



YOGA FOR PERSONALITY DEVELOPMENT

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ABSTRACT

The overall purpose of this study is to find out the impact of SKY (Simplified Kundalini Yoga) on personality of the school girls aged between 13 and 15 years. A total of 90 children (girls) were taught SKY practices for a period of 12 weeks and the change in their personality development levels have been analyzed. The yoga exercises intended to improve the personality level through the practices like Simplified physical exercises, Kaya kalpa, Meditation. The subjects were given Rosenberg standardized questionnaire and tested before and after the training. The analysis showed a good improvement in their personality level. The result of the study showed that the personality level has been significantly developed because of SKY yoga. Hence, this signifies that simplified kundalini yoga practice helped to develop their personality among school girls.

KEYWORDS: Simplified Kundalini Yoga, Personality Development, Kayakalpa, Meditation, Introspection.

INTRODUCTION

The impact of many events against young teen age girls in our country recently prompted me to conduct this study. Adolescence starts at the very age of 13, girls between 13 and 15 years go-through more physical and mental turmoil (menstruation, obesity, stress, depression and anxiety) than boys, in this phase of life. There will be a lot of confusion. In order to overcome all these hurdles, there has to be someone or something to help them in this situation. Yoga as a way of life can act as a tool and help them harmonize their mind and body. The regular practice of SKY helps to develop the level of personality among school girls.

WHAT IS PERSONALITY?

Personality is "a person's exclusive collection of constant behavioral traits". A personality characteristic is "a strong character to perform in a certain manner in a range of conditions". – Common personality traits include: honest, moody, Impulsive and friendly.

PERSONALITY DEVELOPMENT:

Personality Development typically means augmenting and mentoring one's outer and inner self to bring about a positive change in one's life. Each distinct has a different personality that can be well-known, cultured and developed. This technique comprises improving one's self-confidence, educating report and linguistic communication talents, flaring one's latitude of awareness, developing certain hobbies or skills, learning fine protocols and etiquettes, adding elegance and style to the manner one gazes, talks and marches and complete



absorbing oneself with positivity, spirit and harmony. The entire progression of this growth grosses over a period of time. Spending substantial amount of period on a steady base to drill sky yoga fetches lot of modifications in our personality. One can yield limited instructions and improve his or her own quality or charisma.

Simplified Kundalini Yoga (SKY Yoga)

Transmute your life span with Healthiness, Peacetime, Pleasure & Affluence.

Shri Vethathiri Maharishi, a spiritual leader, developed the SKY Yoga [Simplified Kundalini] system after his years of intense meditation, yogic practices, research and spiritual realizations.

According to Shri Vethathiri Maharishi, the SKY Yoga system includes:

1. Simplified Physical Exercises for Health
2. Meditation Practices for Inner Peace
3. Kaya Kalpa Yoga for Anti-Aging

Procedure of the Training

During the training, the students were given:

1. Simplified Physical Exercise for 40 minutes
2. Kayakalpa for 3 minutes.
3. Meditation for 20 minutes

In the morning on a regular basis for five days a week for twelve weeks. Students were instructed to do kayakalpa in the evening at their home. Pre-tests has been conducted before the training started. After twelve weeks of training Post test was taken for the students.

Material Used:

Rosernberg self-esteem scale

Description:

The Self-Esteem Scale consists of 10 statements and it is measured by 4 point scale ranging from 0 to

3. The school girls were allowed to evaluate each statement on the basis of their judgment of:-

Strongly agree
 Agree
 Disagree
 Strongly disagree

Precautions:

- The subjects have been instructed to respond the statements within 10 minutes.
- They were instructed not to omit any statement given to them.
- They were allowed to tick only one option on each statement.

Scoring:

- For questions 1, 3, 4, 7, and 10 score SA=3, A=2, D=1, and SD=0
 - For questions 2, 5, 6, 8, and 9 score SA=0, A=1, D=2, and SD=3
- Score between 15-25 were considered as average

Low scores indicate that less confident on themselves and high scores indicate that high confident on themselves.

CONCLUSIONS

Within the limitation set for the present study and considering the results obtained, the simplified kundalini yoga comprising simplified physical exercise, meditation and kayakalpa improved the level of personality after the training of post test conducted rather than the pre-test conducted before the training. It was considered that high scores indicate that there was improvement in the level of personality. It was concluded that after 12 weeks of training of SKY yoga given to the school children there was a development in the level of their personality. SKY yoga paved the way for personality development.

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