

Yoga for Stress Management: A Review of Awareness, Knowledge, and Attitudes in Adults

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Abstract

Stress has grown to be a major public health issue that affects adults all over the world as a result of quick changes in lifestyle, demands at work, and psychological difficulties. The age-old mind-body technique of yoga has become a popular non-pharmacological stress-reduction strategy. The purpose of this review is to investigate adults' awareness, knowledge, and attitudes toward yoga as a stress-reduction technique. A thorough review of the literature reveals that although awareness of yoga is comparatively high, knowledge of its regular practice and scientific advantages is still limited. Although acceptance of yoga is hampered by issues including time constraints, lack of desire, and accessibility, attitudes toward it are typically favorable. The results emphasize the necessity for organized educational interventions and awareness campaigns to increase adults' use of yoga for stress relief.

Keywords: Yoga, Stress Management, Awareness, Knowledge, Attitude, Adults

Introduction

Stress is an unavoidable aspect of contemporary life and is linked to a number of mental and physical conditions, including anxiety, depression, high blood pressure, and cardiovascular illnesses.¹ Adults are experiencing more stress, which has increased interest in complementary and alternative therapies. Yoga, a holistic practice that combines physical postures (asanas), breathing exercises (pranayama), and meditation, has become well-known throughout the world for its capacity to reduce stress.² The awareness, knowledge, and attitudes of

individuals have a major role in the adoption of yoga. Designing successful treatments to encourage adult yoga practice requires an understanding of these factors.³

Objectives of the Review

- To assess awareness of yoga for stress management among adults
- To evaluate knowledge regarding the benefits of yoga
- To analyze attitudes toward yoga practice
- To identify barriers influencing yoga adoption

Methodology

A narrative review methodology was used. Databases including PubMed, Google Scholar, Scopus, and CINAHL were searched for pertinent literature. Included were studies on yoga, stress management, adult awareness, knowledge, and attitudes that were published between 2010 and 2024. Studies that were both qualitative and quantitative were examined.⁴

Yoga and Stress Management

Yoga has been shown to reduce stress by modifying the hypothalamic-pituitary-adrenal (HPA) axis and reducing cortisol levels.⁵ Regular practice boosts parasympathetic activity, which encourages serenity and improved emotional regulation⁶

Numerous studies show that yoga improvements adults' quality of life, lowers anxiety, and improves mental health.⁷ Additionally, it is linked to less weariness and better sleep patterns.⁸

Awareness of Yoga Among Adults

Global campaigns like International Yoga Day and media promotion have greatly raised awareness of yoga.⁹ The majority of adults acknowledge yoga's compensations for both mental and physical well-being.¹⁰

But awareness does not necessarily result in action. Many people are aware of yoga, but many lack the drive or direction to make it a regular part of their lives.¹¹

Knowledge of Yoga for Stress Management

Knowledge about yoga varies widely among adults. While some individuals understand its physiological and psychological benefits, others perceive it merely as a physical exercise¹².

Studies have shown that educational level, occupation, and exposure to health information significantly influence knowledge levels¹³. Healthcare professionals generally exhibit higher knowledge compared to the general population¹⁴.

Attitudes Toward Yoga Practice

Attitudes toward yoga are generally positive among adults, with many perceiving it as a safe and natural method for stress relief¹⁵. Positive attitudes are associated with higher likelihood of practice and adherence¹⁶.

However, certain misconceptions—such as yoga being time-consuming or requiring high flexibility—negatively influence attitudes¹⁷. Cultural beliefs and personal preferences also play a role in shaping attitudes toward yoga¹⁸.

Barriers to Yoga Practice

Despite positive awareness and attitudes, several barriers limit the adoption of yoga among adults. Common barriers include lack of time, insufficient knowledge of techniques, lack of trained instructors, and limited access to facilities¹⁹.

Additionally, motivational factors and lifestyle habits significantly impact regular practice²⁰. Addressing these barriers is essential for improving participation in yoga programs.

Implications for Nursing and Healthcare Practice

Nurses and healthcare professionals play a crucial role in promoting yoga as a stress management strategy²¹. Incorporating yoga education into health promotion programs can enhance awareness and knowledge among adults²².

Community-based interventions, workplace wellness programs, and digital platforms can be utilized to improve accessibility and adherence to yoga practices²³.

Conclusion

Yoga is an effective and holistic approach to stress management among adults. While awareness is relatively high, knowledge and regular practice remain limited. Attitudes toward yoga are generally favorable, but barriers hinder its widespread adoption.

Targeted educational interventions and structured programs are needed to enhance awareness, improve knowledge, and foster positive attitudes toward yoga practice for stress management.

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