

Effectiveness Of Sudarsanakriya Yoga On Stress Tolerance Among, Adolescent Graduate Students

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Abstract

Adolescence is the most confusing, challenging and fascinating phase of human development. This is the time when personality traits, qualities and behavioural patterns are found which ultimately constitutes the adult character. Modern lifestyle is posing a serious challenge to human health. The fast pace of ever changing trends in modern life is causing physical, moral, mental and spiritual problems. Confusion, stress, tension, commercialization and competition in every walk of life has led to a situation where man is finding himself helpless. Breathing techniques, Pranayama, Meditation and Yoga can release the tension and negative emotions and help one to live in the present. Art of living Sudarsanakriya yoga is one of the possible remedies to encounter the hazardous habits of modern life. It incorporates specific natural rhythms of the breath which harmonize the body, mind and emotions. So the others try to find the effectiveness of Sudarsanakriya Yoga on Stress Tolerance among Adolescent Graduate Students.

The investigator adopted an experimental method with one group pre-test, post-test design for the present study. A sample of 50 adolescent graduate students were selected for the study by using purposive sampling technique. The stress tolerance scale prepared and standardized by the investigator was to collect information. The stress tolerance of the selected group was tested by using the stress tolerance scale before and after the administration of Sudarsanakriya yoga on stress Tolerance of Adolescent Graduate Students for total sample and relevant sub samples. Also it implies that the sudarsanakriya yoga is effective on components of stress tolerance among adolescent graduate students for total sample and relevant sub samples. Also it implies that Sudarsanakriya Yoga is effective on components of stress tolerance among adolescent graduate students for total sample and relevant sub samples.

INTRODUCTION

Health is

“Disease Free Body,

Quiver Free Breath

Stress Free Mind

Inhibition Free Intellect

Obsession Free Memory

Ego that Induces AllSoul

Which is Free from sorrow (H.H Sri Sri Ravishankar 2010)

The word ‘Yoga ‘ is derived from the Sanskrit root ‘yuj’ which means to bind, join attach and yoke, to direct and concentrate one’s attention on to use and apply. Yoga advocates control over the body, the senses and mind. Yoga is the method by which the restless mind is calmed and the energy directed in to constructive channels . According to Sage Patanjali Yoga means “Chittavrittinirodha “. Bhagavat Gita explains Yoga as “Yoga karmasu Kausalam “ which means skill in action. (B.K.S Iyengar 2013). In the Yoga sutras Patanjali said that the purpose of yoga is stopping the sorrow before it arises. That is one of the most beautiful Sutra (Sri Sri Ravishankar 2010).

In our general education we are taught many things. We learn to read and write, we learn something of science, mathematics, geography and history. Some delve into music and art. Unfortunately, the most fundamental knowledge has not been taught ; how to manage one’s own mind and emotions to develop and enjoy the fullest of what human life can offer. No other knowledge is more valuable in determining the quality of one’s life. (Sri Sri Ravishankar 2010).

Modern living is filled with stress and suffering and proper breathing technique have the power to alleviate this stress and revitalize the body. Recognizing this Sri Sri Ravishankar revived and popularized the ancient art of pranayama and created Sudarsanakriya technique of effective breathing that help unlock the energy that lies within all of us. Sri Sri and Art of Living foundation seek to use these techniques to spread peace and harmony throughout the world (Namitha Gautier & Francois Gautier 2010).

Art of living

The largest volunteer-based network in the world, with a wide range of social, cultural and spiritual activities, the Art of living has reached out to over 20 million people from all walks of life, since 1982. A non- profit, educational, humanitarian organization, it is committed to creating peace from the level of the individual upwards, and fostering human values within the global community . currently, the Art of Living service projects and educational programmes are carried out over 156 countries

Art of living is a type of yoga programme proposed by Sri Sri Ravi Sankar of Vyakti Vikas Kendra Bangalore. Art of living includes all the basis of Patanjali’s Yoga. The masterpiece of the art of living programme is a powerful breathing based technique called Sudarsanakriya. Physically the practice provides greater oxygenation and purification of the blood. Yet, Sudarsanakriya technique the specific rhythms of breath used in the practice have a noticeable effect on the mind and emotions. The effects are immediate and tangible as demonstrated by thousands of practitioners around the world.

About the Founder

His Holiness Sri Sri Ravishankar is a universally revered spiritual and humanitarian leader. His vision of a violence free, stress free society through the reawakening of human values has inspired millions to produce their spheres of responsibility and work towards the betterment of the world. Born on May 13 1956 in Papanasam (Tamil Nadu). Sudarsanakriya came into being in 1980 in

Shimoga ,India when sri sri Ravisankar, now a leading humanitarian and a spiritual leader across the world,went into a ten day period of silence the Sudarsanakriya , a powerful breathing technique that facilitates physical, mental, emotional and social well –being.

Sudarsanakriya

Sudarsanakriya technique is a powerful I breathing based technique. Physically the practice provides greater oxygenation and purification of the blood. Sudarsanakriya technique is a practice, which harmonisze the body, mind and spirit (sri sri Ravisankar1996 . Its practice consists of Ujjai Pranayama , Bhastrika pranayama, 'so' 'hum' (silent breathing sound) and S –M- F (Short ,Medium, Fast) cyclic bypassing with awareness, hyperVentilation. Bhastrika means normal breathing through the nose, but done with more enthusiasm and strength. Each breath is taken in and passed out with more force. Through Bhastrika , the capacity of lower, middle, and upper lobe of the lungs can be increased

Meti (1995) Conducted a study on the effect of sudarsanakriya practice on auditory middle latency responses. The study was conducted to investigate what happens on the sensory processing mechanism of the brain when a sensory stimuli is given externally if one undergoes yogic practice. The observation indicates that the practice of sudarsanakriya decreases the duration of neuronal processing mechanism to sensory stimulu

Unnimol K.K. (2010)the result of the study showed that there is significant improvement in the psychological well- being of the subjects after participation in the Art of living Course. There is a significant increase in the stress tolerance. There is significant enhancement in the spirituality of the subjects of the subjects after participation in the Art of Living course. There is significant decrease with psychosomatic complaints

Need and Significance of the study

Gaining knowledge is essential but must go hand in hand with a healthy lifestyle and some form of physical or mental practices that can clear away the accumulated stress that is the root cause of the problem. The greatest expert in the psychology of the mind, if he or she is filled with stress, will be unable to remain centered during a storm of emotion. Techniques such as meditation, yoga, breathing practices, and sincere, heartfelt prayer , when done regularly, can begin to clear away the stress, expand the consciousness, and open the heart. Fully blossoming as a human being is simple, the knowledge and practice are available, one need only make a change in one's priorities. (Sri Sri Ravisankar 2008).

Kjellgreen et al. (2007) conducted research on wellness through a comprehensive yogic breathing programme Sudarsanakriya and practices. Results indicate that Sudarsanakriya practices increased their degree of optimism and wellness.

Janakiramaiah .N .(1998) the study resulted that sudarsanakriya yoga hasr remarkable therapeutic effects in treating dysthymia and that it may be a more acceptable and efficacious alte

rnative to medical management of dysthymia for both acute treatment and relapse prevention .

Objective of the study.

- 1.To test the effectiveness of Sudarsanakriya yoga on stress tolerance among Adolescent Graduate students for the total sample and relevant sub sample
- 2.To test the effectiveness of Sudarsanakriya in components of stress tolerance among Adolescent Graduate students for the total sample and relevant sub samples.
- 3.To compare the effect of Sudarsanakriya yoga on stress tolerance among Adolescent Graduate students based on the relevant sub sample.

Hypothesis of the Study

- 1.There will be a significant difference in the Sudarsanakriya yoga on stress tolerance among adolescent graduate students for the total sample and relevant sub sample.
- 2.There will be a significant difference in the Sudarsanakriya yoga in components of stress tolerance among adolescent Graduate students for the total sample and relevant sub sample.
- 3.Ther will be significant difference in the effect of Art of Living Sudarsanakriya yoga on component of stress tolerance among Adolescent Graduate students for the relevant sub sample

Methodology

An experimental study with one group pre-test, post-test design was used for present study. The variables selected for the present study was Sudarsanakriya Yoga as independent variable and stress tolerance as dependent variable. A sample of 50 adolescent graduate students was selected for the study using purposive sampling technique. A stress tolerance scale was used for collection of relevant data from the sample .

Analysis and interpretation of data

Objective 1.

To find the effectiveness of Sudarsanakriya Yoga on stress tolerance among adolescent graduate students is given in Table 1

Table 1

Test of Significance of difference between correlated means of pre-test and post test scores of Adolescent Graduate Students

Sample	N	Test	Mean	SD	Co-efficient of correlation	t	Level of Significance
Total	50	Pretest	94.96	6.593	0.173	12.050	P<0.01
		Post test	119.5	13.997			

It is claimed that Sudarsanakriya is effective on stress tolerance among Adolescent Graduate Students.

Objective 2

To test the effectiveness of Sudarsanakriya Yoga on components of stress tolerance among adolescence graduate students for the total sample and relevant sub sample.

Table 2

Test of Significance of the difference between Correlated Means of Pre-test, Post-test Scores of component of Stress Tolerance among Adolescent Graduate Students

Component	N	Test	Mean	SD	Co-efficient of correlation	t	Level of Significance
Physical stress	50	Pretest	17.32	3.322	0.192	3.634	P<0.01
		Post test	20.84	6.662			
Personal stress		Pretest	19.1	3.025	0.272	11.933	P<0.01
		Post test	25.58	3.326			
Social stress		Pretest	24.52	2.786	-0.069	8.832	P<0.01
		Post test	29.5	2.667			
Emotional stress		Pretest	17.76	2.264	0.259	4.192	P<0.01
		Post test	21.08	5.742			
Behavioral stress		Pretest	16.26	2.709	0.099	5.588	P<0.01
		Post test	22.5	7.691			

Thus it implies that sudarsanakriya yoga is effective on components of stress tolerance among adolescent graduate students

Objective 3

To compare the effect of Sudarsanakriya yoga on stress tolerance among Adolescent Graduate students based on the relevant sub samples

Table 3
Test of Significant difference in the Stress Tolerance among Adolescent Graduate Students based on the total sample

Stress Tolerance		N	Mean	SD	t	Level of Significance
Gender	Male	27	121.33	11.738	0.994	P>0.05
	Female	23	117.39	16.239		
Locality	Rural	26	120.65	16.057	0.593	P>0.05
	Urban	24	118.29	11.536		

This result revealed that even though the Sudarsanakriya yoga is effective on stress tolerance among adolescent graduate students for the sub sample based on gender and locality, the male and female students do not differ significantly in the effect of sudarsanakriya yoga on stress tolerance.

Objective 4

To compare the effect of Art of Living Sudarsanakriya yoga in the component of stress tolerance among adolescent graduate students based on the relevant sub sample.

Table 4

Test of Significant difference in the Components of stress tolerance of Adolescent Graduate Students with respect to their gender

Stress Tolerance	Gender	N	Mean	SD	t	Level of Significance
Physical	Male	27	22.56	6.925	2.035	P<0.05
	Female	23	18.83	5.859		
Personal	Male	27	25.48	3.652	.225	P>0.05
	Female	23	25.70	2.976		
Social	Male	26	29.33	3.464	.532	P>0.05
	Female	24	29.74	1.251		
Emotional	Male	27	21.00	5.691	.106	P>0.05
	Female	23	21.17	5.929		
Behavioural	Male	27	22.96	7.613	.457	P>0.05
	Female	23	21.96	7.917		

The comparison of the effect of sudarsanakriya yoga on stress tolerance among Adolescent graduate students based on their gender shows that the difference in the effect of sudarsanakriya is not significant for male and female students. The difference in the sudarsanakriya yoga is not significant on the components of stress tolerance except physical stress

Table 5

Test of Significant difference in the Components of stress tolerance of Adolescent Graduate Students with respect to their Locality

Components of Stress Tolerance	Locality	N	Mean	SD	t	Level of Significance
Physical	Rural	26	20.54	6.819	.330	P>0.05
	Urban	24	21.17	6.618		
Personal	Rural	26	25.92	2.331	.756	P>0.05
	Urban	24	25.21	4.170		
Social	Rural	26	29.77	1.177	.684	P>0.05
	Urban	24	29.25	3.674		
Emotional	Rural	26	21.46	5.791	.485	P>0.05
	Urban	24	20.67	5.784		
Behavioural	Rural	26	22.96	7.225	.438	P>0.05
	Urban	24	22.00	8.294		

The comparison of the effect of sudasanakriya yoga on components of stress tolerance among adolescent graduate students based on their locality shows that the different in the effect of sudarsanakriya yoga is not significant for rural and urban student

Conclusion

Modern living is filled with stress and suffering, and proper breathing techniques have the power to alleviate this stress and revitalize the body. Recognizing this, Sri Sri Ravi Shankar revived and popularized the ancient art of pranayama and created sudarsanakriya techniques of effective breathing that help unlock the energy that lies within all of us. Sri Sri and Art of Living Foundation seek to use these techniques to spread peace and harmony throughout the world. (Namitha G & Francois,G 2010).

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