

## THE IMPACT OF SKY YOGA PRACTICES ON PSYCHOLOGICAL WELL-BEING AMONG 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. SKY(Simplified Kundalini Yoga) yoga practice helps to maintain physical and mental health and support overcome illness. This study primarily examines the impact of SKY yoga on the psychological well-being of women. The sample (N=150) was obtained from the yoga practitioners at the Arivuthirukkovil, Aliyar. The data was obtained and analyzed before and after the practice of SKY yoga from the participants. The pre-test and post-test one group designs were adopted to study the impact of SKY yoga practice on the psychological well-being of the participants. As regards the Psychological wellbeing of respondents prior to the practice of SKY Yoga the mean value was found to be 156.120; but after practicing SKY Yoga the mean value of the individuals was seen to be at 181.7867. The paired T-test was performed. The paired T-test value was -10.176, which reveals that there is a significant difference in the psychological wellbeing of the respondents before SKY Yoga practices and after SKY Yoga practices as is evident from the mean value and the T value. The study report reveals that SKY yoga practices supported and helped balance their emotional stability and quick recovery from various psychological issues. Hence, SKY Yoga practices are obviously very useful to manage many of the life-oriented events which increase problems related to psychological issues.

### Introduction:

Women play an important role in the family, society and the world. A woman assumes various roles within the family like that of a wife, leader, administrator, manager and an affectionate mother for the children. Women are the pioneers of the nation. Indian culture bestows much importance to women. According to a report from the United Nations secretary-general, women are 50% of the greatest human resources in the world. Major changes in life, like pregnancy, motherhood, and menopause can create physical and emotional stress for women. Negative life experiences, infertility, and prenatal loss, poverty, discrimination, violence, unemployment, and isolation also have a telling effect on women's mental health and wellbeing. Unequal economic and social conditions also contribute to a higher risk of depression in women.

Psychological well-being is defined as an absence of distressful symptoms and by adding the value of positive qualities the mental health has completely termed in its significance. Some common factors play a major role in affecting the psychological wellbeing of women. The psychological wellbeing of women is mostly affected by various factors and they lead to exposing anxiety and depression while they have to take care of their children, elders, and other disabled individuals within the family. Poverty and worries with regard to their safety affect them and lead to feeling isolated in the society. Physical and sexual abuse as well as violence is the other main issues women have to face during their lives, all of which leads a long-term impact on their mental health. There exist two types of psychological wellbeing, viz. (1) positive psychological wellbeing and (2) negative psychological wellbeing. According to Cocker et. al. (2012) mental health, among women, can be improved by providing Emotional and Social support in order to reduce instances of violence against the women. Patel V. et., al. (1999) states that uneducated women are facing a lot of violent incidents in their life, which reduce their mental health level. Poverty also plays an important role in weakening their psychological wellbeing. Instances of violence are increasing, with higher risks to women. (World health organization; 2002 pp. 89-121.) According to data from the National Crime Reporting Bureau, over 244,270 cases had been filed under the Indian Penal Code and special and local laws. (NCRB report 2013). Young married women as well as elderly women within a nuclear family are more likely to

attempt suicide and self-destruction. (Savita Malhotra and Ruchita Shah,(2015) women and mental health in India). The results of a recent survey, published on LinkedIn during September 2020, has mentioned that 50 percent of Indian women from the working class were psychologically affected by the COVID-19 pandemic. Women workers in India experienced 47% more stress during the period of the pandemic. WHO also estimates that almost 7.5% of Indians suffer from some mental disorder and predicts that by the end of this year, roughly 20 percent of Indian women are likely to suffer from mental illnesses. The psychological well-being of women helps them to lead a better life.

Many research studies have been conducted on the psychological wellbeing of women, but the comprehensive practice method was presented with a limited view to strengthen the above factors among women. The present study has been conducted for the purpose of filling in this gap in the research. It focuses on the effect of yoga on the psychological wellbeing of women.

Simplified Kundalini yoga practices are comprehensively imparted to maintain physical and mental health. The practices help to improve holistic health and the psychological wellbeing of women. Deep research has revealed that yoga improves mental and physical health for which reason it has been suggested that yoga should be practiced on a regular basis. SKY yoga practices include NaadiSuddhiPranayama, Meditation, Simplified Physical exercise and Introspection practices.

### Review Literature:

Dr. Lakshmi Choudhary & Dr. Anis Ahmad, (2017) in A Study of Psychological Wellbeing among Housewives and Working Women. The study found that whereas housewives had lower levels of psychological wellbeing, working women possessed a high level of the same. Shefali Singh et.al (2017). Psychological well-being and work-life balance of working women – A co-relational study, conducted a research study on psychological wellbeing and work-life balance of working women. A study found out that the quality of life among women working in the schools and banks was very stable because they had the opportunity to maintain a balance between work and life. But in the field of IT companies, women had a low level of quality of life because of higher work pressure. Net Hartfile MS., Jon Havenhand Ph.D., et al., (2014) The Effectiveness of Yoga for the Improvement of Wellbeing and Resilience to Stress in the Workplace. This study found that the Yoga group obtained more positive results in feelings of clear-mindedness, composure, energy, and confidence. Arun Pratap Singh, (2017) Yoga for Mental Health: Opportunities and Challenges. This study reviewed the role of yoga in various aspects and how it helps to cure the psychological and physical problems among school and college students. AnandaBalayogiBhavanani., (2014) Role of Yoga in Health and Disease. The Meta-analysis method was used in this study to find out the overall effects of yoga in curing diseases. Physiological, biochemical, and psychological effects and its results were evaluated using various parameters to find out the multidimensional role of yoga in curing diseases. Suresh, A., K. Ramachandran, and Malar Jayachander, (2013) published a journal on "Effect of Kundalini Yoga on Psychological Health in Young Adults". The results reveal that the intervention groups show significant changes in mid and post-assessment on psychological well-being, internal locus of control, memory, sense of support, and positive results in anxiety and anger. Kamlesh Kumar Maurya, Dr. Manisha Agarwal, (2015) published a journal on "Factors Affecting Stress and Wellbeing of Women Employees". In their research findings they reveal that the organizational and extra organizational factors affecting stress and employees' wellbeing among males and females.

Dr. Sudhinta Sinha (2021) published an article titled Multiple Roles of Working Women and Psychological Wellbeing: Working women scored lower value than homemakers; but working women had a higher value in psychological wellbeing. In conclusion, employed women are more satisfied in their life than homemakers.

### Objectives:

To study the demographic profile of the respondents.

To study the perception of Yoga.

To assess the level of psychological wellbeing of the respondents.

To measure the impact of SKY yoga practices on the psychological wellbeing of the respondents.

To suggest suitable measures for achieving the psychological wellbeing of the respondents.

### Methodology:

**Research design:** Experimental research design was used in the study. The pre-test and post-test one-group designs were adopted to study the impact of yoga on the psychological wellbeing of the respondents. A sample of 150 women was randomly selected from the list of women who have shown interest in yoga at Arivuthirukkovil. Out of 700 women, 150 women respondents were selected using simple random sampling.

### Experiment procedure:

The researcher used a set of questionnaire as a tool to collect the data from the respondents. The questionnaire consists of a demographic profile and psychological wellbeing scale. The psychological wellbeing scale is profound by Carol Ryff, (1989, 1995) which is 6 point scale scores are measured from 1 to 6. The reliability and validity of the scale were found to be 0.83. The data were analyzed using simple percentage analysis and paired T-test. In this study, 150 women respondents were involved at Arivuthirukkovil Aliyar. The SKY yoga practices includes Naadi Suddhi Pranayama, Meditation, Simplified physical exercise and Introspection practices Total hours of the practice cover 1 and half hour. SKY yoga practices were given as per the schedule:

1. Naadi Suddhi - 5 Minutes
2. Meditation - 20 Minutes
3. Simplified Physical Exercise - 45 minutes
4. Introspection - 10 minutes
5. Discussion - 10 minutes

### 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.

Table 1: Perception of Yoga

VARIABLES	PARTICULARS	FRE QUENCY	PERCENT TAGE	PARTICULARS	FRE QUENCY	PERCENT TAGE
		Before			After	
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

Achieve life goal	Agree	62	41.3	Agree	26	17.3
	Strongly Agree	8	5.3	Strongly Agree	111	74.0
	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
Develop value and discipline	Strongly Agree	10	6.7	Strongly Agree	116	77.3
	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
Part of Life	Strongly Agree	6	4.0	Strongly Agree	117	78.0
	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 the standard questions. 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 Psychological wellbeing based on Demographic variables:

S.NO	VARIABLE	TEST	VALUES	Result
1.	Age	ANOVA	F= 3.853 Significance =.003	Significant
2.	Marital Status	T-test	F= 1.723 Significance =0.911	Not Significant
3.	Family type	T-test	F= .363 Significance =.548	Not Significant
4.	Dependents	ANOVA	F= 1.719 Significance =.166	Not Significant
5.	Place of Living	ANOVA	F= 1.818 Significance =.166	Not Significant
6.	Education	ANOVA	F= 1.324	Not Significant

			Significance =.264	
7.	Occupation	ANOVA	F= 1.397 Significance =.229	Not Significant
8.	Income	ANOVA	F= .665 Significance =.678	Not Significant
9.	Savings	T-test	F= .341 Significance =.560	Not Significant
10.	In debt	T-test	F= 1.034 Significance =.311	Not Significant
11.	Socio economic status	ANOVA	F= 1.641 Significance =.167	Not Significant

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

Table 3: Difference in Psychological wellbeing before and after Yoga

Before			After		
VARIABLES	FREQUENCY	PERCENTAGE	VARIABLES	FREQUENCY	PERCENTAGE
Very High	1	.7	Very High	12	8.0
High	17	11.3	High	28	18.7
Slightly High	61	40.7	Slightly High	60	40.0
Slightly Low	49	32.7	Slightly Low	41	27.3
Low	22	14.7	Low	9	6.0
Total	150	100	Total	150	100
Mean	156.1200		Mean	181.7867	
t = -10.176df - 149Sig. (2-tailed).000					

Table 3 specifically pointed out the results of sky yoga practices and their impact on psychological well-being among women. The psychological well-being of women before they undertake the sky yoga practice was slightly high with 61(40.7%) of the respondents. But after the SKY Yoga practices psychological well-being of women has significantly increased in the levels of high and very high. The outcome of the results when compared with the before data the value of high has increased from 17 (11.3%) of respondents to 28(18.7%) of respondents after the SKY Yoga practice. The psychological well-being of women has increased from 11.3% to 18.7% and the difference between these two values was 7.4%. Therefore, 7.4% of the psychological well-being of women has increased after the SKY Yoga practice.

The results when compared with the before data the value of very high has increased from 1 (.7%) respondents to 12(8.0%) respondents after the SKY Yoga practice. The psychological well-being of women has increased from (.7%) to (8.0%) and the difference between these two values was 7.3%. Therefore, 7.3% of the psychological well-being of women has increased after the SKY Yoga practice. The Psychological wellbeing of respondents before practicing SKY Yoga the mean value was found at 156.1200, but after practicing SKY Yoga the mean value of the respondents was found at 181.7867. 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 -10.176 shows that there is a significant difference in the psychological wellbeing of the respondents before SKY Yoga practices and after SKY Yoga practices which is evident from the mean value. It is evident from the t value. Thus, from the mean value, it is concluded that after the SKY Yoga practice the psychological wellbeing of the respondents has increased considerably. Therefore, it is concluded that

the SKY Yoga practice improves or has a meaningful outcome on the psychological well-being of respondents.

#### Discussion:

This study mainly discusses the perception about the respondents in yoga that strengthen the psychological well-being of women. Women in society are mostly affected by various factors such as work pressure, family dispute, health issues, poverty, inequality and instances of violence against women. As a result, psychological problems of stress, depression, anxiety, are increasing among the women.

The result of the study positively impacted 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. Before the SKY yoga practices this study could find out that most of the women were seriously affected by psychological problems. But, after the practices psychological wellbeing positively influenced the women respondents. The study report has revealed that SKY yoga practices primarily provided the support to balance their emotional stability and recover from various psychological issues quickly. Hence, SKY Yoga practices are very useful for managing the various life-oriented events that increase problems related to psychological issues.

#### Conclusion:

Thus, the study has concluded that SKY yoga practices have to be performed on a regular basis to face psychological problems. So, this study recommends that a particular time should be allotted to perform the SKY yoga to balance emotional stability and sustain mental capacity in various fields and all through one's life. Governments, as well as the private institutions, have to take the necessary steps to open many health centers and counseling cells to provide proper solutions along with the yoga practices.

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