



IMPACT OF SKY YOGA ON DEPRESSION AND ANXIETY AMONG WOMEN PATIENTS

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ABSTRACT:

Background: Depression is a most common complaint. Depression occurs more often in women than men. Some differences in the manner in which the depressed mood manifests has been found based on sex and age. In women depression tends to manifest as sadness, worthlessness and guilt. In men it manifests often as tiredness, irritability and anger. Anxiety disorders are real, serious medical conditions. Anxiety disorders are the most common and pervasive mental disorders among women patients.

Objective: The aim of this study was to examine the Impact of Simplified Kundalini Yoga practices Depression and Anxiety among women patients.

Methods: In this study which is randomized and controlled, (n=30) patients in the age group of 20 to 40 with depressed women patients were selected as subjects and assigned to two groups. From the (n=30), (n=15) participants in the experimental group were asked to attend an hour of SKY yoga class for weekly 6 days except Sunday for a period of 3 months. The SKY yoga consists of meditation, simplified exercises, and introspection and relaxation practices. The other control group of (n=15) patients did not receive any yoga interventions. Both the groups were asked to complete questionnaires using NSW Mental Health Association – K10 Screening Questionnaire for depression and anxiety, before and after assessment. The questionnaire was used to evaluate both the groups.

Result: The result of this interventional study includes (n=15) subjects from the experimental group and another (n= 15) subjects from the control group. Analysis of covariance (ANOVA) was applied to find out the difference between means of the two groups. The (n=15) subjects who underwent yoga classes showed a significant change in depression and anxiety score than those in the control group.

Conclusion: From this study we can conclude that SKY yoga and practices are much effective than other treatments in reducing and improvement depression and anxiety over the women patients.

KEYWORDS: Depression, Anxiety, Simplified Kundalini Yoga, Kayakalpa yoga, Meditation.

INTRODUCTION

Clinical experience teaches that the majority of patients who enter a physician's office or hospital will admit to being or having been nervous, anxious, or depressed. Most people think that yoga is nothing but a series of twisted poses which is not true. The ultimate aim of Yoga is to help one to connect ones' inner spirit with the universal spirit or God. Yoga results in self-enlightenment by creating a balance between one's body and mind. It provides stability to the body and wavering mind. In order to accomplish this, yoga makes use of different body movements, breathing exercises, relaxation techniques and meditation. Yoga paves way to a balanced approach to life through a healthy and active lifestyle.



We go through a lot of stress and depression due to our modern lifestyle and this often leads to lifestyle problems like hypertension, back pain, high cholesterol, obesity and diabetes. All these problems have one solution, which is yoga. It offers effective solutions to these problems in the form of relaxation. Medical studies suggest that yoga can provide a solution to all problems as it incorporates different aspects of science, philosophy and art in the series of physical exercises. It helps gain control and experience joy in life through an integrated set of practices.

SIMPLIFIED KUNDALINI YOGA:

For our life to be happy, successful and harmonious, good physical health is indispensable. Realizing the importance of proper exercise and meditation, Thathuvagnani Vethathiri Maharishi has synthesized and simplified the earlier ones and dedicated it to the human kind through Simplified Kundalini Yoga meditation, Physical Exercises, Kayakalpa Yoga and Introspections. The Simplified Kundalini Yoga (SKY) is also known as Manavalakalai Yoga. *Simplified Kundalini Yoga* offers various levels of approach to relax, energize, remodel and strengthen the body and psych.

ANXIETY AND DEPRESSION:

Nervousness, anxiety, and depression where in the emotional states are intense and prolonged, and may occur in cycle, but again without obvious explanation. Such states may overwhelm the individual and cause derangement of all that individual's activities. Anxiety is the fundamental phenomenon and central problem of the neurosis. The medical meaning of the term anxiety is a state characterized by a subjective feeling of fear and uneasy anticipation (apprehension), usually with a definite topical content and associated with the physiologic accompaniments of strong emotion. ie., breathlessness, choking sensation, palpitation, restlessness, increased muscular tension, tightness in the chest, giddiness, trembling, sweating and flushing.

Anxiety is manifested in acute episodes. There may be a succession of acute attacks, or panics as they are called; the patient is plunged into an inexplicable mental state and fears death, loss of reason or self-control, and insanity, or feels that they may commit some horrible crime. Anxiety without disorder of mood (ie., depression) is usually classified as anxiety neurosis. The source and mechanism of this intense emotional state is in two forms, one mainly psychological, the other based on anatomic and psychopharmacologic evidence.

The depression is of reactive type and this probably includes most depression secondary to medical or neurologic disease and probably the neurotic depressions. The patient tends to seek help only when grief or unhappiness becomes uncontrollable. Most of the patient is miserable, unhappy, and hopeless for reasons which are not apparent. The depression is endogenous. Many of the symptoms are interpreted as ill health, being so similar to those of many disease states as to bring the patient first to the internist.

SYMPTOMS OF DEPRESSION:

1. Feelings of emptiness and hopelessness
2. Irritability, anxiousness, and guilt
3. Feelings of exhaustion, severe tiredness
4. Feelings of tension
5. Loss of interest and energy
6. Inability to concentrate or remember details
7. Suicidal thoughts or attempts of suicide
8. Changes in appetite – eating too much or too little
9. Physical symptoms – aches and pains, cramps, headaches, digestive issues, breast tenderness, bloating.
10. Panic attacks
11. Sleep disturbances; sleeping too much or too little, insomnia

Postpartum depression is depression in women associated with pregnancy. 13% of women may experience postpartum depression between a week and a month after delivery. Clinical depression is not a

“normal part of being a woman” nor is it a “female weakness”. Depressive illnesses are serious medical illnesses that affect more than 19 million American adults age 18 and over each year. The depression is a treatable one and it occur in any woman, at any time, and for various reasons regardless of age, race or income.

SKY Activities:

Teach the physical exercises and kayakalpa yoga, universal system of meditations, introspections and self-realizations.

The Simplified Exercise is of two types ie., 1. Body postures, 2. Movements.

Physical exercise ensures the proper flow of blood, heat, air, energy and bio-magnetic circulation leading to better health and general wellbeing. This physical exercise comprises seven sections dealing with every part of the body.

SKY Meditation is a form of meditations to merge the mind with the subtle life force. This practice reduces the frequency of brain waves, enhances awareness, intelligence and understanding. And Introspection is meant for purification of the self, it includes self-analysis to sublimate the personality.

The following is benefits of SKY Yoga:

- reduced stress
- sound sleep
- reduced cortisol levels
- improvement of many medical conditions
- allergy and asthma symptom relief
- lower blood pressure
- smoking cessation help
- lower heart rate
- spiritual growth
- sense of well-being
- reduced anxiety and muscle tension
- increased strength and flexibility
- slowed aging process

SKY Yoga’s benefits are so numerous; it gives a high payoff for the amount of effort involved.

Statement of the Problem:

This research is aimed at scientifically studying and establishing the overall effect of SKY physical exercises, Meditation and Introspections as a powerful intervention technique to reduce and control the depression and anxiety.

Significance of the study:

This study was unique in suggesting the Simplified physical exercise and SKY meditation, Introspections on Depression and Anxiety among women patients.

Hypothesis:

It was hypothesized that there would be any significant difference in the experimental group on Depression and Anxiety among women patients due to SKY exercise, meditation and Introspection.

Research Method:

In this randomized controlled study, 30 women patients in the age group of 20 to 40 with depression and anxiety were selected as subjects from The Nilgiris district, Tamil Nadu, India. (n=15) patients were assigned to experimental group who were given SKY yoga classes for 6 days a week except Sunday for a period of three months. The participants consent was obtained, and they were informed about the aims and objectives of this study. The experimental group practiced 20 minutes of simplified exercise (yoga), 20 minutes of meditation, 10 minutes relaxation practices and 10 minutes introspection awareness class. The (n=15) patients from control group did not receive any yoga interventions. Classes were free of cost for all the participants. Both groups were evaluated by using *NSW Mental Health Association – K10 Screening Questionnaire for depression and anxiety, before and after assessment (Training period)*.

Assessment:

The collected data was statistically analyzed by ANOVA test.

Test of Significance:

This is the crucial portion of this thesis, where we arrive at the conclusion by examining the conjecture. The procedure of experiment is based on the results obtained along with the level of confidence which was fixed at 0.05. This was considered essential for this study.

The experiment is known as the test of significance where the test scores of the samples are noted before and after the test and their difference is evaluated and categorized as significant or not significant. In the present study, the conjecture is categorized based on the difference between the obtained F-ratio and the table F-ratio at 0.05 level. In the first case, where the former is greater than the latter, it is categorized as accepted as there is a significant difference between the means of compared groups. In the other case where the relation between the former and the latter is vice versa of the previous case, the conjecture is rejected as there is no significant difference between the means of groups under study.

Level of Significance:

To research the above results on all the variables, level of significance 0.05 was selected and regarded as essential for this study.

TABLE -1 DEPRESSION AND ANXIETY SCREENING SCORES BETWEEN STUDY GROUPS AND CONTROL GROUPS

Mean, Standard Deviation and calculated ‘t’ value of Study groups and Control Groups with respect to Depression and Anxiety

Groups	N	Mean	Standard Deviation	‘t’ Values
SKY yoga Group	25	32.08	22.68	3.37
Control Group	25	32.2	24.47	

0.5% Significant

From the table it is observed that the mean attitude score of SKY yoga and Control group are 32.08 and 32.2 respectively. Whereas the standard deviation score are 22.68 for Yogic group and 24.47 for Control Group, the calculated ‘t’ value is 3.37 and it is significant at 5 % level.

Therefore the formulated hypothesis “there is significant difference in the SKY yoga women between Control group women” is accepted.

Hypothesized

'Table value < t test table value, Hence the 't' test was accepted between yogic women and non yogic women (Control Group).

FIGURE - 1

DIAGRAM SHOWS DEPRESSION AND ANXIETY SCREENING SCORES BETWEEN EXPERIMENTAL GROUP AND CONTROL GROUP

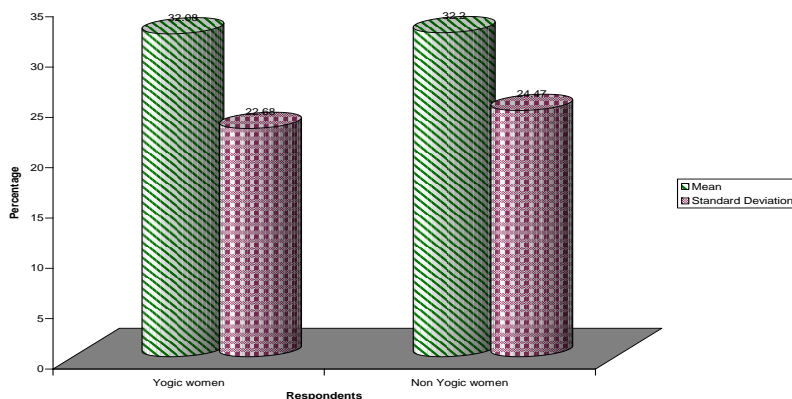


TABLE-2: Result of ANOVA between the SKY group and Control groups with respect to Psychological variables Depression and Anxiety scores of women patients.

Source	Sum of squares	Df	Mean square	F	Significance
Groups	5198.41	1	5198.41	186.915	0.001
Stage	3516.49	1	3516.49	126.439	0.001
Group × Stage	2883.69	1	2883.69	103.686	0.001

0.5 Significant

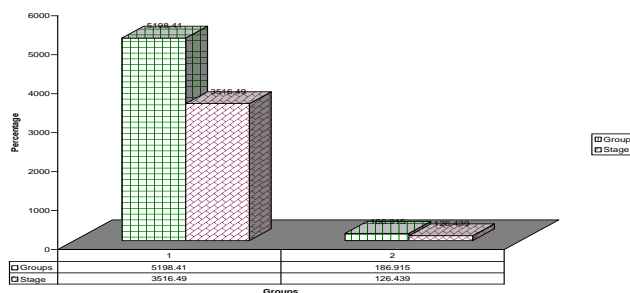
The above table 5 shows between SKY group and Control groups in respect to Depression and Anxiety scores of Women patients, the attitude of sum of square was 5198.41 and stage score was 3516.49 and respect of 'F' value 186.915, and Stage 'F' value is 126.439, in the measurement of final significant finding through analyzing the value is lesser than ANOVA scores such as 0.001.

Hence the table < significant table value

So there is significant between the SKY group and Control groups in respect to Depression and Anxiety scores of women patients.

FIGURE: 2

DIAGRAM SHOWING THE RESULT OF ANOVA BETWEEN SKY GROUP AND CONTROL GROUP WITH RESPECT TO DEPRESSION AND ANXIETY SCORES OF WOMEN PATIENTS



RESULTS:

In the modern lifestyle, girls and women were facing lot of problems and depressed during their work at office and home. Simplified Kundalini Yoga Meditation decreases oxygen consumption, heart rate, respiratory rate, and blood pressure, and increases the intensity of alpha, theta and delta brain waves – the opposite of the physiological changes that occur during stress, depression and anxiety among the women patients.

CONCLUSION:

Simplified Kundalini Yoga exercise, relaxation practice, breathing exercise, meditation and introspection awareness helps us to take the appropriate attitude towards our challenges and thus tackle them effectively and efficiently.

This study was found that the experimental group showed significant improvement on depression, anxiety among the women patients due to three months yogic practices. The control group did not showed significant improvement in depression and anxiety level compared to experimental group.

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