Examining the Perceptions of Occupational Therapists and Yoga Practitioners Regarding the Effects of Yoga on Health and Wellness

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Introduction: The number of individuals practicing yoga in America has increased from 20.4 million in 2012 to 38 million in 2016 (Yoga Journal & Yoga Alliance, 2016). Given the drastic increase in participation in yoga, it is important to examine the effects of yoga on health and wellness behaviors.

Aim: The purpose of this study was to explore descriptive and phenomenological data on the perceptions of occupational therapists and yoga practitioners regarding the use of yoga as a self-management strategy to influence health and wellness behaviors.

Methods: A mixed-methods design was used to collect data from 20 occupational therapists and 23 yoga practitioners. Data was collected from anonymous online surveys and semi-structured interviews. The data was analyzed using thematic analysis to identify key themes.

Findings: The findings of this study suggest that occupational therapists and yoga practitioners have different perspectives on the benefits of yoga. occupational therapists see yoga as a tool for improving physical health, while yoga practitioners see yoga as a tool for improving emotional and mental health. Both groups see yoga as a way to improve overall health and wellness.

Conclusion: This study provides valuable insights into the perceptions of occupational therapists and yoga practitioners regarding the use of yoga as a self-management strategy. Further research is needed to explore the effectiveness of yoga in improving health and wellness behaviors.

References:


