

Effect of Simplified Kundalini Yoga on Breathing Ability among College Students

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ABSTRACT

Breathing Ability is becoming a common health issue among people all over the world.

The Objective of the study was to find the effect of Simplified Kundalini Yoga on Breathing Ability among college students. There would be a significant difference in Blood Pressure among college students due to the Practices of Simplified Kundalini Yoga and there would also be a Significant difference in Breathing Ability among the experimental group I. experimental group- II than the control group.

Materials and methods: The experimental study adopted true random group design. Seventy Five Students (age ranging 17 to 23) from K.S.G College of Arts and Science, Coimbatore were selected and assigned randomly to three groups of Twenty Five each. The subjects of the experiments group I and group II underwent the Yoga exercise Practice, Simplified Kundalini Yoga training programme for a period of 12 weeks and the Control group did not undergo any practices. The Pre-test and post- test were conducted for three groups. The Breathing Ability was taken by Digital Stopwatch for Per minute in variable reading. The dates were analyzed using the statistical tool. ANOVA The fast of significance was fixed at 0.05 Level Result and conclusion. The analysis showed a significant difference in Breathing Ability among college students due to the simplified Kundalini Yoga and also a significant reduction in Breathing Ability for the experimental group-I, group -II and control group. It was concluded that simplified Kundalini Yoga Practices can alleviate

Breathing Ability among College Students and can be used as a complementary therapy.

Keywords: Breathing Ability, Simplified Kundalini Yoga, Yoga

INTRODUCTION:

College Students Play a Crucial role in Society as they handle the Crisis in the College, Society and Family. They undergo many Physiological and Psychological changes at every stage of their life. The Fluctuations in the hormone Levels Lead them to Physiological and Psychological disorders. Breathing Ability is the most common People.

Reason of breathing Changes

1. Variation in breathing ability due to students not knowing how to deal with the situation around them.
2. Students lose their peace of mind because they do not know how to diagnose and solve their problems and there is a change in breathing ability.
3. Students past worries. Caused by tragedies.
4. Fear of the future is caused by ambiguity about life.
5. There is a change in mood when there is excessive anger.
6. Variation is caused by the stress that comes when others humiliate themselves.

7. Changes in breathing occur when negative thoughts and thoughts occur.
8. Variation is caused by body heat that occurs during the summer
9. When shame and starvation occur, the mind is affected and there is variation in breathing.
10. Anxiety Variation in breathing occurs when depression occurs

Reason of breathing disorders

1. Allergies
2. Anxiety
3. Emotional
4. Aggression
5. Physical Problems
6. Physiological problems
7. Psychological problems
8. Personal life events
9. Social conditions
10. College place related problems.

Diseases Caused by breathing disorders.

1. Asthma.
2. Chronic Obstructive Pulmonary Disease
3. Emphysema
4. Chronic Bronchitis
5. Pneumonia.
6. Tuberculosis.
7. Pulmonary Oedema
8. Lung Cancer.
9. Interstitial Lung Disease

SIMPLIFIED KUNDALINI YOGA

Simplified Kundalini Yoga was founded by Vethathri Maharishi. He Sacrificed his entire life for the service of Society. He Practiced and Preached love and blissfulness. Maharishi felt that the changes towards better living should happen intuitively in the individual.

Maharishi's Kundalini yoga is subdivided into

1. Simplified Physical Exercise
2. Kayakalpa Yoga
3. Introspection
4. Meditation.

PURPOSES OF SIMPLIFIED PHYSICAL EXERCISE:

Simplified Physical Exercise Strengthens the body and helps to regularize the Functioning of all systems to eradicate the animal imprints.

Purposes of Kayakalpa Yoga:

The Purpose of Kayakalpa is to have

1. Long- Life by postponing death
2. Putting off old age and retaining youth
3. Good health

This Practice strengthens the body and internal organs, which begin to function better. It consists of 1. Ashwini Mudra and 2. Ojus Breath. Through this practice the old age and delay of death are possible for the human.

INTROSPECTION:

Introspection is the rein to rein the wandering mind. Divine factors like mind, soul, wisdom, magnetism and Divine Force are understood through. "Introspection" with the help of a Guru, One should Practice 'Introspection' until you make your mind a static state. Then you understand that the eternal wisdom is God.

These together form Introspection. If there was a mistake made. make a strong auto suggestion not to repeat it, if an action was done well. That should be recollected to imprint it strongly in the mind, to be repeated when possible

MEDITATION:

Meditation is a stylized mental technique respectively Practiced for the subjective experience that is frequently described as a very useful silent and heightened alertness. Often characterized as blissful.

HYPOTHESIS:

There would be a significant difference in Blood Pressure among College Students due to the Practices of Simplified Kundalini Yoga and there would also be a significant difference in depression among

the experimental group I and II than the control group.

DELIMITATIONS:

1. The study is delimited only in K.S.G College of Arts and Science College Coimbatore Men Students.
2. The data were collected from Seventy Five Men divided into three groups namely Experimental group-I, Experimental group-II and control group. Consisting of Twenty Five each.
3. The ages of the subjects ranged from 17 to 23 years college students only.

SIGNIFICANCE OF THE STUDY:

The Study was Significant in assessing the selected physiological and Psychological variable Blood Pressure among college students.

METHODOLOGY:

For this study, Seventy Five College Students have been selected and divided into Experimental group-I, Experimental group-II and Control group of Twenty five students for each. Four types of

methodology 1. Scientific Method 2. Psychological Method 3. Analysis Method 4. Descriptive Method. Pretest and Post test were conducted with a sphygmomanometer in variable reading before and after the completion of training.

TRAINING SCHEDULE:

Experimental group –I

- Trains Program for a period of 12 weeks 6 days per week and 1 hour per day.
- Yoga Asians.

Experimental group - II

- Training Program for a period of 12 weeks 6 days per week end I hour per day.
- Simplified Physical exercise.
- Kayakalpa Yoga.
- Introspection
- Meditation

Control group

Control group did not undergo any training.

RESULTS AND DISCUSSIONS

Table –1 The summary of mean and dependent ‘t’ test for the pre and post-tests on breathing ability of Experimental and control groups

Mean	YEPG Group – (I)	SKYPG Group – (II)	Control Group – (III)
Pre- test	32.28	27.52	28.72
SD(±)	8.86	7.06	7.28
Post-test	18.44	16.68	28.72
SD(±)	1.29	1.51	7.28
‘t’-test	+7.73	+1.51	0

* Significant at 0.05 level.

(Table value required for significant)

The paired sample ‘t’ was computed on selected dependent variables. The results in the above Table 1. The ‘t’ test value yoga exercise practice group, sky yoga practice group, and control group are 7.73,1.51, and 0 for Breathing Ability. The experimental ‘t’ values are significantly higher than the required table value of 2.09 with degrees of freedom 11 at 0.05 level of confidence. The result of the study shows that yoga exercise

practice group and sky yoga practice group has significantly improved the performance of Breathing Ability.

The one way analysis of covariance on Breathing Ability of experimental and control groups has been analyzed and presented in Table 2.

Once at 0.05 level for ‘t’ test with df 11 i

Table –2 Values of analysis of covariance for experimental groups and control group on breathing ability

YEPG	SKYPG	CG	SOV	SS	Df	MS	F-ratio
17.34	17.47	29.03	B.S	2241.44	2	1120.72	116.34
			W.S	683.96	71	9.63	

* Significant at 0.05 level of confidence

(The table value required for Significance at 0.05 levels with df 2 and 71 is 3.10).

Table- 2 shows that the adjusted posttest mean value of Breathing Ability for yoga exercise practice group, sky yoga practice group, and control group are 17.34, 17.47 and 29.03 respectively. The obtained F-ratio of 116.34 for the adjusted posttest mean is more than the table value of 3.10 for df 2 and 86 required for significance at 0.05 level of confidence. The results of the study indicate that there are significant differences between the experimental groups and control group on breathing ability.

To determine which of the paired means had a significant difference, Scheffe’s test was applied as Post hoc test and the results are presented in Table- 3.

Table – 3 The Scheffe’s test for the differences between the adjusted post-tests paired means on breathing ability

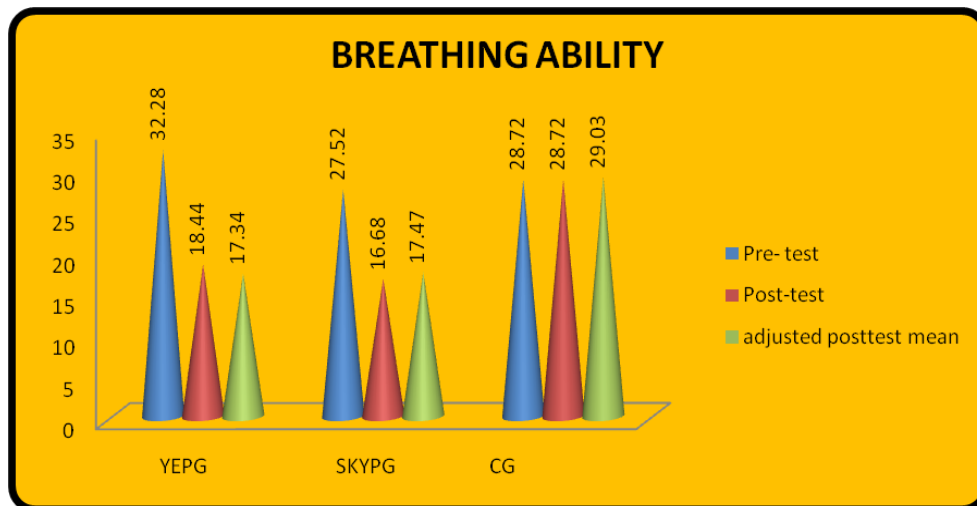
YEPG	SKYPG	CG	MD	CI
17.34	17.47	---	-0.13	
17.34	---	29.03	-11.69	
---	17.47	29.03	-11.56	

* Significant at 0.05 level of confidence

Table- 3 shows that the adjusted post-test mean differences on yoga exercise practice group, sky yoga practice group and control group are -11.69 and -11.56 respectively and they are greater than the confidence interval value -2.07 which shows significant differences between the experimental groups and control group at 0.05 level of confidence.

The results of the study further have revealed that there were significant differences between the adjusted posttest means of yoga exercise practice group and sky yoga practice group, yoga exercise practice group and control group, sky yoga practice group and control group in breathing ability.

The pre, post- test and adjusted posttest means values of experimental groups and control group on speed are graphically.



CONCLUSION

❖ Within the limitations and delimitations of the study, Simplified Kundalini Yoga controlled the Breathing Ability among college Students.

❖ The findings of the study have proved that simplified Kundalini Yoga significantly improved the health condition of college students.

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