

## **CONTENTS**

<b>CHAPTER NO.</b>	<b>DETAILS</b>	<b>PAGE NO.</b>
<b>1.0</b>	<b>INTRODUCTION</b>	<b>1</b>
<b>2.0</b>	<b>LITRARY RESAERCH</b>	<b>18</b>
<b>2.1</b>	<b>REVIEW OF ANCIENT LITERATURE ON</b>	<b>18</b>
<b>2.2</b>	<b>SUMMARY OF EARLIER WORKS</b>	<b>18</b>
<b>2.3</b>	<b>AIM AND OBJECTIVES</b>	<b>20</b>
<b>2.4</b>	<b>MATERIALS AND METHODS</b>	<b>20</b>
<b>2.5</b>	<b>SUMMARY</b>	<b>35</b>
<b>3.0</b>	<b>REVIEW OF SCIENTIFIC LITERATURE</b>	<b>37</b>
<b>4.0</b>	<b>AIMS AND OBJECTIVES</b>	<b>56</b>
<b>4.1</b>	<b>AIMS OF THE STUDY</b>	<b>56</b>
<b>4.2</b>	<b>OBJECTIVES OF THE STUDY</b>	<b>56</b>
<b>4.3</b>	<b>JUSTIFICATION OF THE STUDY</b>	<b>56</b>
<b>4.4</b>	<b>HYPOTHESIS</b>	<b>58</b>
<b>5.0</b>	<b>METHODS</b>	<b>59</b>
<b>5.1</b>	<b>PARTICIPANTS</b>	<b>59</b>
<b>5.1.1</b>	<b>SAMPLE SIZE</b>	<b>59</b>
<b>5.1.2</b>	<b>SELECTION AND SOURCE OF PARTICIPANTS</b>	<b>59</b>
<b>5.1.3</b>	<b>INCLUSION CRITERIA</b>	<b>59</b>
<b>5.1.4</b>	<b>EXCLUSION CRITERIA</b>	<b>59</b>
<b>5.1.5</b>	<b>ETHICAL CONSIDERATION</b>	<b>60</b>
<b>5.2</b>	<b>DESIGN OF THE STUDY</b>	<b>61</b>
<b>5.2.1</b>	<b>DURATION OF THE STUDY</b>	<b>62</b>

<b>5.3</b>	<b>VARIABLES STUDIED</b>	<b>62</b>
<b>5.3.1</b>	<b>OPERATIONAL DEFINITIONS OF VARIABLES</b>	<b>62</b>
<b>5.3.2</b>	<b>RESEARCH INSTRUMENTS USED</b>	<b>63</b>
<b>5.4</b>	<b>INTERVENTIONS</b>	<b>72</b>
<b>5.5</b>	<b>DATA EXTRACTION</b>	<b>74</b>
<b>5.6</b>	<b>DATA ANALYSIS</b>	<b>75</b>
<b>6.0</b>	<b>RESULTS</b>	<b>76</b>
<b>7.0</b>	<b>DISCUSSIONS</b>	<b>108</b>
<b>8.0</b>	<b>APPRAISAL</b>	<b>109</b>
<b>8.1</b>	<b>SUMMARY OF THE FINDINGS</b>	<b>109</b>
<b>8.2</b>	<b>CONCLUSION</b>	<b>111</b>
<b>8.3</b>	<b>IMPLICATIONS OF THE STUDY</b>	<b>112</b>
<b>8.4</b>	<b>APPLICATIONS OF THE STUDY</b>	<b>112</b>
<b>8.5</b>	<b>STRENGTH OF THE STUDY</b>	<b>117</b>
<b>8.6</b>	<b>LIMITATION OF THE STUDY</b>	<b>117</b>
<b>8.7</b>	<b>SUGGESTIONS FOR FUTURE STUDIES</b>	<b>118</b>
<b>8.8</b>	<b>EMPLOYEES' FEEDBACK – QUALITATIVE ANALYSIS</b>	<b>118</b>
<b>8.9</b>	<b>PROPOSED MODEL</b>	<b>121</b>
	<b>GRAPHS</b>	<b>122</b>
	<b>REFERENCES</b>	<b>126</b>
<b>SL. NO.</b>	<b>APPENDICES</b>	<b>140</b>
<b>1.0</b>	<b>INFORMED CONSENT FORM</b>	<b>1140</b>
	<b>QUESTIONNAIRES</b>	<b>145</b>
<b>2.0</b>	<b>Questionnaire 1 – OCB</b>	<b>145</b>
	<b>Questionnaire 2 – OSI</b>	<b>150</b>
	<b>Questionnaire 3 - PANAS</b>	<b>154</b>

<b>3.0</b>	<b>INSTITUTIONAL ETHICAL COMMITTEE APPROVAL</b>	<b>156</b>
<b>4.0</b>	<b>LETTER FROM VEE-TECHNOLOGIES</b>	<b>158</b>
<b>5.0</b>	<b>PUBLICATION DETAILS</b>	<b>159</b>
<b>6.0</b>	<b>PHOTOS</b>	<b>161</b>

### **LIST OF FIGURES**

<b>Figure No.</b>	<b>TITLE</b>	<b>PAGE NO.</b>
<b>1</b>	<b>STRESS SURVEY</b>	<b>10</b>
<b>2</b>	<b>WORK PLACE STRESS</b>	<b>10</b>
<b>3</b>	<b>RELATIONSHIP BETWEEN PRESSURE FROM WORK AND STRESS</b>	<b>11</b>
<b>4</b>	<b>MODERN INFLUENCE OF JOB STRESS</b>	<b>12</b>
<b>5</b>	<b>PANCHAKOSHAS</b>	<b>32</b>
<b>6</b>	<b>DESIGN OF THE STUDY</b>	<b>61</b>
<b>7</b>	<b>PROPOSED MODEL</b>	<b>121</b>

### **LIST OF GRAPHS**

<b>GRAPH NO.</b>	<b>TITLE</b>	<b>PAGE NO.</b>
<b>1</b>	<b>OCB YOGA</b>	<b>122</b>
<b>2</b>	<b>OCB CONTROL</b>	<b>123</b>
<b>3</b>	<b>OSI YOGA</b>	<b>124</b>
<b>4</b>	<b>OSI CONTROL</b>	<b>125</b>
<b>5</b>	<b>PANAS YOGA</b>	<b>126</b>
<b>6</b>	<b>PANAS CONTROL</b>	<b>127</b>

## LIST OF TABLES

TABLE NO.	TITLE	PAGE NO.
	<b>5.0 METHODS</b>	
<b>1</b>	<b>Reliability of Various Subscales</b>	<b>66</b>
<b>2</b>	<b>Preliminary analysis</b>	<b>67</b>
<b>3</b>	<b>Internal Consistency Reliabilities (Coefficient Alpha) and Scale Inter-correlations</b>	<b>68</b>
<b>4</b>	<b>Test-Retest Reliabilities of the Positive and Negative Affect Schedule (PANAS)</b>	<b>68</b>
<b>5</b>	<b>Occupational stressors and their indices</b>	<b>70</b>
<b>6</b>	<b>‘True-keyed’ or ‘False-keyed’ nature of the items</b>	<b>71</b>
	<b>6.0 RESULTS</b>	
<b>7</b>	<b>OCB – Yoga – Descriptive Statistics</b>	<b>76</b>
<b>8</b>	<b>OCB –Control – Descriptive Statistics</b>	<b>77</b>
<b>9</b>	<b>OSI – Yoga – Descriptive Statistics</b>	<b>78</b>
<b>10</b>	<b>OSI – Control – Descriptive Statistics</b>	<b>79</b>
<b>11</b>	<b>PANAS – Yoga – Descriptive Statistics</b>	<b>81</b>
<b>12</b>	<b>PANAS – Yoga –Statistics</b>	<b>82</b>
<b>13</b>	<b>PANAS –Control – Descriptive Statistics</b>	<b>82</b>
<b>14</b>	<b>PANAS –Control –Statistics</b>	<b>83</b>
<b>15</b>	<b>OCB – Yoga group - Friedman’s Two way Analysis of Variance by Ranks</b>	<b>84</b>
<b>16</b>	<b>OCB Pre-Post analysis - Wilcoxon Signed Ranks Test</b>	<b>84</b>
<b>17</b>	<b>OSI – Yoga group – Friedman’s Two way Analysis of Variance by Ranks</b>	<b>85</b>

<b>18</b>	<b>OSI - Yoga group - Pre-Post analysis - Wilcoxon Signed Ranks Test</b>	<b>86</b>
<b>19</b>	<b>PANAS – Yoga group – Friedman’s Two way Analysis of Variance by Ranks</b>	<b>97</b>
<b>20</b>	<b>PANAS - Yoga group - Pre-Post analysis - Wilcoxon Signed Ranks Test</b>	<b>88</b>
<b>21</b>	<b>OCB – Control group - Friedman’s Two way Analysis of Variance by Ranks</b>	<b>88</b>
<b>22</b>	<b>OCB Pre-Post analysis - Wilcoxon Signed Ranks Test</b>	<b>89</b>
<b>23</b>	<b>OSI – Control group – Friedman’s Two way Analysis of Variance by Ranks</b>	<b>90</b>
<b>24</b>	<b>OSI Pre-Post analysis - Wilcoxon Signed Ranks Test</b>	<b>91</b>
<b>25</b>	<b>PANAS – Control group – Friedman’s Two way Analysis of Variance by Ranks</b>	<b>92</b>
<b>26</b>	<b>PANAS Pre-Post analysis - Wilcoxon Signed Ranks Test</b>	<b>93</b>
<b>27</b>	<b>Hypothesis Test statistics summary Table</b>	<b>94</b>
<b>28</b>	<b>Hypothesis Test statistics summary – Detailed Table</b>	<b>95</b>
<b>29</b>	<b>Gender-wise comparison</b>	<b>97</b>
<b>30</b>	<b>Correlation between OSI and OCB</b>	<b>98</b>
<b>31</b>	<b>Correlation between OCB and PANAS</b>	<b>102</b>
<b>32</b>	<b>Correlation between OSI and PANAS</b>	<b>103</b>