

## Effect of Vethathiri Maharishi's Simplified Kundalini Yoga on Stress among Adolescent Girls

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### Abstract

The purpose of the present study was to find out the effect of Simplified Kundalini Yoga (SKY) practices on stress among adolescent girls. It was hypothesized that there would be a significant difference in stress level among adolescent girls due to the influence of SKY practices than the control group. For achieving the purpose of the study a total of 30 adolescent girls were selected at random as samples from Government Higher Secondary school, Thiruvallur District. Adolescent girls aged between 13 and 15 years were selected at randomly and divided into an Experimental group and a Control group with 15 subjects each. The Experimental group underwent Simplified Kundalini Yogic practices in a schedule of weekly five days from Monday to Friday for six weeks. The duration of practice time for Experimental group, for first two weeks was 45 minutes, duly increasing the practice time from 45 minutes to 60 minutes during 3<sup>rd</sup> and 4<sup>th</sup> weeks and from 60 minutes to 90 minutes during 5<sup>th</sup> and 6<sup>th</sup> weeks. SKY practices include Simplified Yogic Physical Exercises, Simplified Kayakalpa Yogic Exercises, Introspection and Meditation practices. Subjects of Control group were allowed to continue with their normal day to day life routine during the Experimental period and were not given any yogic practices.

Pre-test and post-test were conducted before and after the training program for both the groups. Stress level was assessed with the help of Everly Girdano(1980) stress scale questionnaire which consists of statements with four options and the score ranges from 0 to 42. Lesser the score, lesser the stress level. Analyze of Co-Variance (ANCOVA) was used as a statistical tool to find out the significant differences. The statistical findings of the study revealed that the stress level of the students of Experimental group, the practitioners of Simplified Kundalini Yoga significantly decreased than the Control group. Hence the hypothesis was accepted at 0.05 level of confidence. The conclusion was that the SKY practices help to decrease stress level among adolescent girls.

**Key words:** Simplified Kundalini Yogic practices, Stress.

**Introduction:**

Adolescent girls are facing challenges in physical, mental, emotional and social level. Being the transition period their sudden and rapid physical development make them to be self conscious and sensitive. Peer group pressure, parental pressure, striving to prove their academic efficiency, influence of media and gadgets, lack of concentration in studies force them to lead a stressful life. Emotionally disparity compel them to take wrong decisions. Mental health promotes the physical health, in turn physical health promotes the confidence level to accomplish in academics, career and obviously in life with peaceful approach. Stress free life alone triumph. Simplified Kundalini Yoga has become an accepted part of the training regimen to improve psychological and physiological and as well as physical aspects.

Stress is a psychological pressure or pain. The term “stress” was coined by Hans Selye in 1936, who defined stress as “the non-specific response of the body to any demand for change”. Positive stress or eustress is response of excitement or respond but may also be caused well to a challenge that experience from a stressor. Stress can be external and related to the environment but may also be caused internal perception that cause an individual to experience anxiety or other negative emotions surrounding a situation such as pressure, discomfort, etc., which they then deem stressful. Stress causes heart disease, High blood pressure, digestive problem, head ache and even cancer. Adolescent girls go through developmental stage in which they experience many waves of success and failures. When failures is not handled with proper approach, students may experience stress. Stress affects physical, mental, emotional, social and intellectual health.

Simplified Kundalini Yogic Practices which include Simplified Yogic Physical Exercises, Simplified Kayakalpa Yogic Exercises, Introspection and Meditation practices, play vital role in promoting the mental health of the students to balance success and failure stably. Everybody accepts that yoga can improve the coordination between the body and the mind.

Simplified Kundalini Yoga is a great form of exercises for physical body and mind. It is highly useful to control mind, improve concentration and to relax the body. Yoga helps to reduce stress and anxiety and cultivate self-confidence. Yoga can play a key role in cultivating mind control and concentration which helps the adolescence to perform their best in academics, cultural, sports etc. The present study was undertaken the sole aim to find out the effect of Simplified Kundalini yogic practices on stress among adolescent girls.

**Purpose of study:**

The purpose of study was to find out the effect of Simplified Kundalini Yoga (SKY) given by **Vethathiri Maharishi** on stress among adolescent girls.

**Hypothesis:**

It was hypothesized that there would be significant difference due to the Simplified Kundalini Yogic practices on stress among adolescent girls.

**Methodology:**

The selection of subjects, training, testing and statistical procedure were explained below.

**Selection of subjects:**

For achieving the purpose of the study, a total of 30 adolescent girls between 13 and 15 years of age were selected as samples from Government Higher Secondary school, Thiruvallur District. The selected subjects were divided into two groups with 15 each as Experimental group and Control group.

**Training procedure:**

The subjects were used to practice Simplified Kundalini Yoga for 6 weeks on all five days of the week except Saturday and Sunday. The duration of training period for first two weeks was 45 minutes, duly increasing the practices time from 45 minutes to 60 during 3<sup>rd</sup> and 4<sup>th</sup> weeks and 90 minutes during 5<sup>th</sup> and 6<sup>th</sup> weeks. The Simplified Kundalini Yogic practices include Simplified Yogic Physical Exercises, Simplified Kayakalpa Yogic Exercises, Meditation and Introspection practices. Control Group was permitted to undergo their normal lifestyle during the course of experiment, as they did not receive any yogic training program.

**Testing procedure:**

The pre and post tests were conducted on Stress by using Everly and Girdano stress scale. This scale consists of 14 statements with four options and score ranges from 0 to 42. Lesser the score lesser the stress level.

**Statistical Procedure:**

The data pertaining to the variables collected from Experimental group and Control group, before and after the training period were statistically analyzed by using Analysis of Co-Variance (ANCOVA) to determine the significant difference and tested at 0.05 level of significance.

**Results and Discussions :**

The Statistical Analysis of data on stress collected from Experimental and Control group have been presented in the following Table.

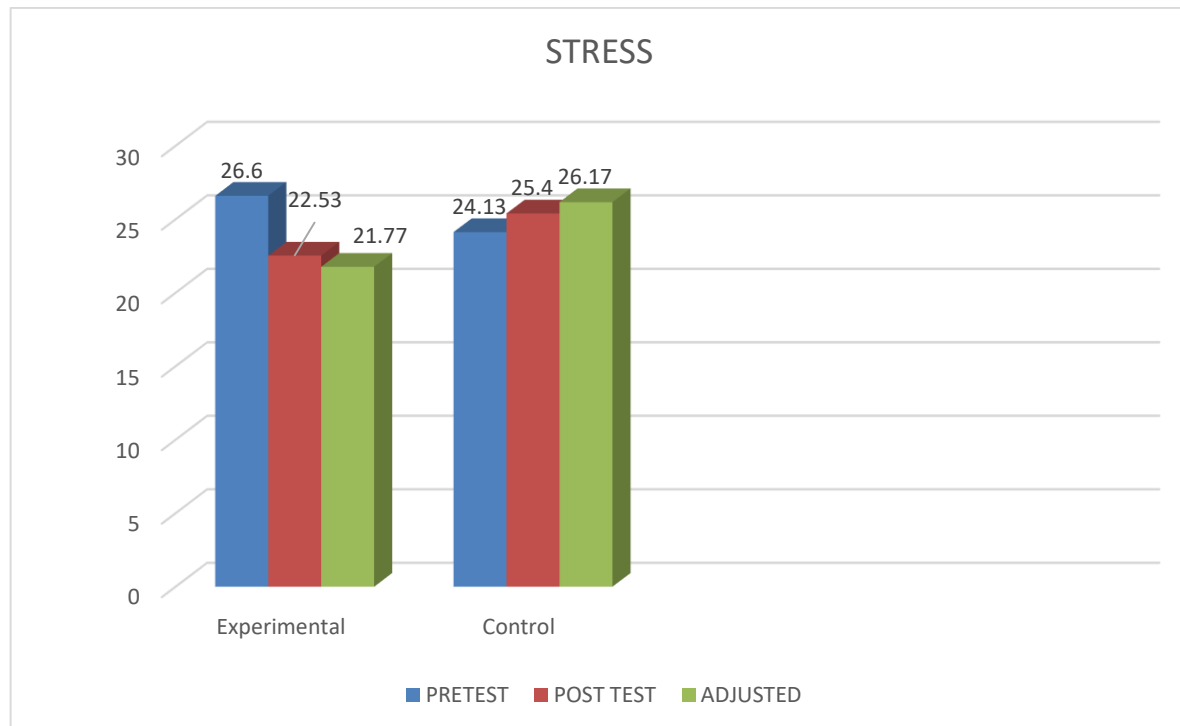
**Table****Analysis of Covariance for Pre, Post and Adjusted mean on Stress of Experimental and Control Group**

TEST	Group		Sv	Sum of Squares	df	Mean Square	F ratio
	Experi mental	Control					
Pre test Mean	26.6	24.13	B	45.63	1	45.63	3.28
			W	389.33	28	13.90	
Post test Mean	22.53	25.4	B	61.63	1	61.63	4.6
			W	375.33	28	13.40	
Adjusted Mean	21.77	26.17	B	130.11	1	130.11	15.66
			W	224.41	27	8.31	

Significant at 0.05 level of confidence for the degree of freedom 1 and 28 is 4.20 and df 1 and 27 is 4.21.

It was observed from the above Table that there was significant difference in the pretest (3.28). The significant difference was observed in posttest (4.6) for df 1 and 28 at 0.05 level of confidence and also in adjusted post-test (15.66) for df 1 and 27. The result of the study indicated that the stress level decreased due to six weeks yogic practice among the adolescent girls.

**Bar Diagram Showing the Mean Value of Pre, Post and Adjusted Test on Stress**



### Conclusion:

From the analysis and discussion of the present study, it was concluded that Stress level significantly reduced due to the influence of Simplified Kundalini Yogic practices among adolescent girls.

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