

Simplified Kundalini Yoga for Occupational Stress

Dr. K. Nagarasan, Ph.D., Professor, Simplified Kundalini Yoga Research Centre, WCSC, Aliyar, Coimbatore District, Tamilnadu, India. Email: dspcbe@gmail.com

S. Kalavathi, Ph.D. Scholar, SKY Research Centre, WCSC, Aliyar, Pollachi Taluk, Coimbatore District, Tamilnadu, India. Email: dspkala@gmail.com

Abstract

“The purpose of life is to watch and experience living. To enjoy living every moment of it and to live in environments, which are calm, quiet, slow, sophisticated, elegant”. says Yogi Bhajan the master of Kundalini yoga. Yogic practices results in greater reduction in anxiety scores. Kundalini yoga is a form of physical and meditative practices comprises of techniques using mind, body and senses. Simplified Kundalini Yoga is a physical, mental and spiritual discipline packaged by Yogiraj Vethathiri Maharishi for developing strength, awareness, character, and consciousness. Occupational stress termed job stress or work stress can be defined as the experience of unpleasant, negative emotions such as tension, anxiety, frustration, anger and depression resulting from aspects of work. (Salami S.O). The results of the study indicate the practice of Simplified Kundalini was an effective method to reduce Occupational Stress.

Key words: Kundalini Yoga, Simplified Kundalini Yoga, Occupational Stress

INTRODUCTION: Yoga practices results in greater reduction in anxiety scores than drug therapy. Kundalini yoga is a form of physical and meditative yoga that comprises of various techniques using the mind, body and our senses. Kundalini is one of the oldest forms of yoga – it has been practiced by the Upanishads in India since 500 B.C. Mastering the practice at sixteen, Yogi Bhajan brought Kundalini to the West in 1969. Initially, it was never taught publicly until Bhajan challenged its secrecy and taught Kundalini openly to the public and consequently established the 3HO, which stands for "Healthy, Happy, Holy Organization."

SIMPLIFIED KUNDALINI YOGA: Simplified Kundalini Yoga consists of Simplified Physical Exercises, Kayakalpa Yoga Exercises, Simplified Kundalini Meditation and Introspection. Occupational stress termed job stress or work stress can be defined as the experience of unpleasant, negative emotions such as tension, anxiety, frustration, anger and depression resulting from aspects of work. (Salami S.O). The purpose of the study is to find out the effect of Simplified Kundalini Yoga on Occupational Stress of middle-aged men.

OBJECT AND PURPOSE OF THE STUDY: The object and purpose of the study was to find out the effect of SKY yoga training on Occupational Stress among middle-aged men ranged between 30 to 35 years. It has been hypothesized that there would be significant improvement in occupational stress of middle aged men after a practice Simplified Kundalini yoga for 24 weeks.

REVIEW OF LITERATURE: Ned Hartfiel et. al., (2011) studied the effectiveness of yoga for the improvement of well-being and resilience to stress in the workplace. It examined the effectiveness of yoga in enhancing emotional well-being and resilience to stress among university employees. 48 employees of British University divided into two groups, a yoga and a control group. The yoga group was offered six weeks of Dru Yoga, comprising one 60-minute class per week. The six-week yoga intervention resulted in significantly improved POMS-Bi and IPPA scores for the yoga compared to the wait-list control group for seven of eight measures of mood and well-being. In comparison to the wait-list control group at baseline and the end of the program, the yoga group reported marked improvements in feelings of clear-mindedness, composure, elation, energy, and confidence. In addition, the yoga group reported increased life purpose and satisfaction, and feelings of greater self-confidence during stressful situations. The results show that even a short program of yoga is effective for enhancing emotional wellbeing and resilience to stress in the workplace.

Esther I. de Bruin et. al., (2017) studied the effects of Combined Physical Exercise, Yoga, and Mindfulness Meditations for Stress Relieve in Employees. The study assessed the feasibility, acceptability, and preliminary effects of the newly developed Mindful2Work training, a combination of physical exercise, restorative yoga, and mindfulness meditations, delivered in six weekly group sessions plus a follow-up session. Participants ($n = 26$, four males), referred by company doctors with (work-related) stress and burnout complaints, completed measurements pre and post the intervention, as well as at 6-week (FU1) and 6-month (FU2) follow-up. Results

showed very high feasibility and acceptability of the Mindful2Work training. The newly developed Mindful2Work training seems very feasible, and acceptable, and although no control group was included, the large effects of Mindful2Work are highly promising.

METHODOLOGY: To resolve the object and purpose of the study 80 hardware engineers age between 30 and 35 years were randomly selected from Coimbatore, India. The subjects were divided into two groups consisting of forty each. Experimental Group I underwent simplified Kundalini yoga training (SKYT); Experimental Group II acted as control group (CG) and was not engaged in training program. The dependent variable used is simplified Kundalini yoga. The training period is for 24 weeks. After the training period the post-test was conducted.

CRITERION MEASURES: Criterion Variable here is Occupational Stress and the test item used is a questionnaire devised by Dr. A. K. Singh and Dr. A.P. Singh. The questionnaire consists of 46 questions.

ORIENTATION OF SUBJECTS: Before collection of data, the subjects were oriented about the purpose of the study. The procedure of assessing the variable Occupational Stress was explained in detailed about the questionnaire for the assessment.

Intra class correlation co-efficient obtained for test- re test scores

Tests	Correlation Co-efficient
Psychological variable Occupational stress	0.81*

*Significance at 0.05 level of confidence

TRAINING PROGRAM:

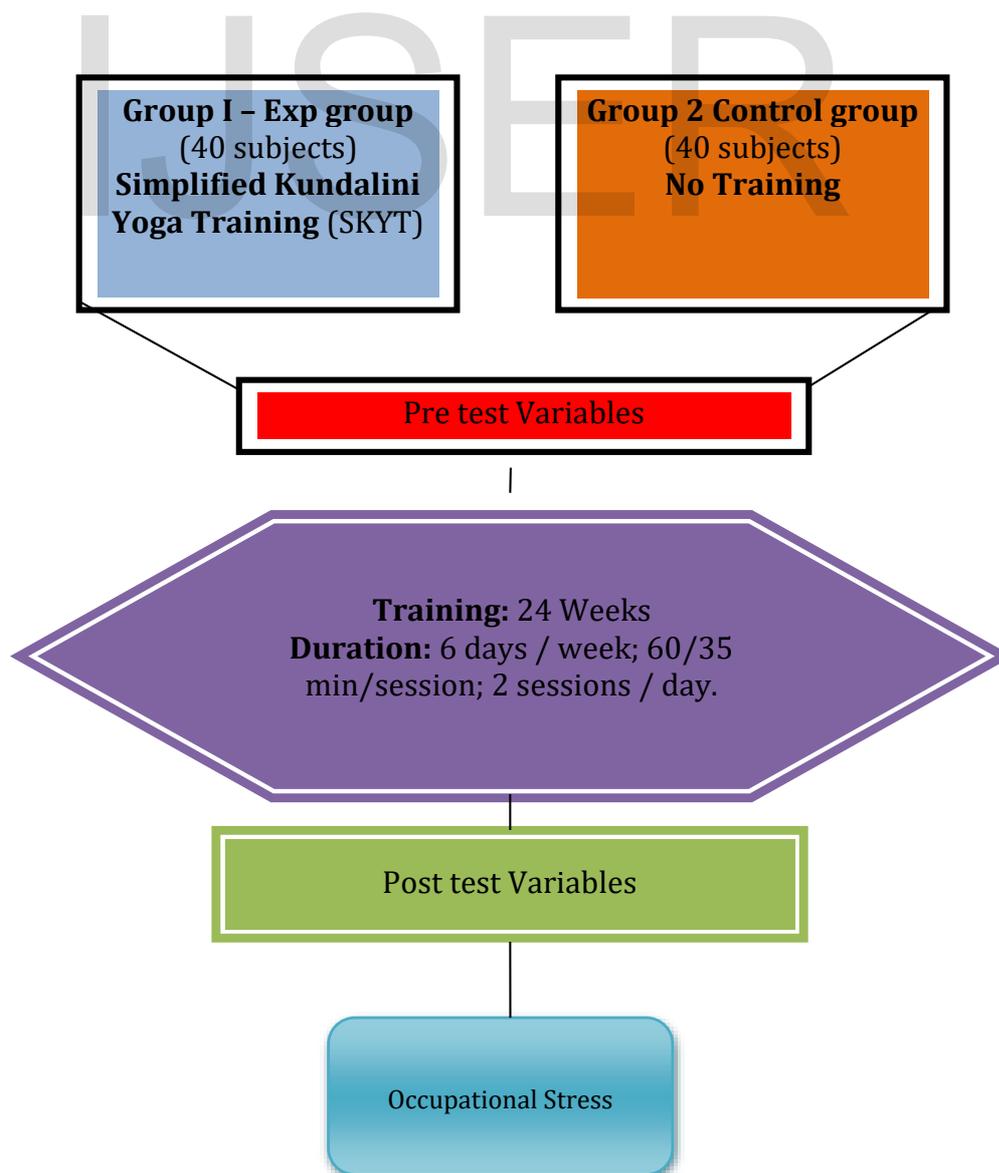
Experimental Group :	Experimental Group I underwent Simplified Kundalini yoga (SKYT)
Control Group :	Control Group was not engaged in any training program.

The training was imparted for a period of 60 minutes in the morning and 35 minutes in the evening as two sessions a day. The training was done for six days per week totally for a period of 24 weeks. The length of the training intervention for this

study was based on the fact that twenty-four weeks has been shown to be of sufficient to provide significant changes.

SIMPLIFIED KUNDALINI YOGA: All the simplified physical exercises mentioned in the Simplified Exercise book were imparted to the subjects. Kayakalpa practices, and various stages of SKY meditation were imparted the subjects. They are Agna, Shanthi Yoga and Thuriyam. Trained masters initiates the subjects into meditation practice, intensifying the working center of his life-force at Agna Chakra (between the eyebrows) so as to focus there and meditate. After a few days of practice, energy increase in the upper centers may be felt excessively and the subject is taught Shanti Yoga. The next stage of practice is Thuriyam, which is meditation at the crown chakra, i.e. Sahasradara or Brahmarandra. Practices are also given to understand and increase one's personal bio-magnetism for physical and mental optimum strength.

FLOW CHART



TRAINING SCHEDULE: The training schedule of simplified Kundalini yoga practices were divided into four blocks, each block consists of six weeks.

COLLECTION OF DATA: The data on pre and post-test were collected before and after 6 months of the training program. The data were collected in the same day.

EXPERIMENTAL DESIGN AND STATISTICAL TECHNIQUE: The data has to be processed with the help of statistics, analyzed scientifically, interpreted and intelligently concluded. Experimental design is a blue print of the procedure that enables the researcher to test his hypothesis by reaching valid conclusions in testing the relationship between Independent variable and Dependent variable. The random group design was used in this study.

STATISTICAL TECHNIQUE: The collected data were analyzed by applying of 't' test to find out the individual effect from base line to post test if any and in addition ANOVA was also used to find out significant improvement in each group at various periods. If F ratio was found to be significant Newman Keul's post hoc test was applied to find out the significant difference between the adjusted paired means.

0.05 level of confidence was fixed for physical variables where as 0.05 level of confidence was fixed. It was considered as sufficient for the present study.

ANALYSIS AND INTERPRETATION OF DATA: The two groups namely SKY yoga group and control group were analyzed for the differences in their measures of the Occupational Stress in relation to pre-test, post-test and adjusted post test scores. The group mean gains pre and post-test recorded by two groups during the experimental period of 24 weeks to the criterion measures were tested for significance by applying 't' test. The statistical tool of analysis of variance was applied to determine whether the training produced significant improvement in selected variables after 24 weeks of training.

TEST OF SIGNIFICANCE: The procedure of accepting the hypothesis or rejecting the hypothesis in accordance with the results obtained in relation to the level of significance was considered sufficient for the study. The level of significance was fixed at 0.05 levels for all the variables. The test was usually called the test of significance, since the investigator tests whether the difference between base line and post test was significant or not. If the obtained F- ratio was less than the table F-

ratio, at $P < 0.05$ level for all the variables, then the hypothesis was rejected to the effect that there existed no significant difference among the groups.

LEVEL OF SIGNIFICANCE: To test the obtained results on all the selected variables, 0.05 level of significance was chosen and considered as sufficient for the study.

COMPUTATION OF T TEST: The primary objective of the paired 't' ratio was to describe the differences between the pre-test and post-test mean of middle aged men. Thus the obtained results were interpreted with earlier studies and presented in this chapter well along with graphical presentations.

Table - 1

SIGNIFICANCE OF MEAN GAINS & LOSSES BETWEEN PRE AND POST TEST SCORES ON SELECTED VARIABLES OF SIMPLIFIED KUNDALINI YOGA GROUP

Variable	Mean		Mean difference	SD (\pm)		't' Ratio
	Pre	Post		Pre	Post	
Occupational stress	160	49	111	18	21	22.93*

- Significant at 0.05 level for the table value 2.023 for degrees of freedom 39. An examination of table - 1 indicates that the obtained t ratios were 22.93, for the variable Occupational Stress. The obtained t-ratios on the selected variables were found to be greater than the required table value of 2.023 at 0.05 level of significance. So it is found to be significant. The results of this study showed that statistically significant and explained its effects positively.

Table - 2

SIGNIFICANCE OF MEAN GAINS & LOSSES BETWEEN PRE AND POST TEST SCORES ON SELECTED VARIABLES OF CONTROL GROUP

Variable	Mean		Mean difference	SD (\pm)		't' Ratio
	Pre	Post		Pre	Post	
Occupational	159	159	0	25	21	0.87

Stress						
--------	--	--	--	--	--	--

* Significant at 0.05 level with the table value 2.023 for degrees of freedom 39

An examination of table 2 indicates that the obtained t ratios were 0.87, for the variable Occupational Stress. The obtained t-ratios on the selected variables were found to be lesser than the required table value of 2.023 at 0.05 level of significance. So it is found to be insignificant. The results of this study showed that statistically significant and explained its effects positively.

Table - 3

COMPUTATION OF ANALYSIS OF VARIANCE ON PRE, POST AND ADJUSTED POST-TEST MEANS OF THE SELECTED VARIABLES OF SIMPLIFIED KUNDALINI YOGA GROUP (SKYG) AND CONTROL GROUP (CG) ON OCCUPATIONAL STRESS

	SKYG	CG	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means	160	159	BG	242313	1	242313	507.16*
Post-Test Means	49	159	WG	36789	77	477	
Adjusted Post-Test Means	49	159	Total	279484	79		

BG- Between Group Means

* - Significant

WG- Within Group Means (Table Value for 0.05 Level for df 1, 77 & 79 = 3.965)

df- Degrees of Freedom

RESULTS OF OCCUPATIONAL STRESS: An examination of table - 5 indicated that the pretest means of simplified Kundalini yoga group and control group were 160 and 159 respectively. The post-test means of simplified Kundalini yoga group and control groups were 49 and 159 respectively. The adjusted post-test means of the simplified Kundalini yoga group and control groups were 49 and 159 respectively.

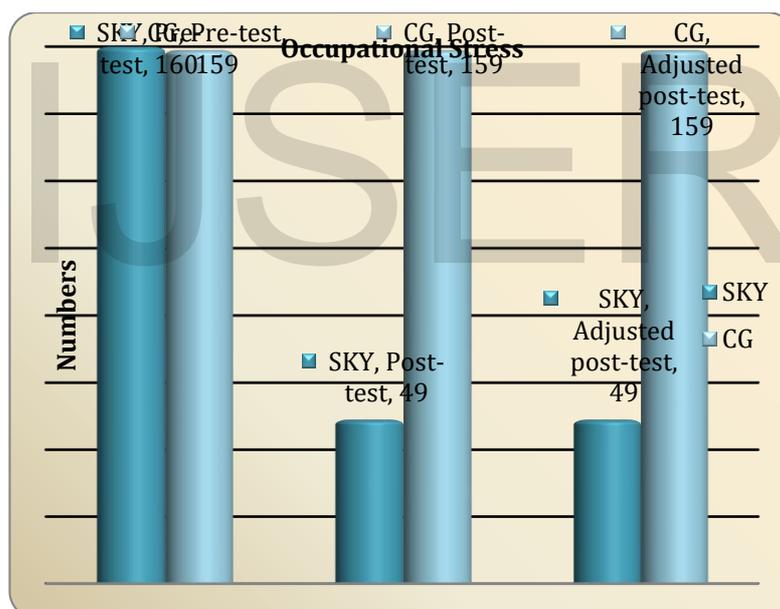
The obtained 'F' ratio for occupational stress was 507.16 which are found to be greater than the required table value of 3.965 for the degrees of freedom 1, 77 and 79; it was found to be significant at 0.05 level of confidence.

The result has achieved similar results like Wolever (2012) who studied the effective therapeutic yoga on mind and body stress in work place and found it to be an effective intervention.

The pre, post and adjusted post-test mean values of simplified Kundalini yoga group and control group on Occupational Stress are graphically represented in the following figure.

Figure

Bar diagram showing the adjusted mean values of occupational stress of Control Group and Simplified Kundalini Yoga Group



DISCUSSION ON HYPOTHESES: The hypothesis stated that there may not be a significant difference in the development of the Occupational Stress among the middle aged men of control group from their baseline to post test. The findings of the study showed that there were no significant differences in Occupational Stress of middle aged men from their baseline to post treatment due to because the control group did not undergo any special training. Hence the hypothesis was accepted.

CONCLUSION: Based on the results of the study the following conclusions were drawn. Within the limitations and on the basis of the findings of the study, it was very

clear that twenty four weeks of simplified Kundalini yoga produced significant changes in occupational stress of middle aged men. The control group had not shown significant improvement in the variables which infers that the changes happened in the simplified Kundalini yoga group is purely because of the training and not because of the external factors.

RECOMMENDATIONS: The following recommendations were made based on the results of the present study.

1. This study involves only middle-aged men. Similar studies may be conducted men at all ages.
2. Researches are to be conducted to find out the hormonal responses Simplified Kundalini yoga.
3. Similar study may be conducted using various yogic practices like kriyas, bandhas, Mudras and meditations by employing more experimental groups.
4. Simplified Kundalini yoga may be included in current and future public health promotion policies.

References:

Books.

1. Khalsa, Shakti Pawha Kaur, "**Kundalini Yoga: The flow of eternal power**", Penguin, 1998, P. 5.
2. "**Occupational Stress: Causes and Management Models Centre for Human Services**", Griffith University, Western Australia. Published August 2000, P. 5.
3. Shakthi Parwha Kaur Khalsa, "**Kundalini Yoga: The Flow of Eternal Power**", Perigee Books , 1996.
4. Thathuvagnani Vethathiri Maharishi, "**Simplified Physical Exercises**", Vethathiri Publications, Erode, India, 1977.
5. Thathuvagnani Vethathiri Maharishi, "**SKY Yoga for Human Excellence**", Vethathiri Publications, Erode, India, 2013.
6. Vethathiri Maharishi Institute for Spiritual and Intuitional Education, "**Physical Health**", Vethathiri Publications, Erode, India, 2009.
7. Yogiraj Vethathiri Maharishi, "**Journey of Consciousness**", Vethathiri Publications, Erode, India, 1992.
8. Yogiraj Vethathiri Maharishi, "**Mind**", Vethathiri Publications, Erode, India, 2000.
9. Yogiraj Vethathiri Maharishi, "**Yoga for Modern Age**", Vethathiri Publications, Erode, India, 1994.

Journals.

1. Bland, Helen W; Melton, Bridget F; Bigham, Lauren E; Welle, Paul D, "**Quantifying the impact on Physical Activity on Stress Tolerance in College Students**", College Student Journal, Volume 48, Number 4, Winter 2014, P. 559-568(10).

2. Chand, Piar, and Hemange Koul. "**Organizational Emotional Ownership, Workplace Spirituality and Job Satisfaction as Moderators of Job Stress.**" International Journal of Humanities and Applied Sciences, Vol. 1, No.2, 2012.
3. Esther I. de Bruin, Anne R. Formsma, Gerard Frijstein and Susan M. Bögels, "**Mindful2Work: Effects of Combined Physical Exercise, Yoga, and Mindfulness Meditations for Stress Relieve in Employees. A Proof of Concept Study**", Mindfulness February 2017, Volume 8,(1), P 204–217.
4. Godse AS, Shejwal BR, Godse AA, "**Effects of suryanamaskar on relaxation among college students with high stress in Pune, India**"., International Journal of Yoga, 2015, Volume: 8, Issue: 1, 2015, P. 15-21.
5. Huang, Fu-Jung; Chien, Ding-Kuo; Chung, Ue-Lin, "**Effects of Hatha yoga on stress in middle-aged women.**", Journal of Nursing Research. March, Vol, 21, Issue: 1, 2013, P. 59-66.
6. Joseph Dr. Shaly, Yashwant Rao Chavan, "**The Effectiveness of Yoga in Stress Management among the Employees in Industry**", Asia Pacific Journal of Marketing and Management Review 3.4. 2015.
7. Ned Hartfiel, Jon Havenhand, Sat Bir Khalsa, Graham Clarke and Anne Krayer, "**The effectiveness of yoga for the improvement of well-being and resilience to stress in the workplace.**", Scandinavian Journal of Work, Environment & Health Vol. 37, No. 1 January 2011, P. 70-76.
8. Ned Hartfiel, C. Burton, J. Rycroft-Malone, Jon Havenhand, Sat Bir Khalsa, Graham Clarke and R. T. Edwards, "**Yoga for reducing perceived stress and back pain at work**", Occupational Medicine, Volume 62, Issue 8, 2012, P. 606-612.
9. Nicholas M. Brisbon and Glenn A. Lowery, "**Mindfulness and levels of stress: a comparison of beginner and advanced hatha yoga practitioners.**", Journal of Religion and Health December, Volume 50, Issue 4, 2011, P. 931-941.
10. Sahukar Madhura, Pailoor Subramanya and Pradhan Balaram, "**Job satisfaction, job stress and psychosomatic health problems in software professionals in India.**", Indian Journal of Occupational and Environmental Medicine, Sep-Dec;18 (3), 2014, P. 153-161.
11. Salami S.O., "**Occupational Stress and Well-being: Emotional Intelligence, Self-efficacy, Coping, Negative Affectivity and Social Support as Moderators**", The Journal of International Social Research, vol. 3, no. 12, 2010.
12. Srivastava, A. K., and A. P. Singh, "**Construction and standardization of an occupational stress index: A pilot study.**" Indian journal of clinical psychology, 1981.
13. Wolever, Ruth Q.; Bobinet, Kyra J.; McCabe, Kelley; Mackenzie, Elizabeth R., Fekete, Erin; Kusnick, Catherine A.; Baime, Michael, "**Effective and Viable Mind-Body Stress Reduction in the Workplace**"., A Randomized Controlled Trial. Journal of Occupational Health Psychology, Vol 17(2), Apr 2012, P. 246-258.