



EFFECTS OF SKY RELAXATION PRACTICE ON SELECTED SLEEPING DISORDER AMONG INTELLECTUAL DISABLED CHILDREN

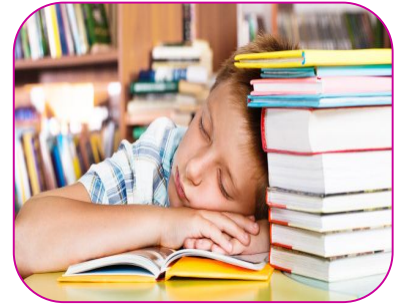
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ABSTRACT

The purpose of the study was to find out the effect of SKY Yoga Neuro Muscular Breathing Exercise with deep Relaxation Practice on selected Sleeping Disorder variables of children with Intellectual Disability. It was hypothesized that there would be significant differences in selected sleeping disorder among intellectual disabled children due to the influence of SKY Neuro Muscular Breathing Exercise and Relaxation practices. To achieve the purpose of the study, 25 children with Intellectual Disability was selected from Panchayath Union Middle School, Housing Unit, Kavundampalayam, Coimbatore. The test the significance 0.05 level of confidence was fixed. Based on the results the study was concluded that the SKY Yoga Neuro Muscular Breathing Exercise with deep Relaxation Practice was significantly reduce the sleeping disorder among Intellectual Disabled children.



KEY WORDS: Yoga, SKY Relaxation Practice, Sleeping Disorder, Intellectual Children.

INTRODUCTION

Yoga provides multimodal learning for students with disabilities. Yoga is often a slow and meditative process; it helps these individuals slow down and increases attention and focus. All are agree that yoga activities make a positive impact on individuals with special needs. Relaxation practices improve Calm Mind; reduce Anxiety and Stress for individuals with disabilities like Down syndrome. Individual wellness comprises both psychological and physiological wellbeing, which are interrelated. In long-term monitoring of wellness, both components should be included. Early identification of intellectual disability symptoms and early intervention could reduce parents suffering and improve these children psychological and physiological wellbeing. Relaxation is necessary for good health and peace of mind.

Intellectual children are a usually face problems in sleeping and it leads to a harmful effect on the usual functions of the children. This disorder is highly prevalent in children with intellectual and Down syndrome. Sleeping problems are often correlated with behavioural management problems, such as irritability, anxiety and hyperactivity. Sleep is defined as “a reversible behavioural state of perceptual disengagement from and unresponsiveness to the environment”. Sleeping is divided into two main states: Rapid Eye Movement sleep (REM) and non-REM sleep (NREM). During sleep, the brain moves through these two states in a cyclical fashion. While the hypothalamus plays an important role in sleep-wake cycle regulation, other brain regions are essential to the sleep-wake process. When sleep occurs there is a transfer from sympathetic to parasympathetic regulation, and wake-activation systems are dampened. Each of our body cells is governed by the instinctive subconscious mind. They have both an individual and a collective consciousness. When the thoughts and desires pour into the body, the cells are activated; the body always obeys the group demand. It has been scientifically proven that positive thoughts bring positive

result to cells. As meditation brings about a prolonged positive state of mind, it rejuvenates body cells and retards decay. One can learn to relaxation technique, anymore surely got a deep sleep.

SKY RELAXATION PRACTICE

Relaxation is experienced by the body and mind when little or no energy is consumed. It is Nature's way of recharging. SKY Relaxation refers to the loosening of bodily and mental tension. Keeping muscles in a constant alert state expends a great amount of your energy, which then is unavailable when your muscles are called upon to really function. Conscious relaxation trains your muscles to release their grip when you don't use them. This relaxation keeps the muscles responsive to the signals from your brain telling them to contract so that you can perform all the countless tasks of a busy day. Relaxation is a conscious endeavour that lies somewhere between effort and no effort. Why do SKY Relaxation practice to Intellectual disabled children? This practice, in the short term, calm the mind and relaxes. Heightened awareness of body & mind integration is cultivated. At the most basic level, Relaxation is a tool for improve the Sleeping duration. It increases relaxation and decreases blood pressure. It also decreases cortisol, a stress hormone related to all sorts of health issues, including mental retardation. Cortisol suppresses the immune system and decreases bone formation. Relaxation balances the sympathetic and parasympathetic nervous systems. On a deeper level, Relaxation integrates and provides homeostasis. It establishes awareness in the Third Eye. On the deepest level, relaxation can help to transform negative patterns in turn potentiating our deepest self. Scientists have mapped the brain's activity around relaxation practice. EEG's have demonstrated that the increase of alpha brain waves during this practice is linked directly with relaxation of the nervous systems.

Relaxation induces a deep, meditative state of rest and helps in repairing tissues and cells. It is good for rejuvenation and also a perfect way to end a yoga session. Sensory stimulation and external distractions are ultimately minimised to help the body to relax completely. Muscular and skeletal tension is consciously relaxed, calms the mind, reduces fatigue and stress, lowers blood pressure, relieves tension and headache and improves sleep. It makes you feel happy and content, besides countering mental problems like tension, stress, anxiety, insomnia and nervous weakness. It also improves concentration and mental stability. Routine Relaxation Practice leads to increase in the Concentration, Remembering, Co-ordination, Confident & Good Memory capacity.

OBJECTIVES OF THE STUDY

- To study the socio economic family background of the mentally-retarded children.
- To examine the pattern of mental retardation found among the children
- To study about Effects of SKY Relaxation Practice on selected Sleeping Disorder among Intellectual Disabled Children.

REVIEW OF LITERATURE

To and Chan (2000) investigated the effectiveness of progressive muscle relaxation at reducing aggressive behaviour in persons with mild to moderate mental retardation. A squeeze toy was used to increase subjects' interest in learning and their understanding of the tension-release cycle. The total frequency of aggressive behaviours was reduced from 136 behaviours pre-training and 116 post-training, which represents a 14.71% decrease. After training, there was a noted decrease in the frequency of 10 behaviours, however an increase in 3 behaviours. With a level of significance level set at .05, there was no significant difference between the pre-assessment and post-assessment scores for all items and the total scores. This lack of significant improvement was attributed to the possibility that there was not a transfer of learning. It was noted that although participants were able to practice muscle relaxation during the testing session with multiple cues from the researcher, they were unable to generalize the technique for use in other life situations.

Lindsay et al. (1989) compared an abbreviated form of PRT (abbreviated as APR) to a behavioural relaxation technique (BRT) on reducing anxiety defined by the Behavioural Anxiety scale in individual and

group settings for persons with moderate to severe mental retardation. They found that the Individual-BRT group was significantly less anxious ($P < .01$) than the Group-APR group, the Individual-APR group, and the control group. The Group-BRT showed significantly less anxiety than the control group, and the Individual-APR group showed less anxiety than the control group. The post-treatment period showed that the Individual-BRT group had significantly less anxiety than the Group-APR group, the Individual-APR group, and the control group. The Group-APR group showed significantly less anxiety than the control group, and the Individual-APR group showed significantly less anxiety than the control group. There were significant decreases between baseline and post-treatment measures for the Individual-APR group and the Group-APR group. Although the BRT was shown to have a greater impact on anxiety, APR was still shown to reduce anxiety levels compared to the control group. It was noted that the complexity of the PRT may have affected the results because participants had to conceptualize internal tension and release behaviours, which may have been difficult for persons with severe learning difficulties (Lindsay et al., 1989).

METHODOLOGY

This study was designed to find out the effect of SKY relaxation practice on selected sleeping disorder variable and sleeping time measured among Intellectual disabled Children. To achieve the purpose of the study, 25 intellectual disabled children with Down syndrome were selected from Govt. Middle School, Kavundampalayam, Coimbatore, between the age group ranged from 8 to 15 years

TRAINING PROGRAMME:

The following Relaxation practices were carried out to complete the study.

Duration	:	Six weeks
Weekly	:	5 days (Monday to Friday)
Time	:	Daily 10 to 11.30 am.

SCHEDULE:

Prayer Song	:	10 minutes
Blessing & Benefits	:	20 minutes (Vazhga Valamudan chanting)
Nadi Shuthi Pranayama	:	5 minutes
Neuro Muscular Breathing	:	5 minutes
Eye Exercise	:	5 minutes
Surya Namaskaram	:	15 minutes
Relaxation	:	30 minutes

Analysis and Interpretation

Table 1: Mental Retardation among Children

S.No.	Found Among	No. of Respondents	Percentage
1	From birth	21	84
2	Others	4	16
	TOTAL	25	100

From Table-1, it is clear that majority of the respondents 84% were mentally retardation from the birth itself and 16% were due to brain paralysis, accidents etc.

Table 2: Descriptive Statistics

Factors	N	Range	Minimum	Maximum	Sum	Mean	Std. Deviation	Variance
Concentration	26	3	2	5	90	3.4615	1.1395	1.298
Remembering	26	4	1	5	93	3.5769	1.20576	1.454

Co-ordination	26	4	1	5	90	3.4615	1.27219	1.618
Confident	26	4	1	5	85	3.2692	1.5889	2.525
Good Memory	26	4	1	5	72	2.7692	1.10662	1.225

Table 3: Association between Age Group and Factors

		Sum Squares	of df	Mean Square	F	Significance
Concentration	Between Groups	16.033	8	2.004	2.074	0.098
	Within Groups	16.429	17	0.966		
	Total	32.462	25			
Remembering	Between Groups	17.632	8	2.204	2.002	0.109
	Within Groups	18.714	17	1.101		
	Total	36.346	25			
Co-ordination	Between Groups	21.997	8	2.75	2.532	0.051
	Within Groups	18.464	17	1.086		
	Total	40.462	25			
Confident	Between Groups	28.353	8	3.544	1.733	0.162
	Within Groups	34.762	17	2.045		
	Total	63.115	25			
Good Memory	Between Groups	12.818	8	1.602	1.53	0.219
	Within Groups	17.798	17	1.047		
	Total	30.615	25			

Table-3 shows that the F-values 0.098, 0.109, 0.051, 0.162 and 0.219 which are not significant at 0.05 level. So, it can be inferred that Relaxation Practice will increase the Concentration, Remembering, Co-ordination, Confident and Good Memory irrespective of age.

FINDINGS

- Majority of the respondents 52% were Male and 48% were Female.
- Majority of the respondents 44% were belongs to 11-13years of the age, followed by 24% in the age group 8-10 years, 20% in 14-16 years, 8% in the age group of below 8 years and 4% belong to above 16 years.
- Majority of the respondents 84% were mentally retardation from the birth itself and 16% were due to brain paralysis, accidents etc.
- From the ANOVA table we inferred that Relaxation Practice will increase the Concentration, Remembering, Co-ordination, Confident and Good Memory irrespective of age.

SUGGESTIONS

- Prevention is better than cure. Some preventive measure for exercising control over the occurrence and development of mental retardation.
- Genetic Counselling & Voluntary Birth Control: Chromosomal aberrations as well as paring of defective recessive genes prove detrimental to normal brain development and functioning.
- Proper care of the Mother & Child: Adequate care of the mother and the newborn infant is essential, and all routine health measures should be adopted for the mothers and the infants.

- Regular Relaxation practices will leads to reduction in the Hyper Activity of the Intellectual Disabled Children.

CONCLUSION

Relaxation Practice helps us to take the appropriate attitude towards our challenges and **thus** tackle them effectively and efficiently. “To have the will to change that which can be changed, the strength to accept that which cannot be changed, and the wisdom know the difference” is the attitude that needs to be cultivated. An attitude of letting go of the worries, the problems and greater understanding of our mental process helps to create a harmony in our body, and mind whose disharmony is the main cause of sleeping disorders. Meditation is a practice to Commune the Consciousness with the vast Universe.” - Vethathiri Maharishi.

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