

**P.VeerasithiVinayagan**, Ph.D. Scholar, WCSC – Vision SKY Research center, Aliyar, Pollachi.

**Dr.K.Perumal**, Director (Research Supervisor), WCSC – Vision SKY Research center,  
Aliyar, Pollachi.

**Dr.L.Ranjit**, Assistant Professor & Head, Department of Social Work, Nallamuthu Gounder  
Mahalingam College, Pollachi

### **Abstract:**

Kundalini yoga is a system which includes various spiritual practices such as Mediation, Simplified physical exercise, Kayakalpa and introspection. This SKY yoga practice (Simplified Kundalini Yoga) helps to maintain physical and mental health and as it includes life-oriented benefits of yoga that offers great support to enhance happiness and lead a meaningful life. Hence, this study examines the impact of SKY yoga practice on women participants. The sample (N=450) were obtained from yoga practitioners in the World Community Service Centre, Temple of Consciousness, Pollachi. The data were obtained and analyzed before - and - after SKY yoga practice from the respondents concerned. The pre-test and post-test one group design was adopted to study the impact of SKY yoga practice on women participants. The mean value of the SKY yoga practice of women respondents before practicing SKY Yoga was found at 70.5822, but after practicing SKY Yoga, the mean value of the benefits of SKY Yoga has increased up to 107.8511. The paired T-test value is -47.166 has showed that there is a significant difference in the benefits of SKY Yoga practitioners of women before - and - after SKY Yoga practices. The study has identified the significant influence of demographic variables such as income and debt after the SKY yoga practice. The study has concluded that the benefits of SKY Yoga practice have improved the overall physical and mental health of women respondents. Therefore, the study highly recommends that the SKY yoga (Simplified Kundalini Yoga) practice has to be performed on regular basis to have a healthy body and mind which are the basis for supporting family development, education, prosperity and spiritual development.

### **Introduction:**

In developing countries, each and every individual is working from various domains in order to become an efficient person in their respective fields. Their ultimate aim of contribution is to develop the self, society and the Nation. In the Nation both men and women are contributing their physical and mental effort to increase the productivity for the development of the Nation. Earning is one of the most important factors for every individual to fulfill their essential commodities. And man has to attain sufficient income and not having indebt in their life will help them to tackle all challenges and to find the more opportunities to live a healthy life. So, they need to make a concerted effort physically and mentally to live a successful life. At the same time, without realizing the significance of physical and mental health the people who are facing a lot health related problems in their life. As a result, physiological problems such as neck pain, back pain, eye problems, Orthotics, obesity, blood pressure, heart problems and diabetes are increases among the people. And specifically, the women are seriously affected by physically and mentally when compared to men because they play multidimensional role in family and working place. Besides, they completely and emotionally drained their energy in taking care of the family members and completing the tasks in the working field. Further, they are undergoing frequent physical illness and psychological problems. Hence, they have to take conscious effort to maintain their physical and mental health in order to achieve health, prosperity, peace and wisdom.

### **Review Literature:**

A study reported that yoga has a great impact in relieving the premenstrual symptoms. After the study report the standard deviation of emotional, physical, behavioural symptoms and impact of yoga exercise on quality of life in yoga has increased. (MahinKamalifard& Abbas Yavari, 2017).

The study found that yoga technique can alleviate physical pain and improve the quality of life of multiple sclerosis patients. Shahlanajafidoulatabad, Khirollahnooreyan (2013). They found out that yoga based physical activity supported to decrease the stress and anxiety levels but there was no significant result in anxiety levels and quality of life. Gulyeter Erdogan Yuce, GamzeMuz (2020). They found that yoga training program can improve quality of life of women with mild-to-moderate asthma and decrease the parasympathetic and increased sympathetic modulation in response to an isometric forearm exercise (IFE). Amy J. Bidwell, MS, Beth Yazel, RN etl.,(2012). This study found out that gender, psychological factors and types of diagnosis are needed to predict the impact of quality of life and life satisfaction among men and women. Denise G. Tate, Barth B. Riley, et.,el (1997)

The study found out that there was a short - term effect on improving the spiritual health. (Ya-Chu Hsiao, Hui-Ying Chiang, etl., 2012). This study find out that yoga training significant improvement in the quality of life of women by decreasing parasympathetic and increasing sympathetic modulation. Amy J. Bidwell, MS, Beth Yazel, RN, et el.,(2012). The study found out that after the yoga practice the Young-old subgroup who attained better physical status than old-old subgroup participants. And the study suggested to follow good lifestyle and performing exercise regularly are most important to delaying and preventing from become an old age persons. Kuei-Min Chen, Mei-Hui Lin, etl., (2012). The study found that conditioning factors of quality of life are such as older age, experiencing number of falls, having more chronic diseases, and having a higher body mass index in this study. Pei-Shan LI, Chia-Jung HSIEH, etl.,(2020). The study found that after a one month practice of Elastic Band Exercise supported to enhance lung capacity, cardiopulmonary fitness, upper and lower body flexibilities, upper limb muscle power, lower limb muscle endurance, and self-perceived physical health status. Fu-Jung Huang, Ding-KuoChien, elt., (2013)

The study find out that impacting factors of quality of life were poverty, functional status, physical inactivity, and exercise self-efficacy. And the study suggested that nurses has to recommend the importance of exercise to be a physically active person and to encourage their self confidence level in diverse conditions Haejung Lee, Sunjoo Boo, etl., (2017). The study suggested that cognition-based more education programs should be conducted to gain more knowledge about Rheumatoid Arthritis. Wen-Chuan Lin, Meei-Ling Gau, etl., 2011). The study reported that walking and climbing stairs, is beneficial for the health of pregnant women and the regular practice of exercise also. (Chen-Ta Tung, Ching-Fang Lee, elt., 2014). Most research studies have been published related to women's quality of life, but comprehensive practice methods were presented in a limited view by them to strengthen the quality of life of the women. However, this research gap was fulfilled by conducting a present study. This study focused on the impact of yoga on quality of life of women. Simplified Kundalini yoga practices are comprehensively bestowed to maintain the body and mind. This method helps to bring out the holistic health and quality of life among the people. Most of the research found that yoga can improve mental and physical health and suggested to practice the yoga on regular basis. The SKY yoga practices include Naadisuddhipranayamam, Meditation, Simplified physical exercise and Introspection practices.

### **Objectives:**

- To study the demographic profile of the respondents.
- To study the benefits of SKY yoga practice before and after the yoga intervention.
- To study the influence of demographic variable on SKY yoga practice

### **Methodology:**

Research design: Experimental research design was used in the study. The pre-test and post-test one-group design was adopted to study the impact of SKY yoga (Simplified Kundalini Yoga) on women respondents. A sample of 450 women was randomly selected from the list of women who have shown their interest in SKY Yoga (Simplified Kundalini Yoga) at World community Service Centre, Temple of consciousness, Coimbatore district, Tamilnadu. Out of 700 women, 450 women respondents were selected using simple random sampling. The researcher used a questionnaire as a

tool to collect the data from the respondents. The questionnaire consists of a demographic profile and benefits of SKY Yoga practice. The reliability of the scale was found to be 0.743 and face validity was used. The data were analyzed using simple percentage analysis, t-test, ANOVA and paired T-test.

Experiment procedure:

The SKY yoga (Simplified Kundalini Yoga) practices includes Naadisuddhipranayamam, Meditation, Simplified physical exercise and Introspection practices. Total hours of the practice cover 1 and half hour per week over a period of two months (8 weeks). SKY yoga practices were administered as per the schedule:

1. NaddiSuddhi	- 5 Minutes
2. Meditation	- 20 Minutes
3. Simplified Physical exercise	- 45 minutes
4. Introspection	- 10 minutes
5. Discussion	- 10 minutes

**Table 1: Analysis and interpretation: Demographic variables**

S.No	Variables	Particulars	Frequency	Percentage
1	Age	25 and Below	80	17.8
		26 - 30	86	19.1
		31 - 35	60	13.3
		36 - 40	99	22.0
		41 - 45	53	11.8
		46 and Above	72	16.0
2	Marital Status	Single	95	21.1
		Married	355	78.9
3	Family type	Nuclear	280	62.2
		Joint	170	37.8
4	Dependents	Nil	98	21.8
		One	109	24.2
		Two	194	43.1
		Three	27	6.0
		Four	15	3.3
		Five	7	1.6
5	Place of Living	Urban	51	11.3
		Rural	374	83.1
		Sub Urban	25	5.6
6	Education	Elementary School	9	2.0
		High School	75	16.7
		UG Degree	224	49.8
		PG Degree	119	26.4
		M.Phil./Ph.D.	16	3.6
		Others	7	1.6
7	Occupation	Student	70	15.6
		Teacher	50	11.1
		Housewives	267	59.3
		Business	22	4.9
		Private	29	6.4
		Government	12	2.7
8	Income	No Income	334	74.2
		10,000 and below	53	11.8
		10,001 - 20,000	31	6.9

		20,001 - 30,000	7	1.6
		30,001 -40,000	2	.4
		40,001 - 50,000	7	1.6
		50,001 and above	16	3.6
9	Savings	Yes	241	53.6
		No	209	46.4
10	In debt	Yes	110	24.4
		No	340	75.6
11	Socio economic status	Lower	9	2.0
		Lower Middle	110	24.4
		Upper Low	187	41.6
		Upper Middle	142	31.6
		High Income Group	2	.4

The findings related to demographic variable shows that Out of 450 respondents, 99 (22.0%) of them are between the age group of 36-40. The marital status report shows that there are 355 (78.9%) respondents who got married, and the remaining 95 (21.1%) of the respondents are unmarried women. There are 280 (62.2%) respondents who belong to the Nuclear family system. Out of 450 respondents, 194 (43.1%) have two dependents, Out of 450 respondents, 374 (83.1%) of them are residing in the rural area, 224 (49.8%) of them have completed them under graduation. The above table shows that out of 450 respondents, 267 (59.3%) of them are housewives, 334 (74.2%) of them had no income source, out of 450 respondents, 241 (53.6%) of them had savings, The above table shows that out of 450 respondents, 340 (75.6%) of them don't have any debt, The above table 1 shows that out of 450 respondents, 187 (41.6%) of them are in the Upper low state.

**Table: 2 - Difference in benefits of SKY Yoga practice based on Demographic variables**

S.No	Variable	Test	Values	Result
1.	Age	ANOVA	F=.819 Significance =.536	Not Significant
2.	Marital Status	T-test	F=.330 Significance =.566	Not Significant
3.	Family type	T-test	F=4.314 Significance =.038	Not Significant
4.	Dependents	ANOVA	F=.875 Significance =.498	Not Significant
5.	Place of Living	ANOVA	F=2.808 Significance = .061	Not Significant
6.	Education	ANOVA	F=.815 Significance = .539	Not Significant
7.	Occupation	ANOVA	F= 1.419 Significance = .216	Not Significant
8.	Income	ANOVA	F= 4.272 Significance = .000	Significant
9.	Savings	T-test	F= 4.810 Significance =.029	Not Significant
10.	In debt	T-test	F= 23.665 Significance =.000	Significant
11.	Socio economic status	ANOVA	F= 1.923 Significance =.106	Not Significant

There is a significant difference in benefits of SKY Yoga practice based on income and in debt. There is not a significant difference in benefits of SKY Yoga practice based on age, marital status, family type, dependents, place of living, education, occupation, savings and Socio economic status. Therefore, the study concluded that the variables of income and in debt have mostly influenced with the benefits of SKY Yoga practice.

**Table 3: Benefits of SKY Yoga**

S.No	Particulars	Before		After	
		Frequency	Percentage	Frequency	Percentage
1.	Very Good (40-60)	84	18.7	169	37.6
2.	Good (35-39)	140	31.1	123	27.3
3.	Neutral (27-34)	152	33.8	87	19.3
4.	Poor (16-26)	65	14.4	67	14.9
5.	Very Poor (12-15)	9	2.0	2	.4

The above table shows that the result of the study before conducting the study the overall perception level of SKY Yoga practice was Neutral with 152 (33.8%) participants but after undergone 8 weeks of SKY Yoga practice the study identified the specific improvement in the frequency level of very good up to 169(37.6%). Therefore, the study found that there was significant changes have occurred after the SKY yoga practice. The overall perception level of SKY yoga has increased from 152 (33.8%) to 169 (37.6%) after the SKY yoga practice.

**Table 4: Descriptive Statistics of Benefits of SKY YOGA**

	N	Mean	Std. Deviation	Std. Error
Benefits of SKY YOGA Before	70.5822	450	15.49118	.73026
Benefits of SKY YOGA After	107.8511	450	10.39027	.48980

**Table 5: Paired sample Test**

	t	df	Sig. (2-tailed)
Benefits of SKY YOGA Before & After	-47.166	449	.000

The mean value of the benefits of SKY Yoga practice was found at 70.5822. The benefits of SKY Yoga practice of the respondents before practicing SKY Yoga the mean value was found at 70.5822, but after practicing SKY Yoga the mean value of the respondents were found at 107.8511. Besides, it is understood that there is a significant difference found in the mean values, but it needs to be scientifically proven, then the paired T-test was performed. The paired T-test value is -47.166 shows that there is a significant difference in the SKY Yoga practice of the respondents before SKY Yoga practice and after SKY Yoga practice which is evident from the mean value. Thus, from the mean value, it is concluded that after the SKY Yoga practice the benefits of SKY Yoga practice of the respondents has increased considerably. Therefore, it is concluded that the SKY Yoga practice improves or has more beneficial for the women respondents.

#### **Discussion:**

This study mainly focuses on the benefits of SKY Yoga practices before and after the study and the influence of demographic variables with the SKY Yoga practices. Women in society are mostly affected by various factors such as poor nutrition, Pregnancy, motherhood and menopause, negative issues, infertility and perinatal loss, poverty, discrimination, violence, unemployment and isolation and these are all mostly influence the women's physical and mental health. As a result, they face various physical and psychological related problems in their life and that lead to increase the

emotional distress, depression, stress and anxiety. Hence, the physical and mental health of women is affected and they could not achieve the healthy body and mind in this society. Yoga practice is the most important one for women because of their physical and mental conditions they are not able to maintain a balancing system between the work and life. Most of the study identifies the importance of practicing yoga can give more strength to meet various physical related problems. More than 8 hours in a day they spend their whole physical energy only to take care of their family members and in the working place also. So, there is more physical energy is needed to meet all the challenges in life. Some studies have found that mostly the physical problems pull them back from self-development, self-esteem, confidence and boldness against the physical violence. As per the study there was a significant difference in the SKY Yoga practice based on demographic variables such as income and in debt.

Therefore, the study has identified that the factors such as income and in debt are mostly influenced by the benefits of SKY yoga practices to develop the physical and mental health of women. A woman who is physically strong and mentally healthy can cope with all kinds of problems and to develop will power to recover from physical and mental related problems in their life. According to the study report the benefits of SKY Yoga practice mostly supported and helped the overall development of the women participants. The study found that before the practice the perception level in benefits of SKY Yoga was 138(30.7%) and 166 (36.9%) in curing the joint pain and back pain. But after the study the perception level in benefits of SKY Yoga has improved from 138(30.7%) to 351(78.0%) in curing the joints pain and in back pain that has improved from 166 (36.9%) to 344(76.4%). Before the study perception level of SKY Yoga practice in controlling the symptoms of the Blood pressure and diabetic were 167(37.1%) and 161(35.8%) but after the study the level of perception in controlling the symptom of blood pressure has improved from 167(37.1%) to 345(76.7%) and in controlling the diabetic it has improved from 161(35.8%) to 345(76.7%). The study found the changes in anger and conflict management those were 188(41.8%) and 186(41.3%) before the SKY Yoga practice. But after the practice the perception level in anger has positively increased from 188(41.8%) to 355(78.9%) and the perception level in conflict has positively improved from 186(41.3%) to 348(77.3%). The perception levels in peace and family relationship were 182(40.4%) and 191(42.4%) before the study, but after the study the levels have increased from 182(40.4%) to 340(75.6%) and from 191(42.4%) to 348(77.3%). According to the study report the perception level of the SKY Yoga practice has significantly improved after study in curing joint pain, body pain, controlling blood pressure and diabetic, reducing anger and conflict, and maintaining peace and relationship among family members. The result of the study positively impacted with the 450 respondents because of those who have actively performed the recommended SKY yoga practices. The SKY yoga practices included Mediation, Introspection, Physical exercise etc. During the study period the participants were properly instructed to perform the SKY Yoga practices. Therefore, the SKY yoga practices have highly impacted in improving overall physical and mental health of women in this study.

### **Conclusion:**

Thus, the study has concluded that SKY yoga practices have the impact on curing the physical and mental health problems. Most of the research studies specifically pointed out that physical problems such as physical pain, neck pain joint pain, have reduced. Some studies have mentioned that yoga practice mostly supported to recover from the breast cancer. Psychological problems such as cognitive function has improved and stress, depression, anxiety problems have significantly reduced after the yoga practices. So, this study highly recommend the SKY Yoga practices particularly for the women as they face lot of physical and psychological problems in their work filed and family life. The government and the private institutions have to take necessary steps to open many health center in order to maintain their physical and mental health of the women to create wealthy and prosperous society.

**Reference:**

Bidwell, A. J., Yazel, B., Davin, D., Fairchild, T. J., & Kanaley, J. A. (2012). Yoga training improves quality of life in women with asthma. *The Journal of Alternative and Complementary Medicine*, 18(8), 749-755.

Doulatabad, S. N., Nooreyan, K., Doulatabad, A. N., & Noubandegani, Z. M. (2013). The effects of pranayama, hatha and raja yoga on physical pain and the quality of life of women with multiple sclerosis. *African Journal of Traditional, Complementary and Alternative Medicines*, 10(1), 49-52.

ErdoğanYüce, G., & Muz, G. (2020). Effect of yoga-based physical activity on perceived stress, anxiety, and quality of life in young adults. *Perspectives in psychiatric care*, 56(3), 697-704.

Kamalifard, M., Yavari, A., Asghari-Jafarabadi, M., Ghaffarilaleh, G., & Kasb-Khah, A. (2017). The effect of yoga on women's premenstrual syndrome: A randomized controlled clinical trial. *International Journal of Women's Health and Reproduction Sciences*, 5(3), 205-211.

Kumar, A., Rajesh, S. K., & Majumdar, V. (2019). *Immediate Effect Of 2\_Yoga-Based Relaxation Techniques on Fatigue, State Anxiety, And Vigor in Adults: A Comparative Study* (Doctoral dissertation, SVYASA).

Lavretsky, H. (2010). Spirituality and aging. *Aging health*, 6(6), 749-769.

Vijayalakshmi, C., & Devarajan, V. *A Review Of Efficacy Of SwamijiVethathiri Maharishi Acupressure 14 Points Exercise Therapy To Alleviate Insomnia Related Problems*. Chief Editor.

Misra, N., Gupta, A., Alreja, S., & Prakash, O. (2013). Effect of Raj Yoga meditation on affective & cognitive functions. *International Journal of Health Sciences and Research*, 3(2), 38-46.

Rao, R. M., Amritanshu, R., Vinutha, H. T., Vaishnaruwy, S., Deepashree, S., Megha, Ajaikumar M, B. S. (2017). Role of yoga in cancer patients: Expectations, benefits, and risks: A review. *Indian journal of palliative care*, 23(3), 225.

Tollefson, D. R., Webb, K., Shumway, D., Block, S. H., & Nakamura, Y. (2009). A mind-body approach to domestic violence perpetrator treatment: Program overview and preliminary outcomes. *Journal of Aggression, Maltreatment & Trauma*, 18(1), 17-45.