

THE IMPACT OF SKY YOGA PRACTICES ON QUALITY OF LIFE OF WOMEN

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ABSTRACT

Kundalini yoga is a system which includes various spiritual practices such as Meditation, Simplified physical exercise, Kayakalpa and introspection. This SKY yoga practice (Simplified Kundalini Yoga) helps to maintain physical and mental health and support to enhance happy living. In this a modern world person come across various challenges and difficulties which influence their psychological wellbeing and affects the quality of life. The quality of life is one of the most important determining factors of happy living. Thus, this study examines the impact of SKY yoga on quality of life of women. The sample (N=150) obtained from yoga practitioners in the World Community Service Centre, Temple of Consciousness, Pollachi. The data were obtained and analyzed before SKY yoga practice and after the SKY yoga practice from the concerned respondents. The pre-test and post-test one group design was adopted to study the impact of SKY yoga practice on the quality of life of the respondents. The mean value of the quality of life of respondents before practicing SKY Yoga was found at 67.2800, but after practicing SKY Yoga the mean value of the quality of life has increased up to 100.8333. The paired T-test value is 26.361 showed that there was a significant difference in the quality of life of the respondents before SKY Yoga practices and after SKY Yoga practices. The study highlighted the significant influence of demographic variables such as place of living, income, socio economic status after the SKY yoga practice. The study concluded that the quality of life has improved among the participants after perceived the changes in living a meaningful life, social participation, feeling safe, having structure, daily activities and self-esteem. Therefore, the study highly recommended the SKY yoga (Simplified Kundalini Yoga) practice as it helps to maintain a family relationship, health, education, and spiritual development and finally it leads to attain the overall quality of life.

1. INTRODUCTION

The ultimate aim of the human race is to live a meaning full life and to attain happiness, prosperity and wisdom. The human being who should have inherited mental abilities to lead a perfect life. He or she learns the way how to live a healthy and long life, managing their life situations, maintaining harmonious relationships with their family members and following the moral principles among the family members, society, nation and the world. The above mentioned abilities support to achieve the quality of life in the society and the world. Quality of life is defined by the World Health Organization as 'Individuals' perception of their position in life in the context of the culture and value systems in which they live, and in relation to their goals, expectations, standards and concerns.

The quality of life of woman is mostly influenced by their physical and mental condition as it varied in multiple ways that can be seen in the family and society. Women are restricted by the system of family and tradition that pull back the women from improving themselves. As a result quality of life of woman is affected by various factors which degrade their development in family, society, nation and the world.

2. REVIEW LITERATURE

Most of the respondents reported that after completed yoga session they could feel the calm mind, happiness (Monk-Turner & Turner, 2010). Yoga practice helps to increase muscular strength, flexibility and energy level also sustained for the longer period of time (Pilkington et al., 2005). Yoga practice is a best supportive for improving hormone levels, immune system and cardiovascular system and the functions of respiratory functions (Long, Huntley, & Ernst, 2001). The impact of yoga practice is also very useful for psychological related problems such stress and anxiety. Hence, yoga practice provides lot of benefits for physical and mental health of the human being. So, more research highlights the impact of yoga practice and how it leads to achieve the quality of life. Happiness is traditionally considered as feeling good mentally but on the research side happiness is a result in desired outcomes of physical and mental health. (Diener and Chan 2011, Presman and Cohen 2005). A study found that women feel happy when they freely spend their husband's money, having the rights to take household decisions and are never forced to having sex. Besides women feel tension and unhappiness when they are in the motherhood stage with some responsibilities. (Kapadia-kundu et al, 2007.) A study found that women had more skills than men in value, the well-being of others and possessed a more positive opinion in finding the purpose and meaning in life. However, women were less adept at promoting materialism and competition than men. (Beutel and Marini, 1995). The very few study results cannot be identified the exact state of quality of life. The researcher has to conduct many research study to exactly high light the factors that mostly impact the quality of life.

A study revealed that people who had eudemonia on life satisfaction achieved a high positive score than others. Kringelbach ML, Berridge KC (2010). Positive feelings are good for health and longevity. One study found that people with positive emotions had a greater chance of surviving over 13-years of period than others. Carstensen LL, et al., (2011). A survey reported that positive state of well-being was at the highest level who had the habit of eating fruits and vegetables and practiced regular physical exercise. Sapanavincinte et al.,(2017)

Most research studies have been published related to women's quality of life, but comprehensive practice methods were presented in a limited view by them to strengthen the quality of life of the women. However, this research gap was fulfilled by conducting a present study. This study focused on the impact of yoga on quality of life of women.

Simplified Kundalini yoga practices are comprehensively bestowed to maintain the body and mind. This method helps to bring out the holistic health and quality of life among the people. Most of the research found that yoga can improve mental and physical health and suggested to practice the yoga on regular basis. The SKY yoga practices include Naadisuddhipranayamam, Meditation, Simplified physical exercise and Introspection practices.

3. OBJECTIVES

- To study the demographic profile of the respondents.
- To study the benefits of SKY yoga (Simplified Kundalini Yoga) practices.
- To measure the impact of SKY yoga (Simplified Kundalini Yoga) practices on quality of life of the respondents.
- To suggest suitable measures for achieving the quality of life of the respondents.

4. METHODOLOGY

Research design: Experimental research design was used in the study. The pre-test and post-test one-group design was adopted to study the impact of SKY yoga (Simplified Kundalini Yoga) on the quality of life of the respondents.

A sample of 150 women was randomly selected from the list of women who have shown their interest in SKY Yoga (Simplified Kundalini Yoga) at World community Service Centre, Temple of consciousness, Coimbatore district, Tamil Nadu. Out of 700 women, 150 women respondents were selected using simple random sampling.

The researcher used a questionnaire as a tool to collect the data from the respondents. The questionnaire consists of a demographic profile and Quality of life scale. The Quality of life scale is profound by Carol Ryff, (1989, 1995) which is a 5 point scale and scores are measured from 1 to 5. The reliability of the scale was found to be 0.743 and face validity was used. The data were analyzed using simple percentage analysis, t-test, ANOVA and paired T-test.

EXPERIMENT PROCEDURE

The SKY yoga (Simplified Kundalini Yoga) practices includes Naadisuddhipranayamam, Meditation, Simplified physical exercise and Introspection practices Total hours of the practice cover 1 and half hour per week over a period of two months (8weeks). SKY yoga practices were administered as per the schedule:

1. NaddiSuddhi - 5 Minutes
2. Meditation - 20 Minutes
3. Simplified Physical exercise - 45 minutes
4. Introspection - 10 minutes
5. Discussion - 10 minutes

6. ANALYSIS AND INTERPRETATION: DEMOGRAPHIC VARIABLES

The findings related to demographic variable shows that Out of 150 respondents, 37(24.7%) of them are between the age group of 36-40. The marital status report shows that there are 122 (81.3%) respondents who got married, and the remaining 28(18.7%) of the respondents are unmarried women. There are 101 (67.3%) respondents who belong to the Nuclear family system. Out of 150 respondents, 66(44.0%) have two dependents, Out of 150 respondents, 113(75.3%) of them are residing in the rural area, 65(43.3%) of them have completed them under graduation. The above table shows that out of 150 respondents, 82(54.7%) of

them are housewives, 105(70.0%) of them had no income source, out of 150 respondents, 85(56.7%) of them had savings, The above table shows that out of 150 respondents, 108(72.0%) of them don't have any debt, The above table 1 shows that out of 150 respondents, 52(34.7%) of them are in the Upper low state.

VARIABLES	PARTICULARS	FREQUENCY	PERCENTAGE	PARTICULARS	FREQUENCY	PERCENTAGE
suitable for all age group	Strongly Disagree	11	7.3	Strongly Disagree	8	5.3
	Disagree	28	18.7	Disagree	5	3.3
	Neutral	42	28.0	Neutral	16	10.7
	Agree	60	40.0	Agree	29	19.3
	Strongly Agree	9	6.0	Strongly Agree	92	61.3
All-round workout	Strongly Disagree	4	2.7	Strongly Disagree	3	2.0
	Disagree	50	33.3	Disagree	1	.7
	Neutral	49	32.7	Neutral	12	8.0
	Agree	41	27.3	Agree	33	22.0
	Strongly Agree	6	4.0	Strongly Agree	101	67.3
Benefit for body and mind	Strongly Disagree	4	2.7	Strongly Disagree	3	2.0
	Disagree	25	16.7	Disagree	4	2.7
	Neutral	51	34.0	Neutral	6	4.0
	Agree	62	41.3	Agree	26	17.3
	Strongly Agree	8	5.3	Strongly Agree	111	74.0
Achieve life goal	Strongly Disagree	6	4.0	Strongly Disagree	2	1.3
	Disagree	45	30.0	Disagree	4	2.7
	Neutral	60	40.0	Neutral	6	4.0
	Agree	29	19.3	Agree	22	14.7
	Strongly Agree	10	6.7	Strongly Agree	116	77.3
Develop value and discipline	Strongly Disagree	6	4.0	Strongly Disagree	2	1.3
	Disagree	41	27.3	Disagree	3	2.0
	Neutral	45	30.0	Neutral	4	2.7
	Agree	52	34.7	Agree	24	16.0
	Strongly Agree	6	4.0	Strongly Agree	117	78.0
Part of Life	Strongly Disagree	10	6.7	Strongly Disagree	3	2.0
	Disagree	35	23.3	Disagree	3	2.0
	Neutral	44	29.3	Neutral	5	3.3
	Agree	49	32.7	Agree	18	12.0
	Strongly Agree	12	8.0	Strongly Agree	121	80.7

In this study, the respondent's perception levels were evaluated with a standard questionnaire. The results found that among the 150 respondents 60(40%) of respondents had mentioned the option of agreeing before taking the sky yoga practice but after the sky yoga practice 111(74.0) respondents have positively responded with the answer to strongly agree for the question of Yoga is suitable for all age group. Out of 150 respondents, 50(33.3%) of the respondents have mentioned the option of Disagree before taking the sky yoga practice but after the sky yoga practice 101(67.3) respondents have positively responded with the answer to

strongly agree for the question of yoga is an all-round workout. Out of 150 respondents, 62(41.3%) of the respondents have mentioned the negative option of Disagree before taking the sky yoga practice but after the sky yoga practice 101(67.3) respondents have positively responded with the answer to strongly agree for the question of yoga is benefited for the body and mind. Out of 150 respondents, 60(40.0%) respondents have mentioned the Neutral option before taking the sky yoga practice but after the sky yoga practice, 116(77.3%) of respondents have positively responded with the answer of strongly agree for the question of yoga helps to achieve the life goal. Out of 150 respondents, 52(34.7%) of the respondents have mentioned the option of agreeing before taking the sky yoga practice but after the sky yoga practice, 117(78.0%) of the respondents have positively responded with the answer to strongly agree for the question of yoga develops the values and discipline. Out of 150 respondents 42(32.7%) of respondents have mentioned agree option before taking the sky yoga practice but after the sky yoga practice, 121(81.3%) of respondents have positively mentioned the answer of strongly agree for the question of yoga is part of life.

Table 2. Significance difference in Quality of life based on Demographic variables:

S.NO	VARIABLE	TEST	VALUES	Result
1.	Age	ANOVA	F= .559 Significance = .731	Not Significant
2.	Marital Status	T-test	F= .074 Significance = .786	Not Significant
3.	Family type	T-test	F= 1.628 Significance = .204	Not Significant
4.	Dependents	ANOVA	F= .162 Significance = .922	Not Significant
5.	Place of Living	ANOVA	F= 3.243 Significance = .042	Significant
6.	Education	ANOVA	F= .120 Significance = .975	Not Significant
7.	Occupation	ANOVA	F= 1.239 Significance = .294	Not Significant
8.	Income	ANOVA	F= 2.672 Significance = .017	Significant
9.	Savings	T-test	F= .145 Significance = .704	Not Significant
10.	In debt	T-test	F= 1.940 Significance = .166	Not Significant
11.	Socio economic status	ANOVA	F= 2.150 Significance = .048	Significant

There is a significant difference in quality of life based on place of living, income, socio economic status. There is not a significant difference in quality of life based on age, marital status, family type, dependents, education, occupation, savings and in debt. Therefore, it is concluded that the variables of place of living, income, socio economic status have mostly influenced the quality of life of women respondents.

Table 3: Quality of life

Before			After		
VARIABLES	FREQUENCY	PERCENTAGE	VARIABLES	FREQUENCY	PERCENTAGE
Very High	26	17.3	Very High	37	24.7
High	38	25.3	High	45	30.0
Moderate	59	39.3	Moderate	52	34.7
Low	27	18.0	Low	16	10.7
Total	150	100	Total	150	100
Mean	67.2800		Mean	100.8333	
t = -26.361		df - 149	Sig. (2-tailed) .000		

Table 3 specifically pointed out the results of sky yoga practices and their impact on quality of life among women. The quality of life of women before they undertake the sky yoga practice was slightly moderate with the respondents of 59 (39.3%) of the respondents. But after the SKY Yoga practices quality of life of women has significantly increased in the levels of value with high and very high. The outcome of the results when compared with the before data the level of high value has increased from 38 (25.3%) of respondents to 45(30.0%) of respondents after the SKY Yoga practice. The quality of life of women has increased from 25.3% to 30.0% and the difference between these two values was 4.7%. The very high value before the SKY yoga practice was 17.3% but after the practice the very high value has increased up to 24.7%. Hence, the difference between these two values was 7.4%. Therefore, the quality of life of women result analyzed and found the differences between the levels of high and very high values before and after the SKY yoga practice. The high level of values has increased up to 4.7% and the very high level of value has increased up to 7.4%.

The mean value of the quality of life of respondents before SKY Yoga practicing was found at 67.2800, but after SKY Yoga practices the mean value of the quality of life of respondents was found at 100.8333. Besides, it is understood that there is a significant difference found in the mean values, but it needs to be scientifically proven, then the paired T-test was performed. The paired T-test value is -26.361 shows that there is a significant difference in the quality of life of the respondents before SKY Yoga practices and after SKY Yoga practices which is evident from the t-value.

Thus, from the mean value, it is concluded that after the SKY Yoga practice the quality of life of the respondents has increased considerably. Therefore, it is concluded that the SKY Yoga practice improves or has a meaningful outcome on the quality of life of respondents.

7. DISCUSSION

This study mainly discusses the benefits of yoga practices and how the yoga supports to strengthens the quality of life of women. Women in society are mostly affected by various factors such as work pressure, family problems, health issues, poverty, inequality and incidents of violence against women. As a result, psychological problems of stress, depression, anxiety, are increasing among the women community. Hence, the quality of life of women has decreased in major level in this world.

The result of the study positively impacted with the 150 respondents because of those who have actively performed the recommended SKY yoga practices. The SKY yoga practices included Mediation, Introspection, Physical exercise etc. The study found out that there was low level of quality of life before the SKY Yoga

practices. During the study period the participants were properly instructed to perform the SKY Yoga practices. Meditation practice supported to enhance the mindfulness of the participants which is reflected in the study results. So, the participants could attain the peace and mental ability on balancing their mind between the work and life. The study results showed the improvement in the participant's health aspects as they properly performed the simplified physical exercise. After the SKY yoga practices health related issues such as body pain, eye strain, and neck pain have reduced steadily, hence, this results reflect the impact of simplified physical exercise. The healthy condition of the body and mind helps to achieve the quality of life of women. Besides, the study has provided a great impact for the wellbeing of women and improved the quality of life of women. Therefore, the SKY yoga practices have highly impacted in producing the overall quality of life of women in this study.

8. CONCLUSION

Thus, the study has concluded that SKY yoga practices have to be performed on the regular basis in order to improve the quality of life among the women respondents. So, this study recommended that a particular time has to be allotted to perform the SKY yoga practices to balance their emotional stability and to sustain their mental capacity in various working fields and for the whole life. The government and the private institutions have to take necessary steps to open many health center and counseling cell to provide solutions along with yoga practices.

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