

"A STUDY ON THE IMPACT OF SKY YOGA PRACTICES ON ENHANCING
HAPPINESS AMONG COLLEGE STUDENTS"

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Abstract:

College students face numerous challenges, including financial strain, familial issues, and difficulties fostering positive relationships between teachers and parents. These obstacles seriously affect students' focus, motivation, and general well-being, which has a negative influence on their physical and mental health when combined with their academic obligations. Students require resilience, effective communication, and support networks to overcome these challenges. Therefore, the study aimed at measuring the impact of SKY Yoga practices on enhancing happiness among students at Nallamuthu Gounder Mahalingam College, in Pollachi. The purpose of the study was to determine how SKY Yoga enhanced students' happiness at Nallamuthu Gounder Mahalingam College in Pollachi. The study used pre-test and post-test one-group designs on a sample of 350 students using an experimental research approach. Prior to and following the SKY Yoga session, data were gathered and examined. The post-intervention analysis of the study showed significant gains in a number of areas related to students' college experiences. The average mean score of satisfaction with the advancement of one's academic and personal goals increased from 2.75 to 3.96. The degree of optimism over possibilities for the future also increased, rising from 2.56 to 3.96. When students engaged in activities that aligned with their values and interests, they reported feeling more fulfilled; average mean scores increased from 2.93 to 3.96. Additionally, their satisfaction scores increased from 2.92 to 3.99, indicating an improvement in their capacity to control stress and keep a cheerful attitude. Ultimately, from 2.90 to 3.78, their total level of happiness improved during their college years. These results highlight the impact of SKY Yoga on students' happiness and satisfaction in college. The study found that college students who practice SKY Yoga report far higher levels of happiness. Many studies have suggested that regularly practicing with fundamental exercises, yoga asanas, and meditations enhances happiness and life satisfaction, which is consistent with research by Shapiro et al. (2008) showing that mindfulness practices improve psychological well-being in college students. The results of the study strongly suggest that practicing SKY Yoga (Simplified Kundalini Yoga) regularly can lead to a happier life, improved physical and mental health, overall well-being, active participation in life, and success in one's scholastic, professional, and personal endeavors.

Key words: Stress, Physical health, mental health, SKY Yoga practice, Happiness, Satisfaction.

Introduction:

College life focuses around pursuing the goal of happiness, which has a significant effect on students' mental and physical well-being, academic achievement, and overall quality of life. Happier students do better academically, exhibit more resilience, and build stronger connections, according to numerous studies. Academic performance depends on the favorable effects of happiness on cognitive processes including focus, memory, and problem-solving. But psychological issues frequently prevent college students from being happy. Students may get overwhelmed by stress and anxiety as a result of social obligations, personal struggles, and academic requirements. Anxiety might result from a hectic social life and an unrelenting desire of success. Furthermore, loneliness and dissatisfaction may arise from the newly acquired independence. If left untreated, depression, which is influenced by genetics, past trauma, and substance addiction, has a major negative impact on social functioning, academic achievement, and general well-being.

Addressing these psychological concerns and fostering a happy campus atmosphere will support students prosper intellectually, socially, and personally. According to research by Lyubomirsky, King, and Diener (2005), those who are happier have higher cognitive capacities and hence perform better academically. Students who report greater levels of life satisfaction and well-being also likely to do better academically and have higher retention rates, according to research by Oishi, Diener, and Lucas

(2007). Nonetheless, Beiter et al. (2015). Stress and anxiety are greatly increased by social obligations, personal struggles, and academic expectations, which has a detrimental impact on students' well-being and performance. According to research by Russell, Cutrona, and McRae (2012), loneliness makes depressive symptoms and stress worse, which hurts students' social and academic performance.

According to a 2020 American Psychological Association (APA) survey, college students' main sources of stress include future-related concerns, money problems, and academic pressure. A 2019 assessment by the Organization for Economic Co-operation and Development (OECD) found that poor sleep, a poor diet, and insufficient physical exercise were the main causes of college students' lower well-being worldwide. Higher rates of mental health conditions like anxiety and depression were linked to an increased risk of academic failure and dropout among students, according to a multi-country longitudinal study by Patton et al. (2018).

Integrative strategies that emphasize both physical and mental health are crucial for fostering happiness among college students. The advantages of yoga have been thoroughly researched in this regard. Field (2011) shown how practicing yoga greatly lowers stress, anxiety, and sadness while also enhancing mood and general well-being. The physical asanas, breath control methods, and meditation of yoga promote attention and relaxation, which raises happiness and contentment with life in general. According to Woolery et al. (2004), practicing yoga regularly enhances emotional regulation and psychological resilience, which raises life satisfaction. Living in harmony with one's genuine self and ideals is the definition of eudaimonic bliss, which is consistent with the practice of yoga (Ryan & Deci, 2001).

Incorporating yoga programs into college curricula and campus wellness initiatives can provide students with accessible tools to enhance well-being and manage stress. Conboy, Noggle, Frey, Kudesia, and Khalsa (2013) support including yoga in student wellness programs, demonstrating significant improvements in both academic performance and mental health. Students' search of happiness and life satisfaction can be further supported by providing instructors and staff with training to recognize and handle mental health issues. For students to flourish, a campus culture that places a high priority on mental health and wellbeing must be established.

Statement of the problem:

The mental health and overall happiness of college students have a significant effect on their academic achievement and overall quality of life. Numerous students experience stress, anxiety, and depression, which are made severe by social and academic expectations and lower their level of happiness and life satisfaction. In this study the SKY Yoga, which incorporates physical postures, breath control, and meditation, can reduce these problems and improve resilience, happiness, and quality of life. This research investigation examines into how SKY Yoga affects student happiness, examining demographic factors and offering recommendations for enhancing mental health and well-being to support a whole, satisfying existence.

Definitions:

Happiness is a personal state of well-being that is defined by happiness, contentment with one's life, and pleasant feelings. It entails feeling happy, content, and having a purpose in life. Studies indicate that a person's happiness can be impacted by a number of factors, such as purposeful activities, life circumstances, and genetics (Diener et al., 2017; Lyubomirsky et al., 2005).

Review literature:

Studies have demonstrated the connection between enhanced general well-being and improved mental health outcomes and social support (Gariépy et al., 2016). Engaging in meaningful activities, such as extracurricular activities, hobbies, or community service, can help people feel fulfilled and have a feeling of purpose (Lyubomirsky et al., 2005). Studies indicate that those with resilience are more capable of handling difficulties, failures, and pressures (Southwick et al., 2014). Studies have indicated a correlation between mental health outcomes and increased cognitive performance and good lifestyle activities (Liang et al., 2020). Setting goals is linked to greater motivation, concentration, and persistence, according to research (Locke & Latham, 2002). Students' academic success, overall

quality of life, and psychological and physical health are all significantly impacted by happiness. But it might be difficult to maintain a balance between personal and professional life and to establish solid relationships with family, friends, and professors. Stress and anxiety are triggered by the continual pressure imposed on students' bodies and minds (Bidisha Chakraborty, 2019). Students' happiness is further undermined by mental health problems, smartphone addiction, and suicide thoughts (Mun-Hee Nam et al., 2013). According to H. Mahmoodi (2019), student happiness is negatively impacted by academic stress and self-efficacy. These pressures can be managed successfully with yoga and meditation. According to Sharma et al. (2018), regular exercise improves mental clarity and relaxation while dramatically lowering experienced stress and academic anxiety. In addition, these exercises enhance mental and physical well-being. According to Streeter et al. (2012), yoga raises gamma-aminobutyric acid (GABA) levels, which helps alleviate the negative effects of stress on the body by encouraging relaxation and reducing anxiety. Smartphone addiction can be reduced by mindfulness techniques including meditation. According to research by Li et al. (2018), practicing mindfulness meditation improves self-control and lowers impulsivity, which in turn reduces smartphone addiction. Furthermore, drug usage and suicidal thoughts are decreased by yoga and meditation. According to research by Khalsa et al. (2013), yoga practice can assist lower drug abuse, while research by Hirsch et al. (2019) found that meditation reduces suicidal thoughts by enhancing emotional regulation and creating a feeling of purpose and community. Resilience and social adjustment are also improved by these methods. Students who consistently practiced yoga showed higher levels of resilience and improved social adjustment, according to Smith et al. (2014). A healthier lifestyle is also encouraged by practicing yoga and meditation. According to research by Ross et al. (2013), people who practice yoga are more likely to take up other health-promoting habits including eating a balanced diet and getting regular exercise.

Objectives:

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

Methodology:

The study employed an Experimental research design with a pre-test and post-test one-group design to examine the impact of SKY Yoga practices, on enhancing happiness among college students. The research was conducted at Nallamuthu Gounder Mahalingam College, Pollachi, and the participants were college students who engaged in SKY Yoga practices during January, 2024. A total of 350 respondents were surveyed for the study. Data were collected using a set of questionnaires that consisted of 10 items related to measuring the level of happiness. Additionally, demographic profiles of the participants were also collected. The pre-test and post-test data were collected before and after the intervention of SKY Yoga practice, respectively. The data obtained from the questionnaires and demographic profiles were analyzed using methods such as simple percentage analysis, paired t-test, and ANOVA to derive meaningful results.

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	5 Minutes
2.	Meditation	20 Minutes
3.	Hand, Leg Neuromuscular breathing, Eye exercise, Kabalopathy, Maharasana Part-I & II, and Massage.	30 minutes
4.	Relaxation	20 minutes
5.	Discussion	15 minute

During the session, college students were instructed in various SKY Yoga practices. The session began with a 5-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 were engaged in a 30-minute to cover various levels of Simplified Physical Exercise such as Hand, Leg Neuromuscular breathing, Eye exercise, Kabalopathy, Maharasana Part-I & II, Massage and to maintain, balance, flexibility and stretch that supports to maintain muscles strength, and to regulate the circulations of blood, heat and air. Afterwards, relaxation practice was conducted for 20 minutes to relax the mind and body it maintains the energy flow, ease tension and decrease stress and anxiety. At the end of the session, a 15-minute discussion period was allocated for participants to ask questions and clarify any doubts they may have. Finally, proper guidance was provided to ensure that the students can systematically perform the SKY yoga practices.

Table - 1

Descriptive statistics on the Impact of SKY on Happiness

Variables	Particulars	Before				After			
		N	Mean	Std. Dev	Test Value	N	Mean	Std. Dev	Test Value
Age	17-18	135	27.22	7.85	ANOVA (F=1.215 Sig=0.304)	135	38.92	7.87	ANOVA (F=0.527 Sig=0.664)
	18-19	127	28.33	7.46		127	40.03	7.41	
	19-20	71	27.23	8.67		71	39.78	7.48	
	20-22	17	24.82	7.35		17	40.11	7.41	
Gender	Male	166	27.95	7.14	T-test Value (F= 5.632 Sig= 0.018)	166	39.58	7.36	T-test Value (F= 0.645 Sig= 0.422)
	Female	184	27.12	8.48		184	39.53	7.81	
Stream	SF	196	28.52	7.62	T-test Value (F=2.259 Sig=0.134)	196	39.83	7.34	T-test Value (F=.988 Sig=0.321)
	Aided	154	26.24	8.027	T-test Value (F=1.169 Sig=0.280)	154	39.20	7.90770	T-test Value (F=1.169 Sig=0.280)

The results of the above table reveal notable differences between demographic categories in the effects of Simplified Kundalini Yoga (SKY) on Happiness of NGM College students. There is a noticeable rise in mean scores across age groups (18-19 after yoga practice, indicating diverse responses to the intervention. Specifically, the mean score value for the age group of (18-19) increased from 28.33 to 40.3 following the intervention. After the intervention of SKY yoga practices, the ANOVA findings indicated that there was no significant difference between the age groups. Regarding gender, the average score for men went from 27.95 to 39.58. However, following the implementation of SKY yoga practices, the T-test results showed that there was no statistically significant difference between the genders.

Additionally, the mean score value in the SF stream slightly increased from 28.52% to 39.83% following the intervention. But the T-test results showed no significant difference between the SF and Aided streams after the intervention of SKY yoga practices.

Table 2

Distribution of the students based on their Perception on Happiness with Yoga Practice

S. No.	Particulars	Before				After			
		Frequency	%	Mean	Std	Frequency	%	Mean	Std
I am satisfied with the progress I am making towards my academic and personal goals.									
1.	Strongly Agree	84	24.0	2.75	11.214	12	3.4	3.96	0.867
2.	Agree	40	11.4			101	28.9		
3.	Neutral	121	34.6			123	35.1		
4.	Disagree	87	24.9			114	32.6		
5.	Strongly Disagree	18	5.1			0	0		
I feel optimistic about my future prospects after completing my college education									
1.	Strongly Agree	114	32.6	2.56	1.248	12	3.4	3.9657	0.869
2.	Agree	22	6.3			102	29.1		
3.	Neutral	133	38.0			122	34.9		
4.	Disagree	64	18.3			114	32.6		
5.	Strongly Disagree	17	4.9			0	0		
I find fulfillment in engaging in activities and pursuits that align with my interests and values.									
1.	Strongly Agree	42	12.0	2.93	1.010	12	3.4	3.9657	0.865
2.	Agree	53	15.1			101	28.9		
3.	Neutral	154	44.0			124	35.4		
4.	Disagree	89	25.4			113	32.3		
5.	Strongly Disagree	12	3.4			0	0		
I am able to effectively manage stress and challenges, maintaining a positive outlook.									
1.	Strongly Agree	44	12.6	2.92	0.995	12	3.4	3.9971	0.864
2.	Agree	47	13.4			95	27.1		
3.	Neutral	158	45.1			125	35.7		
4.	Disagree	93	26.6			118	33.7		
5.	Strongly Disagree	8	2.3			0	0		
Overall, I consider myself to be a happy individual during my time in college.									
1.	Strongly Agree	40	11.4	2.90	1.033	1	.3	3.780	0.484
2.	Agree	69	19.7			85	24.3		
3.	Neutral	142	40.6			254	72.6		
4.	Disagree	83	23.7			10	2.9		
5.	Strongly Disagree	16	4.6			0	0		

The above table illustrates the significant improvements in students' perceptions of their academic and personal growth. Satisfaction with progress in academic and personal goals increased from a mean score of 2.75 to 3.96, while optimism about future prospects increased from 2.56 to 3.96. Students also reported greater fulfillment in engaging in activities aligned with their interests and values, with mean scores rising from 2.93 to 3.96. Additionally, their ability to manage stress and maintain a positive outlook improved from 2.92 to 3.99. Lastly, overall happiness during their time in college increased from 2.90 to 3.78. These findings highlight the intervention's positive impact on students' well-being and outlook. The overall pattern indicates that happiness levels have increased after the intervention

of SKY yoga practice. These results show that the SKY Yoga and Meditation practices have a favorable effect on students' overall well-being and happiness.

Table - 3

Descriptive statistics of impact of SKY Yoga on Happiness

Visual functioning	N	Mean	Std. Deviation	Std. Error Mean
Pre-test	350	27.5171	7.87426	0.42090
Post-test	350	39.5600	7.59246	0.40583

Table- 3 Paired Sample Test

	t	df	Sig.(2-tailed)
Pre-test & Post test	-21.075	349	0.000

The mean happiness score prior to the intervention was 27.5171, with a standard deviation of 7.87426. The mean happiness score increased significantly to 39.5600 after the SKY Yoga intervention, and the standard deviation decreased somewhat to 7.59246. The significant rise in average happiness ratings following the intervention suggests that the individuals' emotional health has improved. The significance of these alterations was carefully assessed using a paired sample t-test. The results of the study showed a significantly significant difference in happiness scores before and after the SKY Yoga intervention ($p < 0.001$), with a t-value of -21.075 with 349 degrees of freedom. The statistically significant results from the paired sample t-test and the significant increase in happiness scores provide substantial evidence of SKY Yoga's effectiveness in enhancing happiness levels among college students. Therefore, the study concluded that practicing SKY Yoga has a noteworthy effect on fostering contentment and mental health among students. Thus, this study's results corroborate the theory that practicing SKY Yoga significantly improves college students' subjective feelings of happiness.

Result and Discussion:

The study's result provides conclusive evidence of the positive impacts of practicing Simplified Kundalini Yoga (SKY Yoga) on happiness of NGM College students across various demographic contexts. After the intervention, there were noticeable improvements in happiness levels, satisfaction with academic and personal progress, optimism about the future, fulfillment in engaging activities, and stress management skills. Overall, students experienced increased happiness during their time in the college community, according to the results. More specifically, after participating in the SKY Yoga intervention, participants' mean happiness scores significantly increased and shifted in the direction of higher happiness. The results of the statistical analysis, which showed a highly significant difference in happiness scores before and after the intervention, further supported the validity of these findings. Overall, the findings point to the potential of SKY Yoga as a successful intervention for enhancing college students' emotional health and happiness.

Conclusion:

SKY Yoga provides a holistic approach to improving the overall quality of life by addressing mental, emotional, and social elements of wellness. The present study concludes that incorporating SKY Yoga practices into campus wellness programs is crucial for promoting the mental health and overall well-being of students. Regular practice, including fundamental exercises, yoga asanas, and meditations, enhances happiness and life satisfaction. The findings reveal that SKY Yoga has significant positive effects on students' satisfaction and well-being. Students who regularly practice SKY Yoga experience improved physical and mental health, greater overall well-being, and increased success in their academic, professional, and personal endeavors. Therefore, integrating SKY Yoga into college wellness initiatives can play a vital role in supporting students' holistic wellness and success.

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