

THE IMPACT OF SKY YOGA PRACTICES ON RESILIENCE AMONG WOMEN

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Abstract:

Kundalini yoga is a system which includes various spiritual practices such as Meditation, Simplified physical exercise, Kayakalpa and introspection. SKY yoga practice helps to maintain physical and mental health and support overcome illness. This study primarily examines the impact of SKY yoga on the resilience of women. The sample (N=150) was obtained from the yoga practitioners at the Arivuthirukkovil, Aliyar. The data was obtained and analyzed before and after the practice of SKY yoga from the participants. The pre-test and post-test one group designs were adopted to study the impact of SKY yoga practice on the resilience of the participants. As regards the resilience of respondents prior to the practice of SKY Yoga the mean value was found to be 64.1867 but after practicing SKY Yoga the mean value of the individuals was seen to be at 85.2267. The paired T-test was performed. The paired T-test value was -14.523, which reveals that there is a significant difference in the resilience of the respondents before SKY Yoga practices and after SKY Yoga practices as is evident from the mean value and the T value. The study report reveals that SKY yoga practices supported and

offer the technique to resist against the challenges and provide more strength for body and mind to overcome from short term and long term problems. Hence, SKY Yoga practices are obviously very useful to manage many life-oriented events which increase problems in our daily life.

Introduction:

Resilience is the most important one for women as they face a lot of challenges and difficulties in their life such as conflict childhood, unhappy marriage, physical illness and the loss of their husbands in the family system. Besides, they are affected by the external crisis of political, economic and social factors. When compared with men women are seriously affected in stressful situations. Women are mostly affected by the stress and depression because sometimes they need to migrate to another country and to be displaced due to natural disasters. So, they had to have strong responsibilities to protect themselves and their children against the violence. Resilience is often defined as the ability to deal with challenges and adversity while maintaining or recovering psychological health. Resilience is the most important one for women at challenging tasks. It helps them to face the failure and conflict.

(Luthans, 2002). The ability like resilience helps women to excel in their career without any barriers. And another important resource is optimism which supports them to tackle the internal and external situations. (Youssef and Luthans, 2013). A lot of researches have been conducted regarding these issues as they are losing their resilience and are also shown in a very low level sometimes when their country is in war situations. The level of endurance in maintaining such resilience in any situations is differed from woman to man. Women are severely affected by the sexual abuse and domestic violence, displacement and social discrimination hence; they need to have more resilient to sustain themselves and their communities than men. (Mariya juliya moreyra (2020). Women will power can be strengthened by providing the valuable resource of being optimism, independence and ability to overcome from all the obstacles. Women should have possessed the character of being resilient in their earlier age that will help them to sustain the resilient for their whole life. Hence, on the basis of developing the resilience among women they have to be brought educated to endure any kind of situations in life. Social justice and strong protection against the violence in society and nations can empower the women in all fields. Secure attachments, emotional awareness and self-efficacy are led the one to achieve low level of stress. A research study found that the individual who had behavioral attitude of self-efficacy can manage stress through proper physical exercise, social support and self-care was very low level in the symptoms of stress. (Laird, K. T. Preacher, al el., 2015). In a study, participants have reported their experiences of what they have achieved after the yoga practice. Breathing practice made them to feel more aware and could

find the center of their concentration. The study report also reveals that the participant after the breathing practice could feel the mindfulness. Some of them say, they can deal with the problem because of their strong ability of resilience they have in their mind and guide them to get back from the problem.

The ability to deal with difficulties is common to both the women and the men but women need to be more resilient than men to recover from the obstacles in life and career. Dr. Gail M. Wagnild is the founder of the Resilience center and an expert on resilience says that being as a resilient person can support to you to challenge any situations and accumulate more confidence in your personal, professional and social life. Many research studies have been conducted on the resilience, but the comprehensive practice method was presented with a limited view to strengthen the above factors among women. The present study has been conducted for the purpose of filling in this gap in the research. It focuses on the effect of yoga on the resilience of women. Simplified Kundalini yoga practices are comprehensively imparted to maintain physical and mental health. The practices help to improve holistic health and the resilience of women. Deep research has revealed that yoga improves mental and physical health for which reason it has been suggested that yoga should be practiced on a regular basis. SKY yoga practices include Naadi Suddhi Pranayama, Meditation, Simplified Physical exercise and Introspection practices.

Review Literature:

In trauma condition mind is in a dysfunctions state and this resulted in psychological problems such as low level of

heartbeat, uneasy in breathing, muscles tightness, hyper-arousal and substance use etc., J. Briere and J. Spinazzola,(2005). The study found that some unavoidable conditions such as accidents, natural disasters, and illness women should have a strong mind to cope with these problems. According to Ungar resilience is more important and they can be attained through the psychological, social, cultural and physical resources and lead them to live a meaningful life. (Michael Ungar, Mehdi Ghazinour et al.,(2013) The study found that they had low level of self-esteem, inability in coping skills and high states of arousal were the symptoms while they are in the condition of trauma. In research studies the physiological and psychological effects of body-mind interventions are focused to find the impact of yoga practices. B. A. Van der Kolk, (2006) Basically, yoga comprises exercises, breathing, muscle relaxation and meditation. After the study they have found that yoga practices had supported to enhance the ability of tolerating unpleasant feelings and how to reduce stress with the help of yoga practices. In a study they conclude that yoga practice can increase resilience and enhance mind-body awareness then it can change the cognitions and behaviors of man. S. B. S. Khalsa (2004). A larger US study was conducted with 20000 adults. The study found that loneliness was correlated with other risk factors such as less physical exercise, lower sleep quality, lower social engagement and poor physical health. (Cigna, Cigna loneliness index 2018).

Objectives:

To study the demographic profile of the respondents.

To study the perception of Yoga practice.

To assess the level of resilience of the respondents.

To measure the impact of SKY yoga practices on the resilience of the respondents.

To suggest suitable measures for achieving the resilience of the respondents.

Methodology

Research design: Experimental research design was used in the study. The pre-test and post-test one-group designs were adopted to study the impact of yoga on the resilience of the respondents. A sample of 150 women was randomly selected from the list of women who have shown interest in yoga at Arivuthirukkobil. Out of 700 women, 150 women respondents were selected using simple random sampling.

Experiment procedure:

The researcher used a set of questionnaire as a tool to collect the data from the respondents. The questionnaire consists of a demographic profile and resilience scale. The resilience scale is profound by Carol Ryff, (1989, 1995) which is 5 point scale scores are measured from 1 to 5. The reliability and validity of the scale were found to be 0.83. The data were analyzed using simple percentage analysis and paired T-test. In this study, 150 women respondents were involved at Arivuthirukkobil Aliyar. The SKY yoga practices includes Naadi Suddhi Pranayama, Meditation, Simplified physical exercise and Introspection practices Total hours of the practice cover 1 and half hour. SKY yoga practices were given as per the schedule:

- | | |
|-----------------|--------------|
| 1. Naadi Suddhi | - 5 Minutes |
| 2. Meditation | - 20 Minutes |

- 3. Simplified Physical Exercise - 45 minutes
- 4. Introspection - 10 minutes
- 5. Discussion - 10 minutes

Analysis and interpretation: Demographic variables

The findings related to demographic variable shows that Out of 150 respondents, 37(24.7%) of them are between the age group of 36-40. The marital status report shows that there are 122 (81.3%) respondents who got married, and the remaining 28(18.7%) of the respondents are unmarried women. There are 101 (67.3%)

respondents who belong to the Nuclear family system. Out of 150 respondents, 66(44.0%) have two dependents, Out of 150 respondents, 113(75.3%) of them are residing in the rural area, 65(43.3%) of them have completed them under graduation. The above table shows that out of 150 respondents, 82(54.7%) of them are housewives, 105(70.0%) of them had no income source, out of 150 respondents, 85(56.7%) of them had savings, The above table shows that out of 150 respondents, 108(72.0%) of them don't have any debt, The above table 1 shows that out of 150 respondents, 52(34.7%) of them are in the Upper low state.

Table 1: Perception of Yoga

Before

After

VARIABLES	PARTICULARS	FRE QUENCY	PERCENT TAGE	PARTICULARS	FRE QUENCY	PERCENT TAGE
suitable for all age group	Strongly Disagree	11	7.3	Strongly Disagree	8	5.3
	Disagree	28	18.7	Disagree	5	3.3
	Neutral	42	28.0	Neutral	16	10.7
	Agree	60	40.0	Agree	29	19.3
	Strongly Agree	9	6.0	Strongly Agree	92	61.3
All-round workout	Strongly Disagree	4	2.7	Strongly Disagree	3	2.0
	Disagree	50	33.3	Disagree	1	.7
	Neutral	49	32.7	Neutral	12	8.0
	Agree	41	27.3	Agree	33	22.0
	Strongly Agree	6	4.0	Strongly Agree	101	67.3
Benefit for body and mind	Strongly Disagree	4	2.7	Strongly Disagree	3	2.0
	Disagree	25	16.7	Disagree	4	2.7
	Neutral	51	34.0	Neutral	6	4.0
	Agree	62	41.3	Agree	26	17.3
	Strongly Agree	8	5.3	Strongly Agree	111	74.0
Achieve life goal	Strongly Disagree	6	4.0	Strongly Disagree	2	1.3
	Disagree	45	30.0	Disagree	4	2.7
	Neutral	60	40.0	Neutral	6	4.0
	Agree	29	19.3	Agree	22	14.7
	Strongly Agree	10	6.7	Strongly Agree	116	77.3
Develop value and discipline	Strongly Disagree	6	4.0	Strongly Disagree	2	1.3
	Disagree	41	27.3	Disagree	3	2.0
	Neutral	45	30.0	Neutral	4	2.7
	Agree	52	34.7	Agree	24	16.0
	Strongly Agree	6	4.0	Strongly Agree	117	78.0
Part of Life	Strongly Disagree	10	6.7	Strongly Disagree	3	2.0
	Disagree	35	23.3	Disagree	3	2.0
	Neutral	44	29.3	Neutral	5	3.3
	Agree	49	32.7	Agree	18	12.0
	Strongly Agree	12	8.0	Strongly Agree	121	80.7

In this study, the respondent's perception levels were evaluated with the standard questions. The results found that among the 150 respondents 60(40%) of respondents had mentioned the option of agreeing before taking the sky yoga practice but after the sky yoga practice 111(74.0) respondents have positively responded with the answer to strongly agree for the question of Yoga is suitable for all age group. Out of 150 respondents, 50(33.3%) of the respondents have mentioned the option of Disagree before taking the sky yoga practice but after the sky yoga practice 101(67.3) respondents have positively responded with the answer to strongly agree for the question of yoga is an all-round workout. Out of 150 respondents, 62(41.3%) of the respondents have mentioned the negative option of Disagree before taking the sky yoga practice but after the sky yoga practice 101(67.3) respondents have positively responded with the answer to strongly agree for the question of yoga is benefited for the body and mind. Out of 150 respondents, 60(40.0%) respondents have mentioned the Neutral option before taking the sky yoga practice but after the sky yoga practice, 116(77.3%) of respondents have positively responded with the answer of strongly agree for the question of yoga helps to achieve the life goal.

Out of 150 respondents, 52(34.7%) of the respondents have mentioned the option of agreeing before taking the sky yoga practice but after the sky yoga practice, 117(78.0%) of the respondents have positively responded with the answer to strongly agree for the question of yoga develops the values and discipline. Out of 150 respondents 42(32.7%) of respondents have mentioned agree option before taking the sky yoga practice but after the sky yoga practice, 121(81.3%) of respondents have positively mentioned the answer of strongly agree for the question of yoga is part of life.

Table 2. Significance difference in resilience based on Demographic variables:

S.NO	VARIABLE	TEST	VALUES	Result
1.	Age	ANOVA	F=.687 Significance =.634	Not Significant
2.	Marital Status	T-test	F= 2.988 Significance =0.86	Not Significant
3.	Family type	T-test	F= 2.90C Significance =.090	Not Significant
4.	Dependents	ANOVA	F= 1.525 Significance =.211	Not Significant
5.	Place of Living	ANOVA	F= 3.722 Significance =.026	Not Significant
6.	Education	ANOVA	F= 2.778 Significance =.029	Not Significant
7.	Occupation	ANOVA	F= 1.428 Significance =.218	Not Significant
8.	Income	ANOVA	F= 2.658 Significance =.018	Not Significant
9.	Savings	T-test	F= 1.376 Significance =.243	Not Significant
10.	Socio economic status	ANOVA	F= .955 Significance =.434	Not Significant

There is not a significant difference in resilience based on age, marital status, family type, dependents, place of living, education, occupation, income, savings, in debt and socio economic status. Therefore, it is concluded that there is no variable influencing the resilience of women respondents.

Table 3: Difference in resilience before and after Yoga

VARIABLES	Before		VARIABLES	After	
	FREQUENCY	PERCENTAGE		FREQUENCY	PERCENTAGE
Very High	24	16.0	Very High	37	24.7
High	49	32.7	High	52	34.7
Moderate	45	30.0	Moderate	42	28.0
Low	24	16.0	Low	18	12.0
Very Low	8	5.3	Very Low	1	7
Total	150	100	Total	150	100
Mean	64.1867		Mean	85.2267	
	t = -14.523		df - 149	Sig. (2-tailed) .000	

Table 3 specifically pointed out the results of sky yoga practices and their impact on resilience among women. The resilience of women before they undertake the sky yoga practice was high with 49(32.7%) of the respondents. But after the SKY Yoga practices resilience of women has significantly increased in the levels of high and very high. The outcome of the results when compared with the before data the value of high has increased from 49(32.7%) of respondents to 52(34.7%) of respondents after the SKY Yoga practice. The resilience of women has increased from 32.7% to 34.7% and the difference between these two values was 2%. Therefore, 2.0% of the resilience of women has increased after the SKY Yoga practice.

The results when compared with the before data the value of very high has increased from 24 (16.0%) respondents to 37 (24.7%) respondents after the SKY Yoga practice. The resilience of women has increased from (16.0%) to (24.7%) and the difference between these two values was 8.7%. Therefore, 8.7% of the resilience of women has increased after the SKY Yoga practice. The resilience of respondents before practicing SKY Yoga the mean value was found at 64.1867, but after practicing SKY Yoga the mean value of the respondents was found at 85.2267. 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 -14.523 shows that there is a significant difference in the resilience of the respondents before SKY Yoga practices and after SKY Yoga practices which is evident from the mean value. It is evident from the t value. Thus, from the mean value, it is concluded that after the SKY Yoga practice the resilience of the respondents has increased considerably. Therefore, it is concluded that the SKY Yoga practice improves or has a meaningful outcome on the resilience of respondents.

Discussion

This study mainly discusses the benefits of yoga practices and how the yoga supports to strengthens the resilience among women. Women in society are mostly affected by various factors such

as work pressure, family dispute, health issues, poverty, inequality and sexual violence against women. As a result, psychological problems of stress, depression, anxiety, are increasing among the women.

The result of the study positively impacted the 150 respondents because of those who have actively performed the recommended SKY yoga practices. The SKY yoga practices included Mediation, Introspection, Physical Exercise etc. Before the SKY yoga practices this study could find out that most of the women had low level in resilience and were seriously affected by psychological problems. But, after the practices resilience positively influenced the women respondents. The study report has revealed that SKY yoga practices primarily provided the support to balance their emotional stability and recover from various resilience issues quickly. Hence, SKY Yoga practices are very useful for managing the various life-oriented events that increase problems related to resilience issues.

Conclusion

Thus, the study has concluded that SKY yoga practices have to be performed on a regular basis to have a strong resistance in mind. So, this study recommends that a particular time be allotted to perform the SKY yoga to balance emotional stability and sustain mental capacity in various fields and all through one's life. Governments, as well as the private institutions, have to take the necessary steps to open many health centers and counseling cells to provide proper solutions along with the yoga practices.

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