

“Hold On, I’m on My Way to a Happier Self!”: Exploring the Impact of Regular Yoga Practice on Affect, Emotion Dysregulation and Mental Well-Being: A Path to Emotional Balance and Fulfillment

Authors : Triyuni Lestari, Dini Rahma Bintari

Abstract : This study explores the effects of yoga practice on affect and emotion dysregulation in emerging adults, a demographic characterized by high stress and psychological challenges. Utilizing a self-experiment design, the researcher practiced yoga over two weeks, followed by a two-week control period without yoga. Affect and emotion dysregulation were measured pre- and post-intervention using the Positive and Negative Affect Schedule (PANAS) and Difficulties in Emotion Regulation Scale (DERS). Results revealed significant improvements: positive affect increased by 15 points, while negative affect decreased by 20 points in the experimental phase. Emotion dysregulation scores showed reductions in aspects such as awareness and strategy. The findings align with evidence that yoga enhances body awareness and cognitive reappraisal strategies, facilitating emotion regulation. Physiologically, these effects may be linked to elevated gamma-aminobutyric acid (GABA) levels, contributing to reduced anxiety. This research underscores yoga's potential as a practical intervention for improving emotional well-being, highlighting its role in reducing negative affect and promoting adaptive coping strategies. Future studies are recommended to explore the longitudinal effects of yoga and its integration into stress management programs for emerging adults.

Keywords : yoga, emotion regulation, affect, mental health, emerging adults

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