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Evaluating The Effectiveness Of Stress Management Training On Heavy Vehicle Driver Well-Being

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Abstract
This study assesses the impact of stress management training with a special focus on incorporating yoga, specifically Surya Namaskar, among heavy vehicle operators in Odisha. By attacking the important occupational stress associated with driving, this research explores the ways in which organized interventions affect stress levels, coping strategies, workload management, and general physical and psychological health. Data were collected from a cohort of 100 heavy vehicle operators through the use of structured surveys to assess their experiences before and after training. Descriptive statistics, correlation analyses, and regression analyses revealed significant improvements in well-being, with workload balance and coping abilities as the most powerful predictors. Obstacles such as erratic schedules and limited accessibility of wellness resources were identified as barriers to the development of stress management practices. The findings indicate the necessity of culturally suitable interventions such as yoga and highlight how effective yoga is in mitigating stress and enhancing resilience. This study provides practical recommendations to policymakers and other stakeholders to design affordable high

1. INTRODUCTION/BACKGROUND OF THE STUDY

Stress is considered to be an integral part of most jobs, the job of driving a heavy vehicle comes with added stressors owing to the long hours spent on the road, physical stress on the body, and various demands of safety depending on the condition of the traffic. These tensions can cause deterioration in their physical and mental health, increased exhaustion and burnout, and a decline in work performance. Heavy vehicles have attained notoriety in terms of contributing substantially to fatalities in road mishaps on roads across Odisha. As per figures, heavy vehicles' share in road fatalities in the state remains over 12 % over the last couple of years (Mehta, 2023). This reflects the necessity of stress management behind the safety of drivers which eventually contributes in terms of enhancing the occupational health of the drivers.

Approaches such as mindfulness, cognitive-behavioural techniques, and physical exercise including yoga have been shown to reduce stress and enhance resilience. It was hypothesized that the inclusion of one-hour daily Yoga, specifically Surya Namaskar, in the driver training module may give drivers a physical and psychological boost to better combat the challenges they face on the job. The aim of this study is to analyse the effectiveness of different interventions in terms of improving the well-being of drivers of heavy vehicles. Factors including stress levels, coping skills, training content, and workload balance have been evaluated in order to attain an overall understanding of the topic.

2 . Problem statement

Heavy vehicle drivers face significant occupational stress because of long working hours, irregular work schedules, and heavy physical demands. Not only does this adversely impact their health and wellbeing, it contributes to a higher accident risk, thus affecting the general public. For instance, 1,411 road accidents involving "heavy motor vehicles" were reported in Odisha in 2021 which increases to 1,595 in 2022 (Mehta, 2023). Heavy motor vehicles involved behind the raising of toll out of these accidents in 2021 and 2022 were

impact initiatives that may help address the unique challenges faced by heavy vehicle operators. This research advances toward the objective of improving driver safety, mitigating risks associated with accidents, and promoting long-term occupational health while laying a foundation for future investigations into sustainable wellness strategies in analogous high-stress occupations.

Keywords: *Stress management, training interventions, driver well-being, heavy-vehicle drivers, occupational health.*

incorporates practices including yoga and mindfulness. These initiatives are responsible for addressing the drivers' well-being and safety.

3. LITERATURE REVIEW

3.1 Impact of Stress Management Training on Occupational Well-Being

Considerable occupational stress has been experienced by the heavy vehicle drivers due to different work-related factors. As suggested by Peters et al., (2021), these factors include extended working hours, limited access to healthcare facilities and hazardous conditions of the road. As a result, an adverse impact is created on both the physical as well as mental wellbeing of the drivers. As opined by Gabriel & Aguinis, (2021), under these circumstances, the intervention of stress management has proven to be a great experiment in terms of addressing issues such as burnout, increased fatigue and decreased job performance. These programs are essential for the drivers to manage their workload which eventually generates an appropriate outcome (Sharma et al., 2021).

This study establishes that, by the available research, stress management training should include skills specific to car-driving high-stress occupations, which has an improved record in relation to the health of the drivers as well as their well-being. Ghasemi et al (2024) argue that mindfulness programmes, cognitive restructuring and exercise including yoga have been of help in waging the fight against stress and the management of mental conditionality among the drivers. Over 60% of the heavy vehicle operators of Odisha have a high trend of practicing yoga, particularly the Surya Namaskar. Such a kind of yoga helps soothe the physical fatigue and psychological stress that the tiring roads causes (Singh et al., 2024).

This study also embraces the fact that, frequent attendance and participation in conductive yoga sessions help to increase flexibility and decrease muscle tension of these drivers. In their study, Drigas and Mitsea (2021) suggested that the yoga practice may lower the drivers' cortisol level enhancing their emotional state and mental focus. Hence, stress management educations ensure drivers' physical as well as psychological wellbeing and both have turned out to be critical for enhancing drivers' general health. With regard to the phenomenon availability in respect of participation of stress management training, then in the course of attaining a better mechanism of regulating workload pressure, drivers operating heavy vehicles can indeed be involved. According to Cahill et al., (2020), through participation in stress management programmers, the drivers have been able to let off the stress and achieve better decision-making skills. This research is, therefore, relevant as it was directed towards probable important question centered on occupational stress of heavy vehicle operators, a component of the employees in the transport industry of Odisha. This may also go a long way in reducing road accidents as well. The above discussed measures might also help in the reduction of accident. Captive drivers of heavy vehicles and vehicles using different places in Odisha including Bhubaneswar and Cuttack may have unstructured work schedules (Chhotray, 2022).

This may create extended working hours for the drivers which led to immense stress and fatigue. As argued by Mohanty et al., (2020), drivers operating in different areas in Odisha also experience demanding conditions such as unprecedented weather and damaged roads. This necessitates the requirement of effective training programmes for the drivers in terms of reducing the stress. As suggested by Elomaa et al., (2021), these programmes need to focus on stress relief and physical fitness in order to address the stress related issues. This approach caters as a transformative role in terms of developing their personal as well professional development.

3.2 Effectiveness of Yoga in Stress Reduction for heavy vehicle drivers

Under competitive working conditions, such as long driving hours, irregular sleep patterns, and difficult road conditions under adverse weather and ambient traffic (Das, 2022). Heavy vehicle drivers in Odisha must adhere to the challenges of the occupation contributing to chronic stress. Such stressors have an impact on their physical health and affect their mental health, which can contribute to fatigue, burnout, and accident risk. As stated by Bidi et al., (2024), Surya Namaskar specifically in this case has been recognised as a key approach for reducing stress among the drivers. These may offer a suitable approach for managing mental as well as physical health.

The stress-busting effects of yoga stem from its power to bring together the body and mind through a combination of physical postures, controlled breathing and relaxation techniques. Surya Namaskar, a series of twelve poses linked together in a rhythmic flow, is particularly advantageous for heavy vehicle operators (Ito, 2024). It increases flexibility, tightens muscles, and promotes good blood flow, reversing the awful consequences of prolonged sitting and inactivity. As opined by Chen, (2024), consistent yoga practice lowers cortisol, the body's primary stress hormone, making it easier to regulate emotions and build resilience. The continued inclusion of yoga in the stress management training for heavy vehicle drivers in Odisha is relevant. This may provide the better accessibility and adaptability of yoga for stress management. The activities related to practicing yoga do not require much space or any special equipment, Surya Namaskar can be practiced between breaks or at depots (Akdeniz & Kaştan, 2023). In this way drivers may manage their stress effectively while performing their fullest. Additionally, the traditional roots of India may embrace the practice of Yoga effectively (Schleier, 2024). In this way, this approach becomes integral for the drivers while maintaining their workload at the same time.

Yoga also significantly contributes towards the improvement of occupational well-being. As suggested by Jayasree & Sai Baba, (2020), drivers operating in regions like Cuttack, Bhubaneswar and different places in Odisha, integrated yoga in their regular life. In this matter, it has been found that they report better focus and clarity in their operation. Yoga is also proven to be beneficial for reducing the level of anxiety among drivers (Raghuwanshi et al., 2022). This also developed an ability to make informed decisions during their operation. Drivers operating in a challenging situation need to develop quick reflexes along with maintaining alertness which ensure road safety (Knapik et al., 2024). The integration of yoga is responsible for improving the quality of sleep which may alleviate the key stressor related to irregular working schedule as well. As suggested by (Yip et al., 2022), healthcare resources for drivers are often limited in rural regions of Odisha. In those cases, one hour of daily yoga practice can significantly enhance the physical and mental health of drivers.

3.3 Challenges faced by drivers to manage Workload Balance and Well-Being

The drivers of heavy vehicles in Odisha come across many barriers to integrate their daily practices with stress management protocols. This has been a major source of stress for many professions, where socio-economic challenges exist, alongside limited wellness resources (Hariram et al., 2023). Although measures to manage stress, such as yoga, mindfulness or physical exercise, are well proven, they are only marginally adopted. As opined by Jansen et al., (2021), there are long hours, irregular hours and stress, and little time to practice structured stress management techniques. Their schedules are subject to everything from delays at loading and unloading points, to traffic bottlenecks, to deadlines. According to the viewpoint of Hagen & Hagen, (2024) such demanding work patterns hinders allocation of time regularly for yoga or relaxation exercises. As a result, this may enhance the level of stress and anxiety among the drivers specifically at the time of handling heavy vehicles.

Lack of training and awareness among the drivers is required so that they can understand the necessity and relevance of stress management. As argued by Benlian et al., (2022), many drivers may not even be aware of the advantages that these stress management practices can bring in the work field. In this matter, they just do not have the training to implement them into their daily routines. Programs encouraging practices such as yoga or mindfulness are rarely customized to the needs of drivers (Li et al., 2024). Insufficient knowledge on

the part of drivers leads to a reduced sense of necessity for these practices and may result in the perception of them as impractical. On the contrary, Tong et al., (2024) argued that the wear and tear of long-duration driving with insufficient rest means their drivers are often too tired to partake in further activities. Musculoskeletal discomfort, poor diet and sleep disturbances compound their resistance to stress management regimes that otherwise would help address these issues over time. Masterson et al., (2022), on the other hand suggested that connecting with new social support can also be difficult. Drivers in Odisha are often from low-income backgrounds and may prioritize earning an income over any wellness activity. In this matter, it has been observed that access to wellness programs or facilities might be restricted for the drivers working in different regions in Odisha (Pani et al., 2022). This can be observed among the drivers whose depot is located specifically in rural areas of Odisha.

Resistance among drivers may be a critical challenge behind the implementation of stress management practices. Ashkrof et al., (2020), opined that, many drivers still do not acknowledge the relevance of stress management in their daily life. They generally find it challenging or irrelevant with the context of their lifestyle. Consistent advocacy and demonstration of tangible benefits is required in order to overcome this misconception (Daun et al., 2022). These challenges are critical for drivers specifically operating in a developing state like Odisha may hinder their personal and professional growth.

3.4 Influence of training content and long-term behavioural change

Considering the long-term swaps in behaviour, specialised training contents are essential, especially for stress and wellness programs. As suggested by Rapanta et al., (2020) content that is organised and has broad coverage gives the participants what they need in terms of tools, concepts and practices to incorporate learned behaviour into their daily routine. This can be done in a manner so that it sustains the overall improvement (Cheah et al., 2020). As a result, this would Create training content aligned with participants' challenges, say stress or workload management, and improve the effectiveness massively. Inclusion of daily yoga such as Surya Namaskar within the training module may be beneficial for the well-being of the drivers (Tl et al., 2021). The training modules on stress management may emphasis on practical demonstrations, guided sessions, and scientifically backed benefits (Bentley et al., 2023). Integration of real-life scenarios in this case would demonstrate the applicability of the initiative of stress management.

The change in behaviour often needs consistent reinforcement (van der Oord & Tripp, 2020). Drivers have to train on material along with the content with supportive follow up sessions, and repeated practice formats. This may include daily practice routines which have more success in maintaining long term adherence (Izquierdo et al., 2021). Structured content and incremental learning, periodic assessments, and feedback opportunities all strengthen participants' commitment to the practices taught (Keefer et al., 2022). Apart from this, the stress management training can also be beneficial in terms of addressing the behavioural changes of the drivers. Actual behaviour change requires the training content to be repeated over a period of time rather than just an isolated session (Mehta, 2023). These can include repeated sessions, hands-on exercises, and regular application of learned skills. According to the suggestion of (Hassan et al., 2020), performing some behaviour, for example, getting involved in training, leaves behind intentions of enhancing that behaviour, and when this action is reinforced frequently enough, it may change an intention into behaviour, which is necessary for long-term behavioural change.

4. Research gap

Occupational stress among heavy vehicle drivers is increasingly recognised in the endemic region. However, little evidence on the development of customised stress management programs in Odisha is available. Previous studies mainly overlook culturally relevant practices such as yoga and do not discuss drivers' challenges in incorporating such techniques into their daily routines. To address on-the-road stress, this study evaluates the effectiveness of a high-impact, low-cost stress management training in yoga principles and practice, providing insights toward reducing grocery delivery driver stress and improving safety and wellbeing.

5. Research questions

Primary question

● RQ1: How effective are stress management training interventions in improving the well-being of heavy vehicle drivers?

Secondary questions

- RQ1: How does stress management training impact the stress levels of heavy vehicle drivers?
- RQ2: What is the relationship between coping skills acquired through training and the well-being of drivers?
- RQ3: To what extent does the content of stress management training affect drivers' physical and mental health?
- RQ4: How does achieving workload balance influence the overall well-being of heavy vehicle drivers?

6. Research objective

Primary objective

● RO1: To evaluate the effectiveness of stress management training interventions in enhancing the well-being of heavy vehicle drivers

Secondary objectives

- RO1: To assess the impact of stress management training on reducing stress levels among heavy vehicle drivers.
- RO2: To evaluate the effectiveness of coping skills developed through stress management programs in improving driver well-being.
- RO3: To analyse the role of training content in influencing the physical and mental health of drivers.
- RO4: To determine how workload balance achieved through stress management interventions contributes to overall driver well-being.

7. Significance of the study

This study would include such practices as yoga with a view to upgrading the health, safety, and productivity of the drivers through assessing the influence of stress management training. Improved stress management practices could reduce accident risk, lower health-care costs, and boost job satisfaction of drivers; in turn, it could help the latter, the employers, and society at large (Di Tecco et al., 2020). Overall outcomes of this study are very likely to present valuable knowledge regarding the requirement for well-designed, culturally appropriate wellness programs catering to drivers across different cultures.

8. Scope of the study

The Stress Management interventions initiated and implemented by the authors in the Odisha state among heavy vehicle drivers are presented in this study. Also, the effectiveness of stress management training interventions, that involve a yoga exercise called Surya Namaskar on the welfare of heavy vehicle drivers in Odisha State, India (Kriakous et al., 2020). It examines the impacts of such interventions on stress, coping, workloads and general well-being of mental and physical health. The current study will be confined to the heavy vehicle drivers only for their own occupational burden and socio-economic status in Odisha only.

9. RESEARCH METHODOLOGY

9.1 Research design

The study uses a **primary quantitative research design** to assess the effects of stress management training on the well-being of heavy vehicle drivers. This is because this methodology is capable of collecting objective numerical data and systematically analysing relationships between variables. **9.2 Data collection**

Data has been collected using structured surveys distributed to heavy vehicle drivers in which closed-ended questions help find the levels of stress, coping skills, and general well-being before and after attending the stress management training programs. The application of standardized instruments ensures the consistency and reliability of the measurement of the variables.

9.3 Sample size and demographics

The study targets a sample size of **100 heavy vehicle drivers** with a diverse mix of demographics including age, experience in driving, and location. This will be through the participation of drivers from various companies and routes. Purposive sampling will be adopted for the selection of participants based on individuals who have been exposed to stress management training

9.4 Analytical approach

SPSS software has been used in analysing the data collected. Descriptive statistics will be used to summarize the demographic data, whereas inferential statistics such as correlation and regression analysis will be applied to assess whether the training reduces stress and enhances well-being. The analytical approach ensures rigorous and meaningful interpretation of findings.

10. RESULTS AND DISCUSSION

This manuscript uncovers essential understandings regarding the elements that impact the well-being of drivers operating heavy vehicles. Within the independent variables assessed, the equilibrium of workload and the development of coping mechanisms surfaced as the predominant factors contributing to driver well-being, characterized by substantial positive correlations and notable regression coefficients. This underscores the vital importance of organized stress management initiatives in mitigating occupational stress and enhancing mental resilience. Though the correlation between stress levels and content of training with well-being is quite high, the regression analysis suggests that these factors might have an indirect or context-dependent impact. The results are found to be that the interventions must be culturally relevant, such as yoga techniques like Surya Namaskar, which reduce stress but also enhance physical fitness and emotional regulation. The results of this study will, therefore, illustrate how the specialized stress management training could significantly and quantitatively affect the occupational and personal circumstances of heavy vehicle operators in enhancing road safety and job fulfilment.

10.1 Demographic evaluation

10.1.1 Age

Age					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	18-25	3	3.0	3.0	3.0
	26-35	8	8.0	8.0	11.0
	26-45	4	4.0	4.0	15.0
	46-55	29	29.0	29.0	44.0
	56 and above	56	56.0	56.0	100.0
	Total	100	100.0	100.0	

Table 10.1.1: Frequency table for respondents' age
(Source: Created by the author)

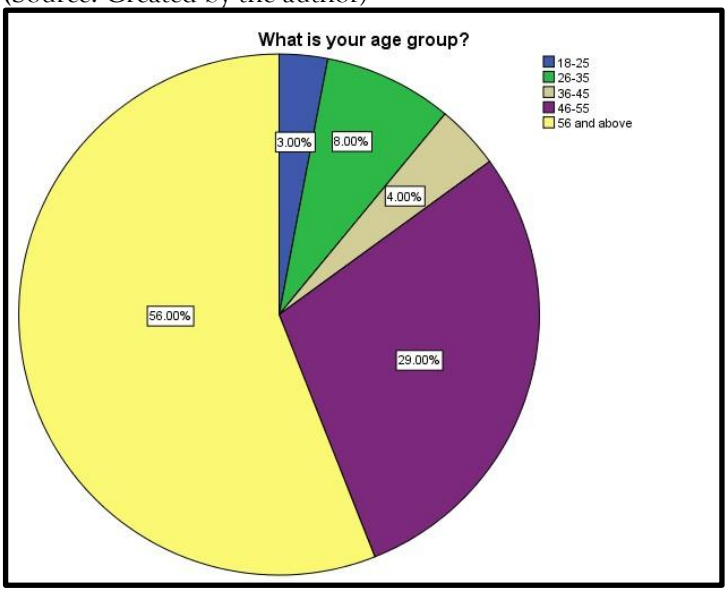

Table 10.1.1: Graphical representation of respondents' age
(Source: Created by the author)

The above representation reveals the age distribution of respondents, showing a significant majority (56%) aged 56 and above. The 46-55 age group comprises 29%, while younger groups, including 26-35 (8%), 26-45 (4%), and 18-25 (3%), are less represented. This indicates a predominantly older demographic among the participants.

10.2: Descriptive statistics

Statistics		IV1: Stress levels			IV2: Coping skills			IV 3: Training content			IV 4: Workload Balance			DV: Driver well-being		
		Q1	*Q2*	*Q3*	*Q4*	*Q5*	*Q6*	*Q7*	*Q8*	*Q9*	*Q10*	*Q11*	*Q12*	*Q13*	*Q14*	*Q15*
N	Valid	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
	Missing	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Mean		2.88	2.76	2.78	2.78	2.76	2.88	2.56	2.77	2.68	2.62	2.9	3.06	2.73	2.86	2.56
Median		4	4	4	4	4	4	3	4	3.5	3	4	4	4	4	3
Mode		4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
Std. Deviation		1.423	1.457	1.447	1.44	1.422	1.409	1.466	1.406	1.42	1.441	1.382	1.332	1.434	1.421	1.438

Figure 10.2: Descriptive statistics
(Source: Created by the author)

The above table reflects statistical analysis that shows the responses to all variables. IVs include "Stress levels," "coping skills," "training content," and "workload Balance" and DV is "well-being of drivers" are valid with no missing data. The mean values range between 2.56 and 3.06, indicating a general trend toward neutrality or agreement. The median and mode are consistently 4 (agree), reflecting a positive tendency toward the effectiveness of the training. Standard deviations are slightly above 1, suggesting moderate variability in responses. This indicates mixed but generally favourable perceptions of stress management training's impact on the drivers' well-being and related factors.

10.3 Correlation analysis

		Yoga (Surya Namaskar).]	challenging situations.]	my overall well-being.]	manage your workload.]	mental well-being.]	in the training program.]	management training.]
IV1: Stress Levels [Do you feel a significant reduction in stress levels after practicing one hour of daily Yoga (Surya Namaskar).]	Pearson Correlation	1	.455**	.396**	.347**	.271**	.428**	.351**
	Sig. (2-tailed)		.000	.000	.000	.006	.000	.000
	N	100	100	100	100	100	100	100
IV2: Coping Skills [Do you 1 that one hour of daily Yoga (Surya Namaskar) has enhanced your ability to cope with challenging situations.]	Pearson Correlation	.455**	1	.341**	.329**	.377**	.426**	.390**
	Sig. (2-tailed)	.000		.001	.001	.000	.000	.000
	N	100	100	100	100	100	100	100
IV3: Training Content [Do you think that the inclusion of one hour of daily Yoga (Surya Namaskar) in the training was effective in improving my overall well-being.]	Pearson Correlation	.396**	.341**	1	.384**	.260**	.305**	.222*
	Sig. (2-tailed)	.000	.001		.000	.009	.002	.026
	N	100	100	100	100	100	100	100
IV 4: Workload Balance [Do you 1 that one hour of daily Yoga (Surya Namaskar) has helped you better manage your workload.]	Pearson Correlation	.347**	.329**	.384**	1	.561**	.382**	.423**
	Sig. (2-tailed)	.000	.001	.000		.000	.000	.000
	N	100	100	100	100	100	100	100
DV: Driver Well-Being [Practicing one hour of daily Yoga (Surya Namaskar) has positively impacted your physical and mental well-being.]	Pearson Correlation	.271**	.377**	.260**	.561**	1	.461**	.358**
	Sig. (2-tailed)	.006	.000	.009	.000		.000	.000
	N	100	100	100	100	100	100	100
DV: Driver Well-Being [Do you feel more energized and focused during work after participating in the training program.]	Pearson Correlation	.428**	.426**	.305**	.382**	.461**	1	.281**
	Sig. (2-tailed)	.000	.000	.002	.000	.000		.005
	N	100	100	100	100	100	100	100
DV: Driver Well-Being [Do you 1 that your overall well-being has improved after undergoing the stress management	Pearson Correlation	.351**	.390**	.222*	.423**	.358**	.281**	1
	Sig. (2-tailed)	.000	.000	.026	.000	.000	.005	
	N	100	100	100	100	100	100	100

Figure 10.3: Correlation analysis

(Source: Created by the author)

The correlation analysis highlights significant positive relationships among the independent variables and the dependent variable. This indicates the effectiveness of stress management practices on the well-being of the drivers. Stress Levels (IV1) shows moderate correlations with DV indicators, suggesting reduced stress contributes positively to driver well-being. Coping Skills (IV2) and Training Content (IV3) also exhibit significant relationships with the DV. This emphasizes their roles in enhancing coping mechanisms and overall well-being. Workload Balance (IV4) has the strongest correlation with DV (.561), underscoring the critical impact of balanced workloads on well-being. All correlations are significant at either the 0.01 or 0.05 levels, confirming robust associations.

10.4 Regression analysis

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.597[a]	.356	.329	1.175

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	72.496	4	18.124	13.122	.000[b]
	Residual	131.214	95	1.381		
	Total	203.710	99			

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	.853	.327		2.606	.011
	IV1: Stress Levels [Do you feel a significant reduction in stress levels after practicing one hour of daily Yoga (Surya Namaskar).]	.005	.099	.005	.046	.963
	IV2: Coping Skills [Do you 1 that one hour of daily Yoga (Surya Namaskar) has enhanced your ability to cope with challenging situations.]	.214	.095	.215	2.247	.027
	IV3: Training Content [Do you think that the inclusion of one hour of daily Yoga (Surya Namaskar) in the training was effective in improving my overall well-being.]	-.003	.093	-.003	-.032	.974
	IV 4: Workload Balance [Do you 1 that one hour of daily Yoga (Surya Namaskar) has helped you better manage your workload.]	.487	.092	.490	5.276	.000

a. Dependent Variable: DV: Driver Well-Being [Practicing one hour of daily Yoga (Surya Namaskar) has positively impacted your physical and mental well-being.]

Figure 10.4: Regression analysis

(Source: Created by the author)

The results from the regression analysis model summary indicates that the predictors (IV1-IV4) explain 35.6% of the variance in driver well-being (R^2 = .356), with a significant overall model fit (F = 13.122, p < .001). Among the predictors, IV4 (Workload Balance) shows the strongest contribution to driver well-being (β = .490, p < .001), highlighting its importance. IV2 (Coping Skills) also has a significant positive effect (β = .215, p = .027). However, Stress Levels (IV1) and Training Content (IV3) are not statistically significant, suggesting

limited individual impact. The regression model supports the hypothesis that workload balance and coping skills significantly enhance driver well-being.

10.5: Hypothesis testing

Independent Variable (IV)	Dependent Variable (DV)	Null Hypothesis (H_0)	Alternative Hypothesis (H_1)
Stress Levels	Driver Well-being	H_0: Stress levels have no significant effect on the well-being of heavy vehicle drivers.	H_1: Stress levels have a significant effect on the well-being of heavy vehicle drivers.
Coping Skills	Driver Well-being	H_0: Coping skills have no significant effect on the well-being of heavy vehicle drivers.	H_1: Coping skills have a significant effect on the well-being of heavy vehicle drivers.
Training Content	Driver Well-being	H_0: Training content has no significant effect on the well-being of heavy vehicle drivers.	H_1: Training content has a significant effect on the well-being of heavy vehicle drivers.
Workload Balance	Driver Well-being	H_0: Workload balance has no significant effect on the well-being of heavy vehicle drivers.	H_1: Workload balance has a significant effect on the well-being of heavy vehicle drivers.

Table 10.5: Hypothesis testing
(Source: Created by the author)

11. Recommendation

- Implement Continuous Stress Management Training: Integrate obligatory stress management workshops that emphasize coping mechanisms and mindfulness techniques.
- Encourage the integration of yoga practices: Daily Surya Namaskar should become part of the daily practice for the drivers' bodily and mental health.
- Design customised learning resources to meet the specific stressors and barriers that drivers experience so that the training programmes can be relevant and useful.
- Improve Workload Management: It is time to introduce and enforce policies and tools to work effectively on workload. Schedule time off during an elongated shift whether it is a natural time divide or a rotation with a co-worker.
- Enhance Access to Wellness Resources: Provide basic wellness centres comprising of health care services as well as places for drivers to calm down and rest in areas of your operations.

12. Scope for future research

Therefore, the future directions of this research can contribute to investigating the long-term impacts of different stress reducing activities such as yoga on distinct occupational populations. Further, it may be useful for future investigations to determine whether personality factors or past stress histories might interact with content to influence behavioural changes.

13. CONCLUSION

In conclusion it can be stated that stress management activities such as Yoga, specifically Surya Namaskar, creates a positive impact on the drivers of high vehicles. However, there are several areas that require further improvement in future. For instance, increasing the awareness and education among the drivers need to be increased so that they can understand the relevance of stress management in their daily routine.

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