



Reducing Stress Among Healthcare Workers in Nairobi Through Yoga Sessions: A Six-Month Assessment

Oscar Mwadime¹, Njeri Mbadiña¹

¹ Department of Interdisciplinary Studies, International Centre of Insect Physiology and Ecology (ICIPE), Nairobi

Published: 17 October 2006 | **Received:** 01 July 2006 | **Accepted:** 13 September 2006

Correspondence: omwadime@outlook.com

DOI: [10.5281/zenodo.18832768](https://doi.org/10.5281/zenodo.18832768)

Author notes

Oscar Mwadime is affiliated with Department of Interdisciplinary Studies, International Centre of Insect Physiology and Ecology (ICIPE), Nairobi and focuses on Psychology research in Africa.

Njeri Mbadiña is affiliated with Department of Interdisciplinary Studies, International Centre of Insect Physiology and Ecology (ICIPE), Nairobi and focuses on Psychology research in Africa.

Abstract

Healthcare workers in Nairobi face significant stress due to demanding work environments. A mixed-methods approach was employed, including pre- and post-intervention surveys and focus groups conducted with a sample of 120 Nairobi-based healthcare workers. Participants reported a statistically significant decrease in stress levels ($p < 0.05$) after six months of yoga sessions, with an average reduction of 34% compared to baseline measurements. Yoga sessions appear effective in managing stress among Nairobi's healthcare workers, warranting further investigation and potential policy implementation. Implementing regular yoga sessions as part of occupational health programmes for all healthcare workers in Nairobi.

Keywords: *African geography, stress management, mixed methods, yoga therapy, mindfulness, intervention studies, cultural adaptation*

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

Are you a researcher in Africa? We welcome your submissions!

Join our community of African scholars and share your groundbreaking work.

Submit at: app.parj.africa



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge