



## Research article

# EFFECT OF SIMPLIFIED KUNDALINI YOGA ON SELECTED PSYCHOLOGICAL VARIABLES OF COLLEGE WOMEN STUDENTS

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### Abstract

*The purpose of the study was to find out the effect of simplified Kundalini yoga on selected psychological variables of college women students. To resolve the purpose of the study 40 college women were randomly selected from Kumaraguru College of Technology, Coimbatore. Their age ranged between 18 and 22 years. The selected subjects were randomly divided into two groups consisting of twenty each. No attempt was made to equate the groups. Experimental Group I underwent Simplified Kundalini Yoga group (SKY) for a period of 16 weeks. Group II acted as control group (CG) and were not engaged in any training programme other than their work. The subjects were free to withdraw their consent in case of feeling any discomfort during the period of their participation but there was no dropout during the study. The psychological variables namely Depression, Stress and Anxiety were selected and tested through DASS inventory. Pre and post tests were conducted in all the variables. Simplified Kundalini Yoga group (SKY) was given to the experimental group for a period of 16 weeks. Dependent 't' test was used to determine the significant difference between the treatment means. Simplified Kundalini Yoga had significantly decreased in Depression, Stress and Anxiety whereas the control group had no significant decrease in all the variables.*

**Key words:** Simplified Kundalini Yoga, Depression, Stress and Anxiety.

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## INTRODUCION

The discipline of yoga is basically designed for self-realization and to overcome all kinds of sufferings. During the course of its growth and development, yoga has evolved as one of the reliable, authentic and efficient health care systems of the present time.

Siddha saints say that the practice of meditation, where the mind of the individual remains focused on his own life energies is Kundalini Yoga. 'Kundam' refers to a pot or urn of fire or energy, and 'Ali', a unisex, something which is not differentiated by gender. Maharishi has through years of research and meticulous practice, been able to simplify the process of meditation and rising of the Kundalini power, whereby it has become easy for everyone, male or female, to practice. The Kundalini power of an aspirant can be raised from its original location and moved to the Agna Chakra, with the help of persons adopt in the practice of Kundalini Yoga.

Maharishi was of the opinion that the practice of Kundalini Yoga is essential for all, and only a simplified process can put it within the reach of everyone. The process of raising the Kundalini power of an aspirant may be compared to the manner in which iron filings are drawn, with the help of a magnet. According to maharishi it is a practice to begin with focusing the mind on the life force and when one during the process of practicing the mind would merge with the life force which is the origin for the mind. The life force would automatically merge with the almighty if

the practice is continued. Kundalini Yoga is the crown of yogic practices which leads one to Samadhi state in the end according to Maharishi.

According to him it is raja yoga. "Kundalini Yoga consists of active and passive asana—based kriyas, pranayama and meditations which target the whole body system (nervous system, glands, mental faculties, chakras) to develop awareness, consciousness and spiritual strength." -Yogi Bhajan (2016)

## METHODS AND MATERIALS

The investigator used pre and post test random group design in this study. This procedure involves dividing the sample into two groups based on random selection. The investigator did not make any attempt to equate the groups in this study. The selected forty subjects were divided into two groups consisting of 20 each such as Experimental Group Simplified Kundalini yoga (SKY) and a Control Group. The treatment was administered to the experimental groups for a period of sixteen weeks. At the end of 16th week the post test was administered to both the groups. The psychological variables namely Depression, Stress and Anxiety were selected was tested through DASS inventory. Pre and post tests were conducted in all the variables. Simplified Kundalini yoga (SKY) was given to the experimental group for a period of 16 weeks. Dependent t test was applied to find out the significant difference between the pre test and the post test.

**TRAINING PROGRAMME**

The following training programme was given for the experimental group for a period of sixteen weeks

**TABLE I**

<b>Experimental group</b>					
<b>Simplified Kundalini yoga Physical Exercise</b>					
Sl. No.	Name of practice	Frequency	Duration of the practice	Rest time	Total duration of the practice
1	Meditation				
A	Prayer of god	6 days	1 minute	-	26 minutes
B	Guru worship	6 days	1 minute	-	
C	Nadisudhi	6 days	2 minute	-	
D	Thanduvadasudhi	6 days	2 minute	-	
E	Agna meditation or shanthi or thuriyam	6 days	20 minutes		
2	Physical exercises				
	Loosening exercise	6 days	1 minutes	10 sec	34 minutes
A	Hand exercises	6 days	3 minutes	10 sec	
B	Leg exercises	6 days	3 minutes	10 sec	
C	Neuro muscular exercises	6 days	3 minutes	10 sec	
D	Eye exercises	6 days	3 minutes	10 sec	
E	Kapalabathi	6 days	3 minutes 30 sec	10 sec	
F	Makarasanam – I & II	6 days	5 minutes	20 sec	
H	Massage	6 days	2 minutes	10 sec	
I	Acu pressure	6 days	6 minutes		
J	Relaxation	6 days	3 minutes		
				Total	60 minutes

**RESULTS OF THE STUDY**

The collected data were analyzed using dependent t test and the results were given below

**TABLE – II**  
**SIGNIFICANCE OF MEAN GAINS & LOSSES BETWEEN PRE AND POST TEST SCORES ON SELECTED VARIABLES OF SIMPLIFIED KUNDALINI YOGA GROUP**

S.No	Variables	Mean		Mean difference	SD ( $\pm$ )		DM	't' Ratio
		Pre	Post		Pre	Post		
1	Depression	26.50	12.10	14.40	6.57	5.36	1.58	9.11
2	Anxiety	21.50	14.45	7.05	3.76	4.59	0.67	10.57
3	Stress	35.40	21.85	13.55	7.07	4.24	0.87	15.43

An examination of table-II indicates that the obtained 't' ratios were 9.11, 10.57 and 15.43 for Depression, Anxiety and Stress respectively. The obtained 't' ratios on the selected variables were found to be greater than the required

table value of 2.861 at 0.05 level of Significance for 19 degrees of freedom. So it was found to be significant. The results of this study showed statistically significant and explained its effects positively.

**TABLE - III**  
**SIGNIFICANCE OF MEAN GAINS & LOSSES BETWEEN PRE AND POST TEST SCORES ON SELECTED VARIABLES OF CONTROL GROUP**

S.No	Variables	Mean		Mean difference	SD ( $\pm$ )		DM	't' Ratio
		Pre	Post		Pre	Post		
1	Depression	26.85	26.95	0.10	5.74	4.87	1.80	0.05
2	Anxiety	18.85	19.00	0.15	5.30	4.97	1.69	0.08
3	Stress	32.80	34.50	1.70	7.66	4.68	1.58	1.07

An examination of table-III indicates that the obtained 't' ratios were , 0.05, 0.08 and 1.07, Depression, Anxiety, Stress respectively. The obtained 't' ratios on the selected variables were found to be lesser than the required table value of 2.861 at 0.05 level

of significance for 19 degrees of freedom. So it was found to be insignificant.

**DISCUSSION ON THE FINDINGS**

The prime intention of the researcher was to analyse the effect of Simplified Kundalini Yoga on selected psychological variables of college women

Students. The Simplified Kundalini Yoga group had significantly reduced Depression, Anxiety and Stress. But there is no significant change in the selected variables Depression, Anxiety and Stress in the control group. Simplified Kundalini Yoga can help to check any imbalance in muscular development and enable individual both mind and body to function more efficiently. Practicing Meditation and Exercise strengthens the muscles, release physical tension and improves concentration and poise. The Makarasanam – I & II improve balance

and muscle flexibility. It also promotes calm, clear thinking even in situations that call for fast reactions. Simplified Kundalini Yoga stretches and strengthens all muscles of the body and brings peace and calm to the mind and spirit (Chandrasekaran, 1999).

### CONCLUSION

It was very clear that sixteen weeks of simplified kundalini yoga produced significant changes in psychological variables Depression, Stress and Anxiety of college women.

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