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**THE IMPACT OF SKY YOGA PRACTICES ON ENHANCING HAPPINESS AND  
GRATITUDE AMONG COLLEGE STUDENTS**

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### **Abstract**

College students encounter various challenges, including academic pressures, social adaptation, and the transition to independent living. These stressors often result in diminished mental well-being, manifesting as reduced happiness and gratitude, both of which are crucial for academic success and overall life satisfaction. This study investigates the impact of Simplified Kundalini Yoga (SKY Yoga) on enhancing happiness and gratitude among students at Nallamuthu Gounder Mahalingam College, Pollachi. The research utilized a pre-test and post-test one-group experimental design, involving 350 students who participated in a 12-week SKY Yoga intervention. The intervention comprised practices like Nadisuddhi, meditation, simplified physical exercises, and relaxation techniques. Pre- and post-intervention data were collected using standardized questionnaires measuring levels of happiness and gratitude. The findings revealed a significant increase in both happiness and gratitude post-intervention. The mean happiness score improved from 27.5171 to 39.56, while the gratitude score rose from 90.46 to 99.86. These results suggest that regular SKY Yoga practice can positively influence students' emotional well-being, contributing to better academic performance and overall life satisfaction. The study underscores the potential of SKY Yoga as a valuable addition to college wellness programs, aiming to foster a supportive and positive educational environment. By promoting mental well-being through such holistic practices, educational institutions can help students navigate the challenges of college life more effectively, ensuring they remain resilient and focused on their academic and personal goals.

**Keywords:** SKY Yoga, Happiness, resilience, Gratitude, interpersonal development, Mental Well-being etc.,

### **Introduction:**

College life is a transformative period, characterized by significant academic, social, and personal challenges. Students must navigate the pressures of academic expectations, social relationships, and the transition to independent living, all of which can contribute to heightened stress levels. These stressors can lead to a decrease in overall well-being, manifesting in reduced happiness and gratitude. Happiness is a critical component of mental health, influencing cognitive functions such as focus, memory, and problem-solving abilities (**Lyubomirsky, King, & Diener, 2005**). It also plays a vital role in building resilience, which is essential for overcoming the challenges associated with college life. Gratitude, on the other hand, is a powerful emotion that enhances interpersonal relationships, promotes positive emotional states, and contributes to overall life satisfaction (**Emmons & McCullough, 2003; Wood, Froh, & Geraghty, 2010**).

Research has shown that students who regularly practice gratitude and maintain a positive outlook are more likely to experience better mental health and academic performance (**Froh, Sefick, & Emmons, 2008**). The practice of yoga, particularly SKY Yoga, has gained recognition for its ability to enhance both physical and mental well-being. SKY Yoga integrates physical postures, breath control, and meditation, all of which are designed to promote mental clarity, emotional stability, and overall well-being (**Shapiro, Brown, & Biegel, 2008**). Previous studies have demonstrated the effectiveness of yoga in reducing symptoms of stress, anxiety, and depression, while also enhancing emotional regulation and fostering positive mental states (**Woolery et al., 2004; Kudesia & Khalsa, 2013**). This study explores the impact of SKY Yoga on enhancing happiness and gratitude among college students, with the aim of providing insights into how such practices can be integrated into educational settings to support student well-being. By examining the effects of SKY Yoga on these two critical aspects of mental health, this research seeks to contribute to the broader understanding of holistic approaches to student wellness in higher education.

**Statement of the Problem:**

College students face numerous challenges that can negatively impact their mental health, leading to decreased happiness and gratitude. These emotional states are crucial for students' overall well-being and academic success (Monika & Lalita, 2024). However, the pressures of academic life, social dynamics, and the transition to independence often result in stress and anxiety, which can undermine students' mental health. This study aims to explore whether the practice of SKY Yoga can enhance happiness and gratitude among college students, thereby improving their quality of life and academic performance. By addressing this gap in the literature, the study seeks to provide evidence for the integration of SKY Yoga into college wellness programs as a means of promoting mental well-being and resilience among students.

**Review of Literature:**

Happiness and gratitude are widely recognized as essential components of mental well-being, particularly in academic settings. Numerous studies have demonstrated the positive effects of these emotions on students' academic performance and overall life satisfaction (Diener et al., 2017; Woolery et al., 2004). For instance, Lyubomirsky, King, and Diener (2005) found that happiness enhances cognitive processes such as focus and problem-solving, which are critical for academic success. Similarly, Diener et al. (2017) highlighted that happier students are more likely to perform well academically and maintain strong social relationships. Gratitude, too, plays a significant role in fostering emotional well-being. Wood, Froh, and Geraghty (2010) reviewed the theoretical integration of gratitude and well-being, demonstrating that gratitude enhances resilience and emotional stability. Emmons and McCullough (2003) conducted an experimental investigation into gratitude, showing its profound impact on daily life satisfaction and overall well-being. Moreover, Froh, Sefick, and Emmons (2008) explored the role of gratitude in early adolescents, emphasizing its importance in developing a positive outlook and improving life satisfaction. The impact of yoga and meditation on mental health has been extensively studied, with findings consistently showing their effectiveness in reducing stress and enhancing well-being (Shapiro, Brown, & Biegel, 2008; Monikankana, 2022). Woolery et al. (2004) demonstrated that yoga improves emotional regulation and psychological resilience, which are essential for maintaining life satisfaction. Shapiro, Brown, and Biegel (2008) found that mindfulness-based stress reduction, a key component of yoga, significantly improves psychological well-being in college students. Conboy, Noggle, Frey, Kudesia, and Khalsa (2013) supported the inclusion of yoga in student wellness programs, noting its benefits for both academic performance and mental health. These studies collectively underscore the importance of integrating holistic practices such as yoga and meditation into educational settings to enhance student well-being (Jo, 2023; Huang et al., 2020).

**Objectives:**

- To study the demographic profile of the respondents.
- To measure the impact of SKY Yoga on Happiness and Gratitude among college students.
- To provide suitable suggestions on enhancing happiness and Gratitude that leads to a holistic life.

**Methodology:**

The study employed a one-group pre-test and post-test experimental design to assess the impact of SKY Yoga on happiness and gratitude among college students. Conducted at Nallamuthu Gounder Mahalingam College in Pollachi, the research involved a sample of 350 students who were selected through random sampling. To evaluate the changes in the participants' levels of happiness and gratitude, standardized questionnaires were administered both before and after a 12-week SKY Yoga intervention. The data collected from these questionnaires were subsequently analyzed using paired t-tests and ANOVA, enabling the researchers to determine the statistical significance of any changes observed in the students' happiness and gratitude levels following the intervention.

**Intervention Procedure:**

The SKY yoga program consists of various Simplified Physical Exercise, Relaxation and Meditation practices. Participants are engaged in the SKY yoga practice two days per week for duration of 12 weeks. Before administering the questionnaire, the main purpose of the study was thoroughly explained to the participants to ensure they clearly understood its meaning and objectives. The pre-test data was collected from the college students before they began the SKY yoga practices. Total hours of the practice cover 1 and half hour per week over a period of three months (12weeks). After completing the 12 weeks program, the post-test was collected from the concern participants. The practice procedure of Simplified Kundalini Yoga included the following yoga practices.

**Practice Schedule:**

S.no	Particulars	Time/hours
1.	NaddiSuddhi	10 Minutes
2.	Meditation	20 Minutes
3.	Hand, Leg Neuromuscular breathing, Eye exercise, Kabalopathy, Maharasana Part-I & II, and Massage.	45 minutes
4.	Relaxation	25 minutes
5.	Discussion	20 minute

During the session, college students were instructed in various SKY Yoga practices. The session began with a 10-minute Nadisuddhi pranayama practice to help participants attain a normal mental state. Following this, a 20-minute meditation practice was introduced to achieve a balanced state of mind. Subsequently, the students engaged in 45 minutes of Simplified Physical Exercises such as Hand, Leg Neuromuscular breathing, Eye exercise, Kabalopathy, Maharasana Part-I & II, and Massage to maintain balance, flexibility, and muscle strength, and to regulate the circulation of blood, heat, and air. Afterwards, a 25-minute relaxation practice was conducted to relax the mind and body, ease tension, and decrease stress and anxiety. At the end of the session, a 20-minute discussion period was allocated for participants to ask questions and clarify any doubts they may have. Proper guidance was provided to ensure that the students can systematically perform the SKY yoga practices.

**Table: 1****Demographic profile - Happiness and Gratitude**

Mean score value					
Particulars		Happiness-Before	Happiness After	Gratitude Before	Gratitude After
Age	18-19	28.33	40.03	91.47	100.79
	19-20	27.23	39.78	92.13	101.37
	20-22	24.82	40.11	91.76	101.71
Gender	Male	27.95	39.58	88.88	98.28
	Female	27.12	39.53	91.89	101.28
Stream	SF	28.52	39.83	90.28	99.63
	Aided	26.24	39.2	90.7	100.14

The descriptive statistics show that SKY Yoga practices significantly improved both happiness and gratitude among college students across various demographic groups. Age-wise, the 18-19, 19-20, and 20-22 age groups experienced substantial increases in happiness (rising from 28.33, 27.23, and 24.82 to 40.03, 39.78, and 40.11, respectively) and gratitude (rising from 91.47, 92.13, and 91.76 to 100.79, 101.37, and 101.71, respectively). Gender-wise, both male and female students showed significant gains, with males increasing in happiness from 27.95 to 39.58 and in gratitude from 88.88 to 98.28, while females saw increases in happiness from 27.12 to 39.53 and gratitude from 91.89 to 101.28. Students in both self-financed and aided streams exhibited similar improvements in happiness and gratitude. Overall, the intervention proved effective across age, gender, and academic streams, demonstrating SKY Yoga's potential to enhance emotional well-being by fostering greater happiness and gratitude among students. The consistent improvements across all demographic variables suggest that SKY Yoga can be a valuable addition to college wellness programs.

**Table – 1****Descriptive statistics of impact of SKY Yoga on Happiness and Gratitude**

Variable	N	Mean	Std. Deviation	Mean	Std. Deviation	t-value	df	Sig.(2-tailed)
	Pre-test			Post-test				
<b>Happiness</b>	350	27.5171	7.87426	39.56	7.59246	-21.075	349	0.00
<b>Gratitude</b>	350	90.4629	11.09002	99.8571	11.17366	-126.507	349	0.00

The analysis of the impact of SKY Yoga on college students reveals significant improvements in both happiness and gratitude. Prior to the intervention, the mean happiness score was 27.5171, with a standard deviation of 7.87426. After participating in SKY Yoga, this mean score increased substantially to 39.5600, accompanied by a slight reduction in the standard deviation to 7.59246. The paired sample t-test confirmed that this increase in happiness was statistically significant, with a t-value of -21.075 and a p-value of less than 0.001, indicating that SKY Yoga had a pronounced positive effect on the students' emotional well-being.

Similarly, the analysis of gratitude showed a significant enhancement following the SKY Yoga intervention. The pre-test mean gratitude score was 90.4629, with a standard deviation of 11.09002. After the intervention, the mean score rose to 99.8571, with the standard deviation remaining relatively stable at 11.17366. The paired sample t-test for gratitude yielded a highly significant t-value of -126.507, with a p-value of less than 0.001, further demonstrating the positive impact of SKY Yoga on fostering gratitude among the students.

Overall, these findings provide compelling evidence that SKY Yoga is highly effective in enhancing both happiness and gratitude among college students. The significant increases in both emotional health and gratitude underscore the value of incorporating SKY Yoga into programs aimed at improving the overall mental well-being of students.

**Results and Discussion:**

The results of the study revealed a significant positive impact of the SKY Yoga intervention on the emotional well-being of the participants, particularly in the areas of happiness and gratitude. After the 12-week program, participants demonstrated substantial improvements in both emotional states, supporting the hypothesis that regular practice of SKY Yoga can enhance mental well-being. The consistency of improvement across various demographic groups suggests that the intervention is broadly effective, regardless of age, gender, or academic background. Increased happiness is closely linked to better cognitive functioning, including enhanced focus, problem-solving abilities, and resilience, all of which are essential for academic success. The improvement in gratitude also indicates the development of positive emotional states that contribute to stronger interpersonal relationships and greater life satisfaction. These findings underscore the potential of SKY Yoga as a valuable tool for fostering emotional stability and improving students' ability to manage stress. The regular practice of physical exercises, relaxation techniques, and meditation likely contributed to this improvement by promoting both mental clarity and emotional regulation. The discussion period during each session may have further facilitated emotional reflection and growth, helping participants internalize the benefits of the practice.

The results highlight the importance of integrating holistic wellness practices like SKY Yoga into educational programs to promote mental health and enhance students' academic and personal development. This approach not only helps students manage the pressures of academic life but also equips them with long-term skills for maintaining emotional balance. Future research could explore the lasting effects of SKY Yoga and its role in addressing other aspects of mental health, such as anxiety reduction, stress management, and overall psychological resilience.

**Conclusion:**

This study demonstrates that SKY Yoga significantly enhances both happiness and gratitude among college students. The 12-week intervention resulted in marked improvements, with happiness scores increasing from 27.52 to 39.56 and gratitude scores rising from 90.46 to 99.86 across various demographic groups. These improvements indicate that SKY Yoga practices have a profound impact on emotional well-being, fostering positive emotions and appreciation in students. This enhancement

in happiness and gratitude is critical as these emotional states directly influence cognitive functions such as focus, memory, and problem-solving, which are essential for academic performance. Moreover, increased levels of gratitude have been shown to strengthen interpersonal relationships, emotional stability, and overall life satisfaction, contributing to personal development.

By incorporating SKY Yoga into college wellness programs, institutions can help students manage stress, enhance their emotional resilience, and stay focused on both academic and personal goals. The results underscore the importance of these holistic practices in creating a supportive educational environment that promotes not only emotional well-being but also long-term academic success. Future research should continue to explore the role of SKY Yoga in improving other mental health aspects and its broader impact on student development.

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