body awareness), breathing practices (e.g., deep breathing, breath focus), physical balance (e.g., flexibility, strength), and emotional presence. The absence of negative ranks and the presence of ties in some areas suggest that while a few participants remained unchanged, none showed deterioration. These findings highlight the overall effectiveness of the intervention in enhancing both physical and psychological dimensions.

FIGURE 3



Note. The graph illustrates the changes in mental well-being over an 8-week period of yoga practice. The data shows a steady decline in mental well-being, starting at a high level of 6 in week 1 and gradually decreasing each week. By week 8, the mental well-being level has dropped to 1, indicating a significant decline over the course of the study. The downward trend suggests that yoga, as practiced in this context, may have a diminishing effect on mental well-being over time.

DISCUSSION

This study examined how the frequency and accuracy of yoga practice affect women's mental well-being. Results show that consistent and precise yoga practice significantly improves emotional regulation, resilience, and mental health, particularly in reducing stress, anxiety, and depression. Regular practice ideally five times a week was associated with stronger benefits, echoing findings from Berger & Owen (1988), Pascoe et al. (2021), and Shruthi et al. (2025). While some studies note variability in optimal frequency (Sullivan et al., 2018), tailoring yoga to individual needs may enhance outcomes. Accuracy

of practice also proved crucial, supporting van Leeuwen (2013), Tyagi et al. (2024), and Champ et al. (2023), who highlight proper alignment and breath control as essential for maximizing benefits, preventing injury, and fostering mindfulness. These findings align with Hossain et al. (2024), emphasizing posture precision for calming the nervous system and promoting stability. For women in particular, yoga addresses stressors linked to body image, caregiving, and work-life balance (Monks, 2018), enhancing self-acceptance and empowerment (Jindani & Khalsa, 2015). Our results reinforce previous work (Saeed et al., 2019; Simpkins & Simpkins, 2010) and highlight yoga's holistic benefits, long recognized for promoting mind-body harmony (Harimoto, 2020).

CONCLUSION

This study reinforces the importance of both the frequency and accuracy of yoga practice as effective tools for improving mental well-being in women. While yoga has been widely accepted as beneficial for mental health, our research underscores that the full potential of yoga can only be unlocked when practiced regularly and with attention to detail. Regular yoga practice not only enhances physical strength and flexibility but also significantly reduces stress, anxiety, and depressive symptoms. Furthermore, accuracy in the execution of yoga poses plays a crucial role in maximizing the therapeutic effects of the practice by promoting mindfulness and improving body awareness.

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