



Effect of Vethathri Maharishi's Simplified Kundalini Yoga Practices on Selected Psychological Variables among Osteo Arthritis Women

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Abstract

The purpose of the study was to find out the influence of vethathri maharishi's simplified kundalini yoga practices on selected psychological variables among osteo arthritis women. To achieve the purpose of the present study, forty women those who are affected from osteo arthritis were selected from Nagercoil, Tamilnadu as subjects at random and their ages ranged from 35 to 45 years. The subjects were divided into two equal groups of twenty subjects each. Group I acted as Experimental Group I (Simplified Kundalini Yoga) and Group II acted as Control Group. Psychological variables namely Stress was measured by Everlyn and Girdano's Stress Questionnaire and Anxiety was measured by Trait Anxiety Questionnaire Spielberger. Pre test was conducted for all the subjects. This initial test scores formed as pre test scores of the subjects. The groups were assigned as Experimental Group I and Control Group in an equivalent manner. Experimental Group I was exposed to Simplified Kundalini Yoga (SKYG) and Control Group (CG) was not exposed to any experimental training other than their regular daily activities. The duration of experimental period was 12 weeks. After the experimental treatment, all the forty subjects were tested. This final test scores formed as post test scores of the subjects. The pre test and post test scores were subjected to statistical analysis using Analysis of Co-variance (ANCOVA) to find out the significance among the mean differences. In all cases 0.05 level of significance was fixed to test hypotheses. Significant effect of simplified kundalini yoga practices was found on stress and anxiety.

Keywords: Simplified Kundalini Yoga, Stress, Anxiety, Arthritis Women.

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Introduction

In 1958 Shri Vethathiri Maharishi founded the World Community Service Centre (WCSC), a non-profit registered society with a view to work towards World Peace through individual peace. As of today, more than 200 trusts and about 1000 meditation centers have been registered and affiliated to WCSC in India, and thousands of people have benefited physically, mentally, socially and spiritually from the teachings and practices. According to Vethathiri Maharishi (2002) man is a unique figure in the manifestation of the Universe. Maharishi is supreme among all the living beings on earth because of gifted with the sixth sense that is potential of self realization. Due sensual intoxication, man forgets his true nature. Maharishi succumbs to emotions such as greed, anger, miserliness, immoral sexual passion, inferiority or Superiority complex and Vengeance. When Maharishi thinks, speaks and acts in this condition, he creates troubles, pains and miseries to himself and others. All such pain producing is called sins. All his deeds, enjoyment and experience are

imprinted in him and they condition his character and qualities. Manavalakalai yoga provides all benefits in both spiritual and material aspects of man. Therefore this yoga is a well balanced and perfect process for success and peace in life.

Osteoarthritis is a degenerative joint disease which results of wear and tear of joints associated with normal aging. The breaking of cartilage and the rubbing of bones over each other lead to inflammation resulting in pain, swelling and stiffness. Being overweight can also result in osteoarthritis of knees, ankles and feet. Yoga is proven to help people with arthritis improve many physical and psychological symptoms. Recent scientific studies of people with various types of arthritis show that regular yoga practice can help reduce joint pain, improve joint flexibility, lower stress and tension to promote better sleep. Yoga is definitely one option for people with arthritis, not only for the exercise benefits, but it's also beneficial in the mind area, promoting relaxation and stress reduction.

Methodology

The purpose of the study was to find out the influence of vethathri maharishi's simplified kundalini yoga practices on selected psychological variables among osteo arthritis women. To achieve the purpose of

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Results

The findings pertaining to analysis of co-variance between experimental group and control group on selected psychological variables among osteo arthritis women for pre-post test respectively have been presented in table I to II.

Table I. ANCOVA between Experimental Group and Control Group on Stress of Osteo Arthritis Women for Pre, Post and Adjusted Test

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	48.15	49.10	BG	9.02	1	9.02	0.55
			WG	620.35	38	16.32	
Post Test Mean	37.25	49.30	BG	1452.02	1	1452.02	52.15*
			WG	1057.95	38	27.84	
Adjusted Post Mean	37.56	48.98	BG	1286.40	1	1286.40	60.34*
			WG	788.75	37	21.31	

** Significant at 0.05 level.

df: 1/37= 4.10

Table I revealed that the obtained ‘F’ value of 60.34 was found to be significant at 0.05 level with df 1, 37 as the tabulated value of 4.10 required to be significant at 0.05 level. The same table indicated that

there was a significant difference in adjusted means of stress of osteo arthritis women between experimental group and control group. The graphical representation of data has been presented in figure I.

Figure I. Comparisons of Pre – Test Means Post – Test Means and Adjusted Post – Test Means for Control group and Experimental Group in relation to Stress

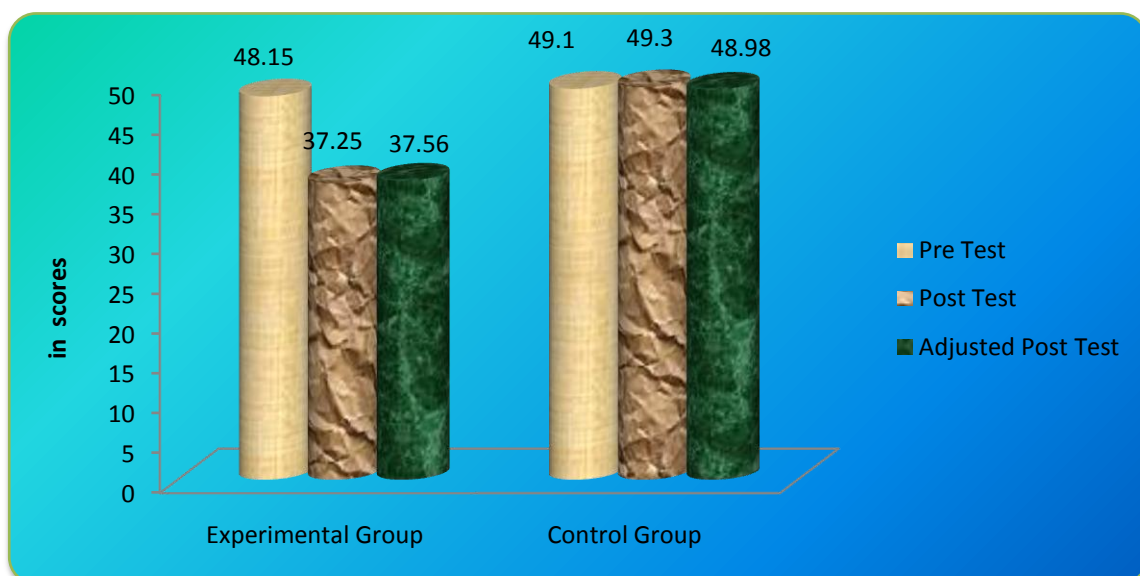


Table II. ANCOVA between Experimental Group and Control Group on Anxiety of Osteo Arthritis Women for Pre, Post and Adjusted Test

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	62.05	62.70	BG	4.22	1	4.22	0.12
			WG	1333.15	38	35.08	
Post Test Mean	37.90	62.65	BG	6125.62	1	6125.62	141.73*
			WG	1642.35	38	43.22	
Adjusted Post Mean	38.08	62.46	BG	5924.79	1	5924.79	181.30*
			WG	1209.09	37	32.67	

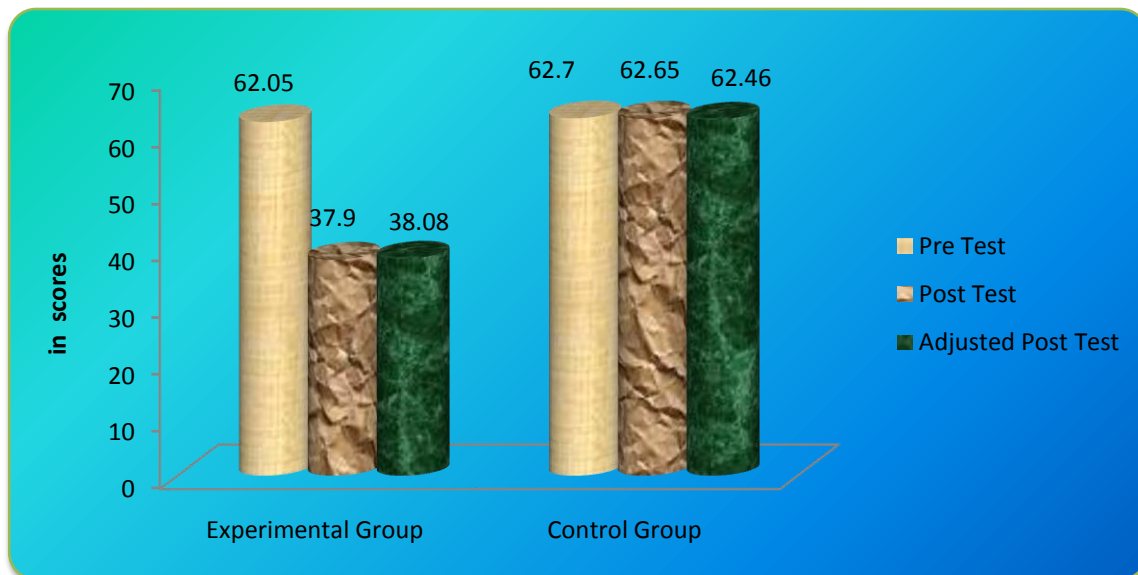
** Significant at 0.05 level.

df: 1/37= 4.10

Table II revealed that the obtained ‘F’ value of 181.30 was found to be significant at 0.05 level with df 1, 37 as the tabulated value of 4.10 required to be significant at 0.05 level. The same table indicated that

there was a significant difference in adjusted means of anxiety of osteo arthritis women between experimental group and control group. The graphical representation of data has been presented in figure II.

Figure II. Comparisons of Pre – Test Means Post – Test Means and Adjusted Post – Test Means for Control group and Experimental Group in relation to Anxiety



Conclusions

On the basis of findings and within the limitations of the study the following conclusions were drawn: Significant effect of simplified kundalini yoga practices was found on stress and anxiety.

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