



### Short Communication

## To study the effects of sky practices among middle-aged women on selected Psychological Variable

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### Abstract

The researcher aims to study the effect of SKY practices on Middle-aged women. Middle age is a very crucial phase in women's life and many lifestyle-oriented diseases target women at this phase. The researcher selected 60 women from a gated community in Chennai and divided them into two groups of thirty each. Questionnaire on Self-confidence was given to all the women. This was considered Pre-Test. Thirty women were not given any practices. This group was considered as Control group. The other group underwent six months of SKY practices every day except Saturday and were considered Experimental group. After six-months of SKY practice same questionnaire on Self-Confidence was given to all of them. This was considered Post-Test. The experimental group women showed good improvement in their Physical and Psychological wellbeing.

**Keywords:** Simplified Kundalini Yoga, Self-Confidence, Middle aged-women.

### Introduction

Women hood which is considered as boon becomes a curse when she reaches her middle age. Women has to balance her life in the family as well as in the society. At the middle age of a women family and society demands more from her. As she is moving towards Perimeno pause at this stage, hormonal imbalances begin and has its impact on her physical and mental wellbeing. Women health and wellbeing are on a roller coaster ride due to hormone fluctuations. One natural way to balance the hormone level is the practice of yoga.

SKY practices were designed by Shri Vethathiri Maharishi, who was born in Guduvancheri near Chennai in the year 1911<sup>1</sup>. Vethathiri Maharishi with his wide knowledge in Siddha, Ayurveda and Homeopathy did extensive study on human body and mind, designed Simplified Kundalini Yoga (SKY) practices.

SKY practices have four major aspects<sup>2</sup>: i. Kayakalpa Yoga, ii. Simplified Physical Exercise, iii. Simplified Kundalini Meditation, iv. Introspection.

All the above four aspects when practiced regularly brings visible difference in one's body and mind.

**Objective of the study:** The objective is to find out whether there is be any significant difference in the selected Psychological variable Self-confidence due to the practices of SKY on selected group of middle-aged women.

**Statement of the problem:** It is to find out the effect of SKY on selected psychological variable on selected middle-aged women.

**Hypothesis:** It is hypothesized that there is significant difference in psychological variable due to the practice of Simplified Kundalini Yoga on middle aged women.

**Limitations:** Certain factors like food, heredity, life style, body structure, environmental and climatic conditions were not considered.

**Selection of subjects:** Sixty middle aged women from a gated community in Chennai were selected randomly for the study. The selected women were equally divided into two groups of thirty each – i. Experimental group and, ii. Control group.

**Selection of Variable:** The researcher reviewed the available scientific literatures pertaining to Simplified Kundalini Yoga on selected psychological variable. In the present study the following variable was selected. i. Dependant Variable: Self-Confidence. ii. Independent Variables: Simplified Kundalini Yoga.

### Methodology

Random group design was applied for the study with pre and post-tests. All the women selected for the study were oriented about the purpose of the study and were given questionnaire on Self-confidence.

This was considered Pre-Test. Six months training were given to the thirty women of the Experimental group. The other group of women” the control group” underwent no training programme. At the end of six months same questionnaire was repeated to both the groups. This was considered Post-test.

**Training Schedule:** After eight weeks of above practices the women were taught self-analysis practices called ‘Introspection’. One must eliminate all unwanted aspects of one’s character to enjoy peace, health, wisdom, prosperity and happiness in life.

**Table-1:** For 1<sup>st</sup> and 2<sup>nd</sup> weeks.

Name of Practices	No. of Times	Duration (Mins)
Prayer <sup>3</sup>	1	3
Kayakalpa <sup>4</sup>	2	6
Hand Exercise <sup>5</sup>	5	5
Leg Exercise <sup>5</sup>	5	5
Neuro-Muscular Breathing Exercise <sup>5</sup>	5	7
Eye Exercise <sup>5</sup>	5	5
Kapalapathi <sup>5</sup>	3	5
Agna Meditation <sup>3</sup>	1	20
Closing Prayer <sup>3</sup>	1	3

**Table-2:** For 3<sup>rd</sup> and 4<sup>th</sup> week.

Name of Practices	No. of Times	Duration (Mins)
Prayer	1	3
Kayakalpa	2	6
Hand Exercise	5	5
Leg Exercise	5	5
Neuro-Muscular Breathing Exercise	5	10
Eye Exercise	5	5
Kapalapathi	3	5
Makarasana (Part A & B) <sup>5</sup>	3	10
Shanthy Meditation <sup>3</sup>	1	20
Closing Prayer	1	3

**Table-3:** For 5<sup>th</sup> and 6<sup>th</sup> weeks.

Name of Practices	No. of Times	Duration (Mins)
Prayer	1	3
Kayakalpa	2	6
Hand Exercise	5	5
Leg Exercise	5	5
Neuro-Muscular Breathing Exercise	5	7
Eye Exercise	5	5
Kapalapathi	3	5
Makarasana (Part A & B)	3	10
Massage <sup>5</sup>	1	5
Acu-Pressure <sup>5</sup>	1	7
Relaxation <sup>5</sup>	1	7
Thuriya Meditation <sup>3</sup>	1	20
Closing Prayer	1	3

The five primary aspects of introspection are<sup>2</sup>: i. Analysis of Thought, ii. Moralization of Desires, iii. Neutralization of Anger, iv. Eradication of Worries, v. Realization of Self.

By practical technique women were able to change their personality for the best and bring out their highest positive potential for a successful and happy life. Higher level techniques of meditation were taught during introspection sessions. Integrated practice of physical exercises, meditation, introspection and Kaya Kalpa will reorganize and restructure body and mind.

## Results and Discussion

**Results of self confidence:** From the Table-4 the pre-test means of self-confidence for control group was 169.36 and for the experimental group was 175.86. The ‘F’ ratio 2.36 obtained was lesser than the table ‘F’ ratio 3.16. Hence, the pre-test was not significant at 0.05 level of confidence for the degree of freedom 2 and 57.

The post-test means was 175.10 for control group and 180.00 for experimental group. The obtained ‘F’ ratio 6.38 was higher than the table ‘F’ ratio 3.16. Hence, the post test was significant at 0.05 level of confidence for the degree of freedom 2 and 57.

**Table-4:** Analysis of co-variance of pre-test, post test and adjusted post test on self confidence of the groups.

Means	Control Group	Experimental Group	SV	S. S	df	M.S.	O. F
Pre test	169.36	175.86	B	633.75	2	316.86	2.361
			W	7654.44	57	134.22	
Post test	175.10	180.00	B	2496.15	2	1248.07	6.38*
			W	11143.7	57	195.50	
Adjusted Post test	179.42	183.68	B	349.26	2	174.63	4.011*

**Table-5:** Scheffe’s post-hoc test ordered adjusted final mean difference of self confidence.

Control Group	Experimental Group I	M.D.	CI
179.42	183.68	4.26	2.31
179.42	--	6.94	2.31
--	183.68	2.68	2.31

The adjusted post-test means were 179.42 for control group 183.68 for experimental group. The obtained ‘F’ ratio 4.011 was higher than the table ‘F’ ratio 3.16. Hence, the post-test was significant at 0.05 level of confidence for the degree of freedom 2 and 56<sup>6</sup>.

Table-5 shows the Scheffé’s post hoc test of ordered adjusted final mean difference of Self-confidence of different groups. The difference between control group and experimental group was 4.26. The CI value 2.31 is lesser than table F ratio value. Hence the comparisons were significant<sup>6</sup>.

**Discussion on findings – self confidence:** The finding of the result shows that there is significant improvement in self-confidence. It may be due to the nature of SKY practice. The study indicates that the experimental group significantly improved the self-confidence.

The post hoc analysis of obtained ordered adjusted means proved that there is significant difference that existed between Experimental group and control group. This proved that due to six months practice of SKY the subjects have improved their self-confidence when compared with the control group.

**Conclusion**

The light of the above findings of the present study the following conclusions have been made.

The Experimental group had shown significant improvement in the selected psychological variable (Self-Confidence) among middle-aged women.

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