

The Therapeutic Role of Asanas in Reducing Suicidal Ideation Among Transgender Individuals: A Quantitative Investigation

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Abstract: Transgender individuals experience disproportionately high rates of suicidal ideation, largely due to chronic societal discrimination, identity-related stress, and limited access to culturally sensitive mental health care. Traditional interventions often fall short in addressing the complex psychosocial needs of this population. This study investigates the therapeutic efficacy of yoga asanas in reducing suicidal ideation among transgender individuals, addressing a critical gap in existing literature.

A quantitative research design employing mixed-design ANOVA was implemented to assess the impact of a 12-week yoga asana intervention on suicidal ideation, measured using the Suicidal Ideation Attributes Scale (SIDAS). A purposive sample of 64 transgender participants from Delhi-NCR was divided into two groups: Asanas ($n = 32$) and Control ($n = 32$). Participants in the intervention group engaged in daily, guided yoga sessions focusing on traditional Hatha Yoga postures.

Descriptive and inferential results revealed a statistically significant reduction in suicidal ideation scores in the Asanas group compared to the Control group ($p = .004$), with a mean reduction of 7.72 points. These findings underscore the psychological and physiological benefits of yoga, including improved emotional regulation and reduced psychological distress.

This study provides the first empirical evidence supporting yoga asanas as a non-pharmacological, body-centered intervention to mitigate suicidal ideation in transgender populations. It highlights the potential of yoga-based therapies as culturally attuned, cost-effective mental health strategies. Further research is recommended with larger, more diverse samples and longer follow-up periods to validate and expand upon these promising results..

Keywords: Transgender mental health, suicidal ideation, Hatha Yoga asanas, psychological intervention, mind-body therapy, emotional regulation.

