



# Scientific Research on Laughter Yoga

**Influence of Laughter Yoga on psychological and physiological indicators of the employees of retail chain “Perekrestok”**

**New Study on LY in Russia**

# NEW RESEARCH IN RUSSIA

## **Influence of Laughter Yoga on psychological and physiological indicators of the employees of retail chain “Perekrestok”**

**Conducted by:** Federal State Budgetary Education Institution of Higher Education, Russian State Social University, Faculty of Psychology, Moscow, 2019

# Objective of the Study

The study aimed to find out the effectiveness of the influence of Laughter Yoga on the performance of the employees of retail chain “Perekrestok” by testing their psychological and psychophysiological parameters.



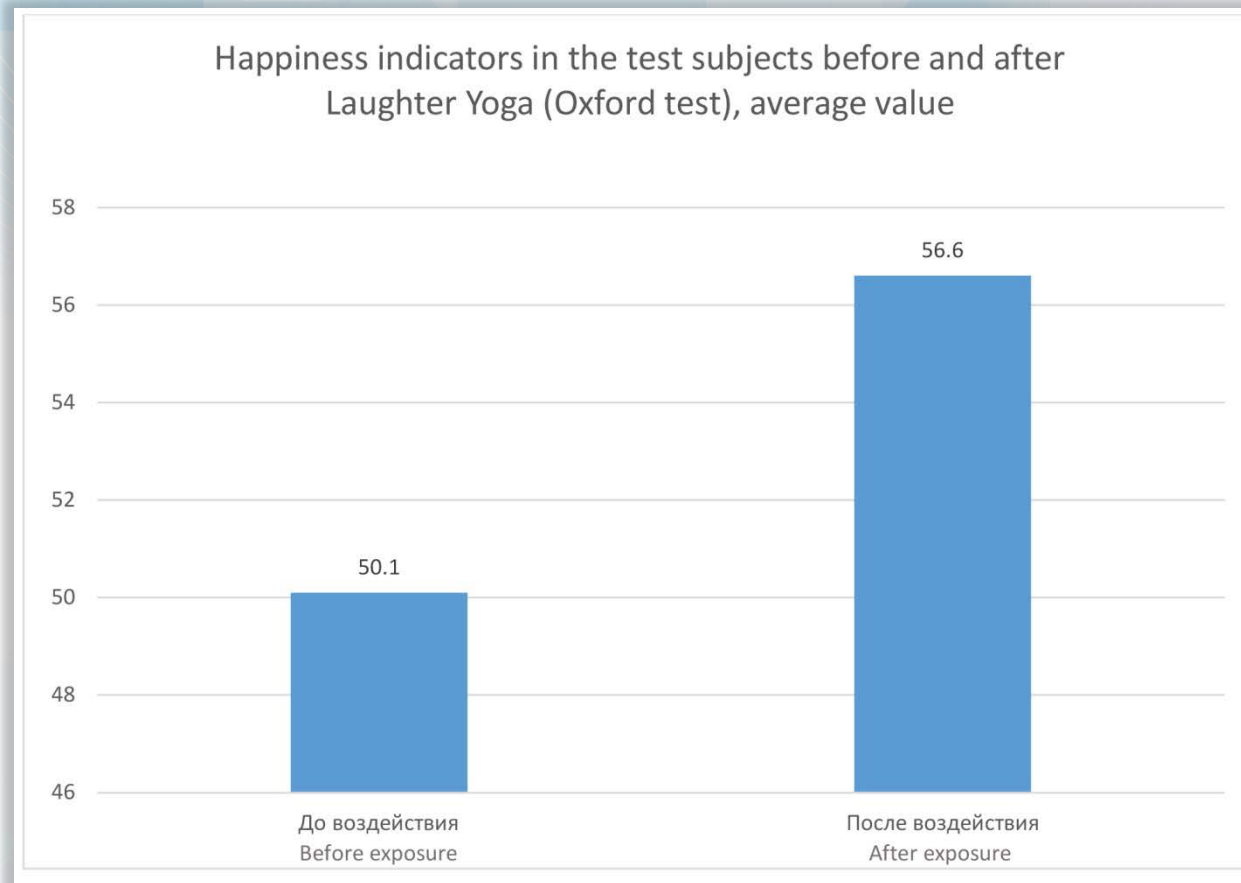
# Hypotheses

An increase in laughter, as a basic emotional reaction of a positive mode, will lead to potentiation of psychological and psychophysiological parameters of the subjects, contributing to improvement of emotional state of the employees, which leads to increase in productivity.

# Method

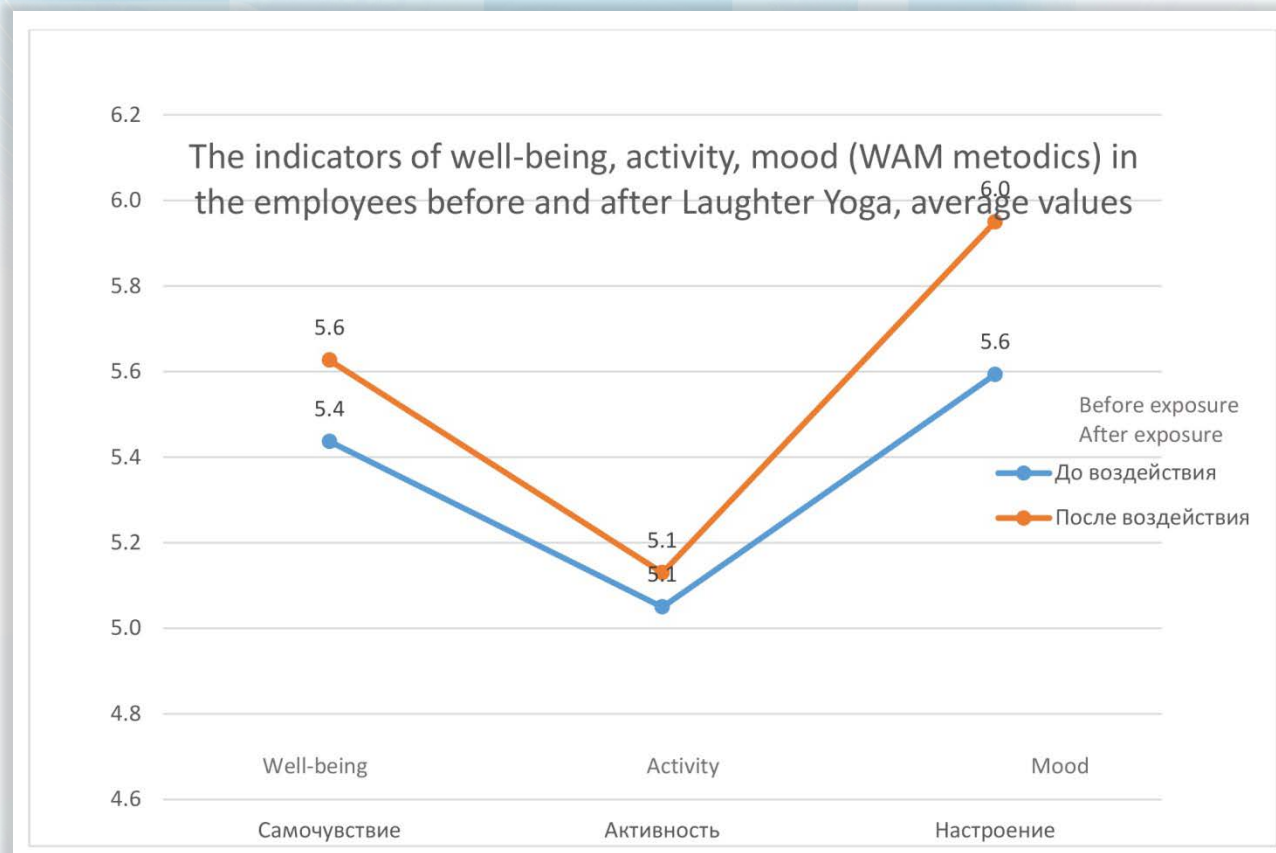
- 60 subjects were randomly separated into two groups of 30, one did Laughter Yoga while other was a control group
- In the experimental group, Laughter Yoga sessions were carried out 5 times a week. 15-20 minutes in the morning and 15-20 minutes in the evening. In the morning they did Laughter exercises and in the evening they did Laughter Meditation and Yoga Nidra relaxation.
- Before Laughter Yoga sessions and after that, both in the experimental and in the control group, psycho-diagnostics was carried out using different questionnaires and psychomotor tests

# Results



Increase in the “Happiness” factor in the employees which included positive emotions, positive self-acceptance, a sense of one's own strength, competence and control over life circumstances, satisfaction with life

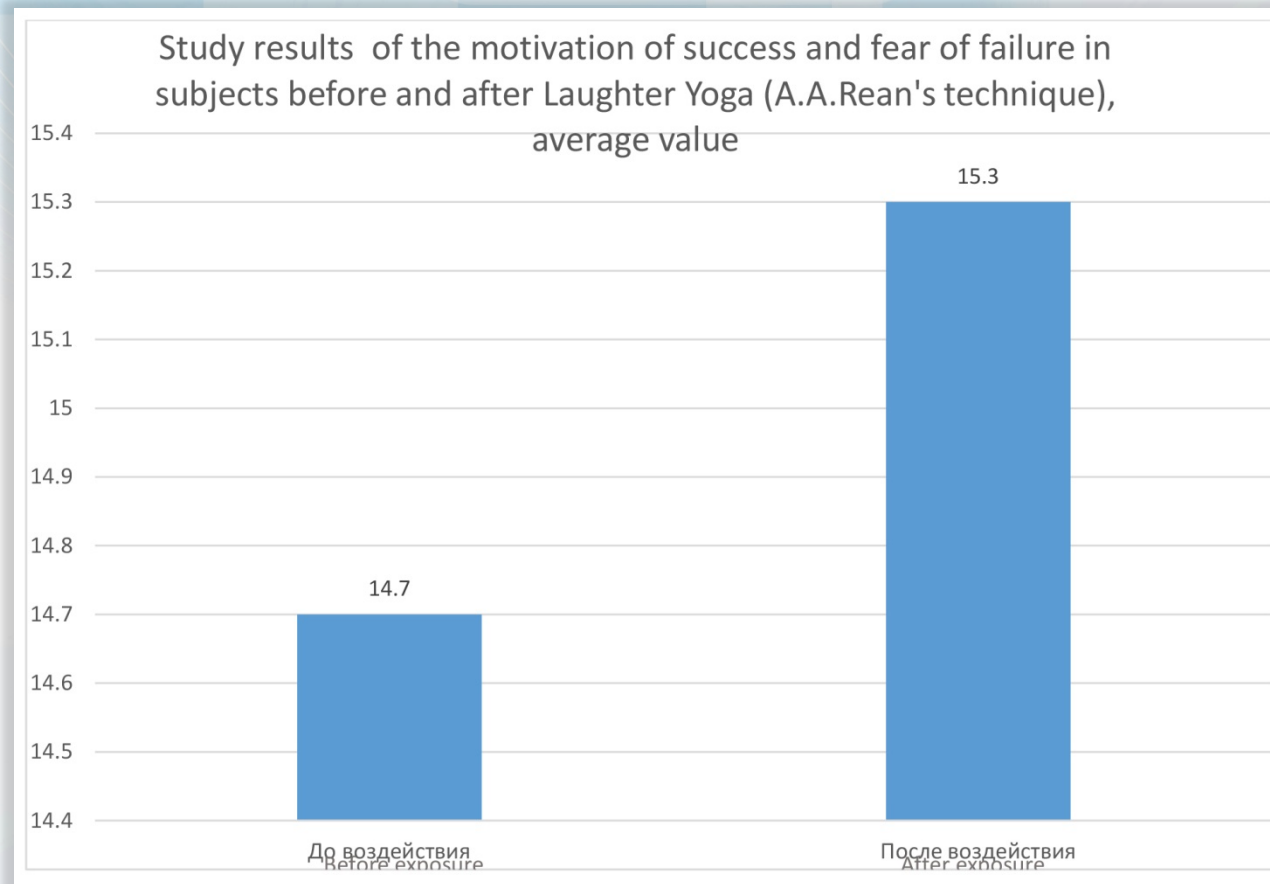
# Results



After the LY intervention, there was an improvement in well-being, activity and mood, as a result of which the subjects felt good, had high spirits, were optimistic



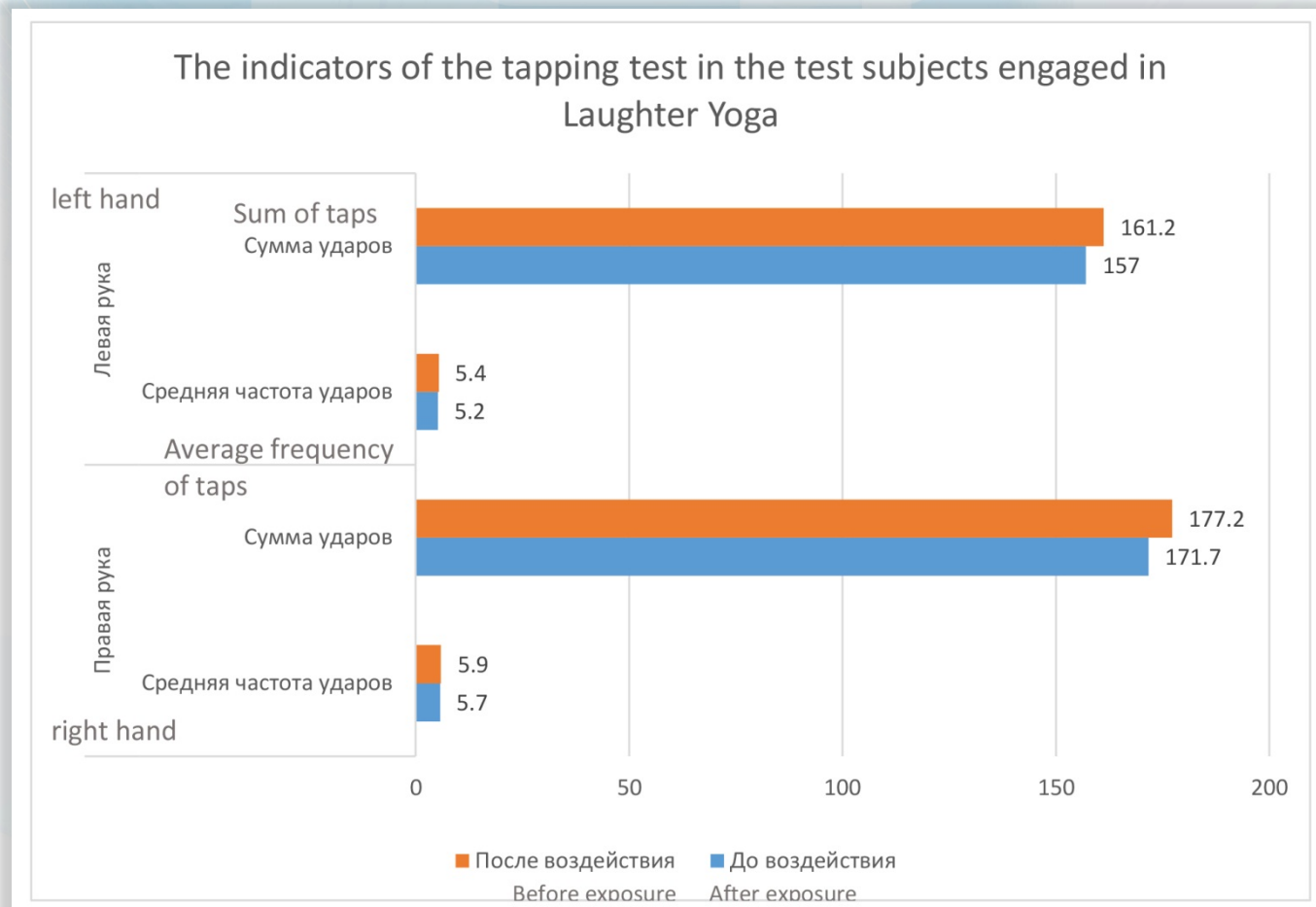
# Results



The subjects were optimistic about their work activity, ready to interact and resolve possible difficulties.

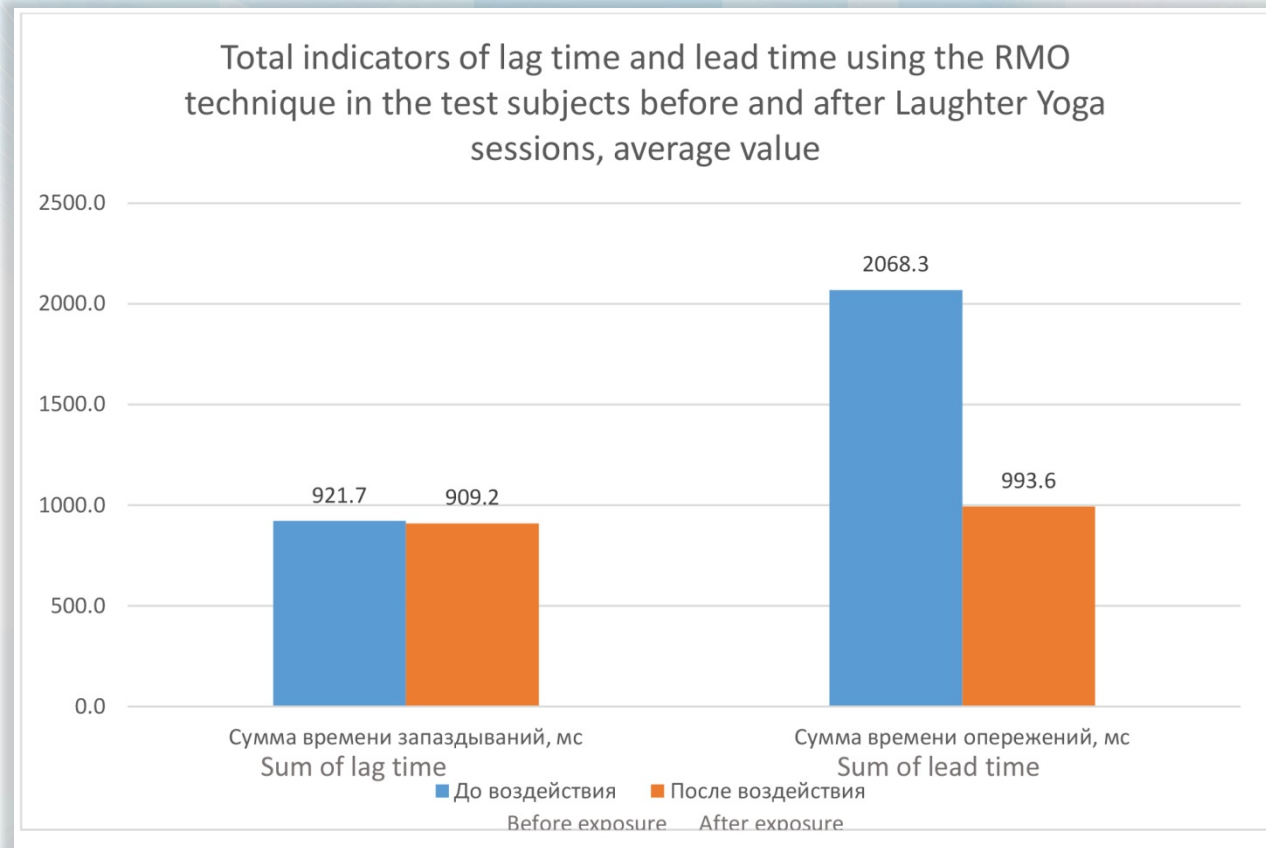


# Results



Slight improvement in the stability of the central nervous system, and participants felt relaxed.

# Results



Diagnosis of RMO shows a decrease in the rate of reaction by 19.71% (from the initial diagnostic testing), which indicates a relaxing effect on the subjects in the process of training.

# Results

- Increase in the “Happiness” factor in the employees which included positive emotions, positive self-acceptance, a sense of one's own strength, competence and control over life circumstances, satisfaction with life
- After the LY intervention, there was an improvement in well-being, activity and mood, as a result of which the subjects felt good, had high spirits, were optimistic



# Results

- Slight improvement in the stability of the central nervous system, and participants felt relaxed
- Diagnosis of the motivation of success and fear of failure revealed an increased focus on success rather than fear of failure. The subjects, felt more optimistic about their work activity and ready to interact and resolve possible difficulties

# Conclusion

The study recommended that Laughter Yoga sessions is a great method to help the employees, as it not only increases their happiness quotient but will also enable them to:

- Achieve a higher rate of success
- Increase confidence in themselves and their abilities
- Become more responsible, initiative and proactive in all their activities
- Become more capable of overcoming obstacles and failures in a much better manner, thereby improving productivity
- Prefer to choose average in difficulty or slightly inflated but achievable goals and to reject unrealistic high ones, thereby decreasing risk of failure



# Thank You

[www.laughteryoga.org](http://www.laughteryoga.org)