

The Effect of Yogic Practice on Enhancing Mindful Attention among Older Adults

Dr. S. Velvizhi

Director of Physical Education Sri Sarada College of Education, Salem. Tamil Nadu, India

Abstract: *The purpose of this research was to investigate the effect of 12 weeks of yoga training on mindful attention awareness among older adults. In this experimental study, a demographic questionnaire and the Mindful Attention Awareness Scale (MAAS) were used. Sixty older adults participating in yoga classes at Gandhi Stadium were selected through a random sampling method. The selected participants underwent a 12-week yoga training programme consisting of Tadasana, Shashankasana, Katichakrasana, Ardha Chakrasana, Shavasana, Nadi Shodhana Pranayama, Bhramari Pranayama, diaphragmatic breathing, and mindful attention meditation through breath awareness for 90 minutes per day. The participants were assessed before and after the 12-week yoga training programme. The collected data were analysed using descriptive statistics such as Mean and Standard Deviation, and a paired-samples 't' test was used to determine the significance of the difference between the pre-test and post-test scores. The level of significance was set at 0.01. The results revealed a significant improvement in mindful attention awareness among the older adults following the 12-week yoga training programme.*

Keywords: Yoga, Pranayama, Meditation, Mindful attention, old Adults

1. Introduction

Older adulthood is an important stage of human development in which individuals experience gradual changes in physical, psychological, social, and cognitive functioning. Aging is a natural process, but maintaining health and independence during later adulthood requires attention to several dimensions of well-being. Regular physical activity, appropriate lifestyle practices, social participation, relaxation, and psychological well-being are important components of healthy aging. Along with physical health, the ability to remain attentive and aware during everyday activities is also important for maintaining independence and quality of life.

Attention is an important cognitive process that allows individuals to focus on relevant information, respond appropriately to their environment, and complete everyday activities. With increasing age, changes may occur in some aspects of attention and other cognitive processes. Therefore, activities that encourage conscious awareness and sustained attention may be useful components of programmes designed for older adults.

Yoga is a traditional mind-body practice that incorporates physical postures, breathing practices, relaxation, concentration, and meditation. Yoga differs from purely physical exercise because it can involve conscious awareness of body movement, breathing, and mental experiences. During the performance of yoga postures, practitioners are encouraged to coordinate movement with breathing and maintain awareness of bodily sensations. Pranayama provides a structured opportunity to focus attention on breathing, while meditation provides an opportunity to observe thoughts and sensations and return attention to the selected focus.

The combination of physical movement and conscious awareness makes yoga a relevant intervention for examining mindful attention among older adults. Simple yoga postures

can be adapted according to individual physical ability, while breathing and meditation practices can be performed without requiring strenuous physical activity. Regular practice may therefore provide older adults with an accessible method of combining physical activity with psychological awareness.

Oueslati et al. (2025) reported that 12 weeks of Hatha yoga practice improved cognitive functions, including attention, memory, and reasoning, among older adults. The findings suggest that regular yoga practice may support cognitive and attentional functioning during aging. Prameswari et al. (2025) found that yoga practice had positive effects on cognitive functioning among older adults. The study highlighted the potential of regular yoga practice to support mental functioning and healthy aging. A 2025 meta-analysis reported that mind-body practices such as yoga and meditation produced beneficial effects on several cognitive functions in older adults. The findings suggest that further research is needed to examine their specific effects on attention and mindful awareness.

2. Methodology

The purpose of the study was to investigate the effect of yogic practices on enhancing mindful attention awareness among older adults. To achieve the purpose of the study, sixty older adults were randomly selected from Gandhi Stadium, Salem, Tamil Nadu, India, and their age ranged from 55 to 70 years.

A single-group pre-test and post-test experimental design was used for the study. The selected sixty participants underwent a 12-week yoga training programme consisting of Tadasana, Shashankasana, Katichakrasana, Ardha Chakrasana, Shavasana, Nadi Shodhana Pranayama, Bhramari Pranayama, diaphragmatic breathing, and mindful attention meditation through breath awareness for 90 minutes per day. The Mindful Attention Awareness Scale (MAAS), a widely used measure of mindful attention

awareness, was administered before and after the 12-week yoga training programme. The data were collected and analysed using Mean, Standard Deviation, and paired 't' test to determine the significance of the difference between the pre-test and post-test scores. The level of significance was set at 0.01.

3. Result & Discussion

The primary objective of the paired 't' ratio was to determine the significant difference between the pre-test and post-test mean scores of mindful attention awareness among older adults.

Table I: Showing Mean Difference between Pre-Test and Post-Test Scores among Older Adults Following 12 Weeks of Yogic Practices for Mindful Attention Awareness

Mindful Attention	N	Mean	SD	t-value	Significant
Pre-Test	60	53.65	10.47	13.21	S (0.01)
Post- Test	60	76.57	7.15		

Critical Value: 2.58

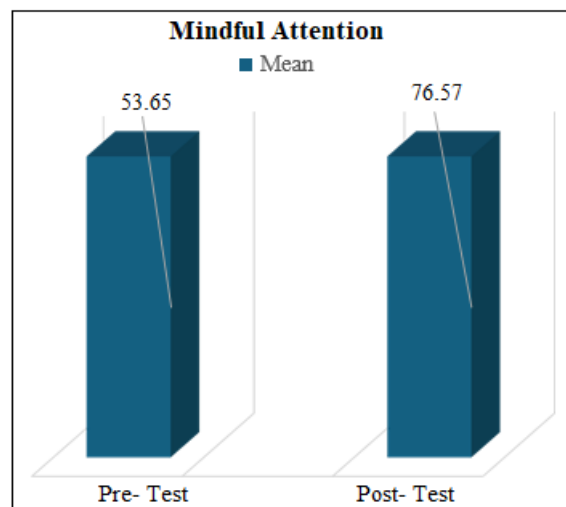
It is obvious from the table that yogic practice had a significant effect on enhancing mindful attention among older adults. The mean score of mindful attention increased from 53.65 in the pre-test to 76.57 in the post-test, indicating an improvement in mindful attention following the yogic practice. The obtained *t* value was 13.21, which was greater than the required table value of 2.58 at the 0.01 level of significance for 59 degrees of freedom. Hence, the obtained *t* value was found to be statistically significant. Therefore, the result indicates that yogic practice significantly enhanced mindful attention among older adults. The improvement in mindful attention may be attributed to the combined effects of yogasanas, pranayama, and meditation. Yogasanas may help improve body awareness and physical relaxation, while pranayama may promote conscious breathing and mental calmness. Meditation may help individuals maintain attention on the present moment and reduce unnecessary distractions. Regular yogic practice may also support better concentration, increased self-awareness, emotional balance, relaxation, and present-moment awareness. Older adults may benefit from yoga because the practices can be performed regularly, safely, and according to their individual physical capacity. Thus, yoga may provide a simple and adaptable approach for supporting mindful attention and psychological well-being among older adults.

4. Conclusion

The study concluded that yogic practice was effective in improving mindful attention among older adults. Regular yoga practice may help develop better concentration, present-moment awareness, self-awareness, relaxation, and emotional balance. Therefore, yoga can be considered a simple and adaptable practice to support mindful attention and psychological well-being among older adults.

The findings also suggest that incorporating yoga into the regular routine of older adults may encourage greater awareness of their thoughts, feelings, breathing, and bodily sensations. With regular and appropriate practice, yoga may help older adults remain attentive to their daily activities and

maintain a calm and balanced approach to everyday life. Hence, regular yogic practice may contribute to improved mindful attention and a better quality of daily living among older adults.



References

- [1] Baker, G., et al. (2019). The effects of yoga compared to active and inactive controls on physical function and health-related quality of life in older adults: Systematic review and meta-analysis of randomised controlled trials. *International Journal of Behavioral Nutrition and Physical Activity*, 16, 57.
- [2] Brown, K. W., & Ryan, R. M. (2003). The benefits of being present: Mindfulness and its role in psychological well-being. *Journal of Personality and Social Psychology*, 84(4), 822–848.
- [3] Chobe, S., Chobe, M., Metri, K., Patra, S. K., & Nagaratna, R. (2020). Impact of yoga on cognition and mental health among elderly: A systematic review. *Complementary Therapies in Medicine*, 52, 102421.
- [4] Gothe, N., Pontifex, M. B., Hillman, C., & McAuley, E. (2013). The acute effects of yoga on executive function. *Journal of Physical Activity and Health*, 10(4), 488–495.
- [5] Gothe, N. P., Kramer, A. F., & McAuley, E. (2017). Hatha yoga practice improves attention and processing speed in older adults: Results from an 8-week randomized controlled trial. *Journal of Alternative and Complementary Medicine*, 23(1), 35–40.
- [6] Hariprasad, V. R., Koparde, V., Sivakumar, P. T., Varambally, S., Thirthalli, J., Varghese, M., Basavaraddi, I. V., & Gangadhar, B. N. (2013). Randomized clinical trial of yoga-based intervention in residents from elderly homes: Effects on cognitive function. *Indian Journal of Psychiatry*, 55(Suppl 3), S357–S363.
- [7] Hoy, S., Östh, J., Pascoe, M., Kandola, A., & Hallgren, M. (2021). Effects of yoga-based interventions on cognitive function in healthy older adults: A systematic review of randomized controlled trials. *Complementary Therapies in Medicine*, 58, 102690.
- [8] Ko, K. Y., Kwok, Z. C. M., & Chan, H. Y. L. (2023). Effects of yoga on physical and psychological health among community-dwelling older adults: A systematic review and meta-analysis. *International Journal of*

Older People Nursing, 18(5), e12562.

- [9] Liu, X. C., Pan, L., Hu, Q., Dong, W. P., Yan, J. H., & Zhang, Y. (2019). Effects of yoga training on elderly people: A systematic review and meta-analysis. *Journal of Alternative and Complementary Medicine*.
- [10] Patel, N. K., Newstead, A. H., & Ferrer, A. B. (2012). The effects of yoga on physical functioning and health-related quality of life in older adults: A systematic review and meta-analysis. *Journal of Alternative and Complementary Medicine*.
- [11] Wolff, M., Rogers, K., Erdal, B., Chalmers, J. P., Bontrager, E., & Salazar, D. (2022). The influence of yoga on the cognitive function of people aged 60 years and older: A systematic review. *Journal of Aging and Physical Activity*.