



EFFECT OF SIMPLIFIED KUNDALINI YOGA ON SELECTED PSYCHOLOGICAL VARIABLE AMONG HIGHER SECONDARY SCHOOL GIRL STUDENTS

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ABSTRACT

Yoga is a complete life science. It is predominately concerned with maintaining a state of equanimity at all costs. The Yoga is needed as a powerful remedy not only for the day to day problems but also to overcome all health problems. Yoga brings best results in the growing children. Maduvankarai corporation school was chosen for the purpose of teaching Simplified Kundalini Yoga of class eleventh girl students. The SKY training for a period of four weeks was given to 15 students and 15 students were considered as control group with no training. Survey method was used to find the effect of the training. Based on the analysis of data it was concluded that SKY yoga training was useful to control stress among higher secondary school girl students.



KEY WORDS: Kayakalpa, Meditation, Stress.

INTRODUCTION

Yoga believes in uniting human self with the supreme soul. Very recently, Yoga education as got a great impetus throughout the world with different objectives. Yoga education concentrates on physical exercise for physical fitness and for strong and healthy mind; it keeps relation with pranayama and meditation.

Different breathing exercises or techniques are there to calm the mind and brain offering inner peace and ability to face and deal with any problem.

Stress is a normal response of the body towards the situation which seems difficult to manage. Students undergo stress to give progress in the academics.

SIMPLIFIED KUNDALINI YOGA

Simplified Kundalini Yoga was founded by Vethathiri Maharishi. Maharishi's Kundalini yoga is subdivided into

1. Simplified Physical Exercises
2. Kayakalpa Yoga
3. Meditation

Purposes of Simplified Physical Exercise:

Simplified Physical Exercise strengthens the body and helps to regularize the functioning of all systems to eradicate sinful imprints.

Purpose of Kayakalpa:

It gives significant physical mental as well as spiritual benefit by intensifying one's life force. Significant results have been observed in various types of chronic diseases and overall health conditions.

Longevity of life, can be achieved, slowdown ageing and maintaining youthfulness and to lead a diseases free healthy life. Chronic diseases are controlled on doing this practice. In students, the memory power increases visibly.

Meditation:

It is a stylized mental technique respectively practiced for the purpose of subjective experience that is frequently described as a very useful silent and heightened alertness, often characterized as blissful.

Girls are equally capable doing of all the duties of boys. Higher secondary school girls get frustrated due to the sudden change off education pattern. They lack in concentration which leads to poor performance in the studies.. Yoga is the much needed technique for the overall development of higher secondary school girl students.

Hypothesis

1. There would be significant difference in psychological variable Stress among the higher secondary school girl students due to Simplified Kundalini Yoga.

Significance of the study:

The study was significant in assessing the selected psychological variable Stress among the higher secondary girl students.

Methodology

For this study, thirty higher secondary girl students have been selected and divided into group A (experimental group) and group B (controlled group) of 15 subjects each. The experimental group participated in the training (Simplified Kundalini Yoga). Pre-test and post were conducted with standardized equipments before and after the completion of training.

Table 1: Computation of Analysis of Covariance on Stress

	Experimental Group	Control	Source of Variance	Sum of Squares	Df	Mean Squares	F
Pre-Test Mean	25.83	28.16	Between	67.29	1	67.29	3.31
			Within	978.72	48	20.39	
Post-Test Mean	22.84	28.87	Between	456.01	1	456.01	33.87*
			Within	646.00	48	13.45	
Adjusted Post Test Mean	23.67	28.05	Between	222.77	1	222.77	77.26*
			Within	135.50	47	2.87	
Mean Diff	-2.99	0.71					

*Significant at 0.05 level of confidence for 1 and 48 (df)=4.04 and 47(df)=4.05

From Table-1, the experiment group showed mean difference on psychological variable Stress.

CONCLUSION

Simplified Kundalini Yoga improved the psychological variable Stress among higher secondary school girl students.

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