



# EFFECT OF SURYA NAMASKAR AND SAHAJ YOGA MEDITATION ON PSYCHOLOGICAL WELL BEING OF SCHOOL GOING STUDENTS.

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## ABSTRACT

Regular practice of Surya Namaskar and Sahaj Yoga Meditation promotes increased energy levels, improves socialization, and develops leadership skills. In addition, these practices also help in improving the overall school climate, fosters a sense of community, and promotes healthy habits that last a lifetime. With these practices, children learn to adapt their emotions and behaviours in response to internal cues as well as the external environment. Therefore, aim of the present study is to assess the efficacy of Surya Namaskar and Sahaj Yoga Meditation on Psychological Well Being of School going Students. In this study Pre- Post experimental control group design was used. 120 students were conveniently selected from different schools in Rishikesh. They were randomly assigned into 3 different groups as follows 40 were given Surya Namaskar, 40 were given Sahaj Yoga meditation, and 40 were assigned to the control group. The tool used was the 'Psychological Well-Being Scale' by Dr. Devendra Singh Sisodia.

Statistical analysis used was Paired sample t-test, to compare the pre and post data of Surya-namaskar group, Sahaj Yoga group and Control group. Results shows that, Surya-Namaskar group showed significant improvement after 1 month of Surya-Namaskar intervention in overall psychological well-being of school going children ( $p < 0.01$ ). Sahaj-Yoga group also showed significant improvement after 1 month of Sahaj-Yoga intervention in overall psychological well-being of school going children ( $p < 0.05$ ). Control group showed no significant improvement on overall psychological well-being of school going students after 1-month gap ( $p > 0.05$ ).

It was concluded from this study that both Surya-namaskar and Sahaj Yoga are both helpful in increasing psychological well-being of school going students.

Research on the effect of Surya Namaskar and Sahaj Yoga Meditation on the psychological well-being of school-going students is highly relevant and holds significant implications. In today's high-pressure academic environment, students often experience various psychological challenges that can impact their overall well-being. Understanding the benefits of these practices can offer valuable insights for educators, parents, and policymakers.

By examining the impact of Surya Namaskar and Sahaj Yoga Meditation on students' psychological well-being, researchers can contribute to evidence-based interventions that promote mental health in schools. These practices have been associated with stress reduction, improved concentration, emotional stability, and self-awareness. Demonstrating their effectiveness can lead to recommendations for integrating them into school curricula or extracurricular activities, fostering a supportive environment for students. Moreover, this research highlights the significance of holistic education that addresses students' mental, emotional, and physical well-being. By recognizing the interconnectedness of mind and body, educational institutions can adopt a comprehensive approach to student development. Implementing practices like Surya Namaskar and Sahaj Yoga Meditation can promote a balanced and nurturing educational environment that enhances students' overall well-being. Ultimately, investigating the effects of these practices on students' psychological well-being has broader societal implications. By promoting mental health and well-being among students, this research can lead to improved educational outcomes, reduced absenteeism, and increased resilience. These benefits extend beyond the individual students, positively influencing their families, communities, and society at large.

## INTRODUCTION

Surya-Namaskar also known as Sun Salutation consist of twelve asanas. These twelve asanas are Pranamasana, Hasta-utthanasana, Padahastasan, Ashwa-sanchalanasana, Ashtanaga namasakar, Bhujangasan, and Parvatasan. In previous studies, it has been seen that surya-namaskar is effective for both physical and mental health. It has positive physiological benefits as evidenced by improvement of respiratory pressure, pulmonary function, resting cardiovascular parameters, hand grip strength and endurance (Bhavanani, Udupa, Madanmohan, & Ravindra, 2011). It is also effective in leading to Relaxation Dispositions like physical relaxation, mental quiet, at ease/peace, rested and refreshed, strength and awareness and joy and reduces sleepiness, somatic stress, worry and negative emotion at a dispositional level (Godse, Shejwal, & Godse, 2015). Studies related to Surya-namaskar also shows that it is significantly effective in reducing stress level and in increasing levels of emotional intelligence (Stec, Kruszewski, & Ciechanowski, 2023). A study was also done on students appearing for SSC board exams and results reveal that Surya-namaskar is effective in reducing stress levels of these students (Agre,

Agrawal, & Asgar, 2021). Surya-namaskar is also helpful in reducing anxiety and improving study skills (Parthiban, 2019).

Another important Health Promoting Behavior is Sahaj Yoga Meditation. It was founded by Nirmala Srivastava in 1970. Sahaja yoga helps people in self-realization (i.e., encounter with reality) through kundalini awakening. When kundalini rises, it starts to nourish our chakras. There is a total number of seven chakras in our body. These chakras govern physical functions of organs connected within the body and they also govern behavioral and emotional qualities of human being. These seven chakras are Mooladhara, Swadishthan, Nabhi, Anahat, Vishuddhi, Agnya and Sahastrara Chakra. Previous studies shows that Sahaja yoga is effective in stress management of patients with epilepsy (Panjwani, Gupta, Singh, Selvamurthy, & Rai, 1995). It is also effective in increasing Quality of life and reducing anxiety. A systematic study done by Tom Hendriks, (2018) on “the effects of Sahaja Yoga meditation on mental health” reveals that Sahaj yoga meditation is effective in reducing anxiety, stress and depression, but increase subjective well-being and psychological well-being. Despite these studies there is no study that has measured and compared the effect of Surya-namaskar and Sahaj Yoga on school going students. So, this study will examine the effect of these two interventions.

## OBJECTIVES

To measure effect of Surya-Namaskar & Sahaj Yoga meditation on psychological well-being of school going students.

## HYPOTHESIS

1. There would be no significant effect of Surya-Namaskar on psychological well-being of school going students.
2. There would be no significant effect of Sahaj Yoga Meditation on psychological well-being of school going students.
3. There would be no significant difference between pre and post data of students in control group

## METHODS & PROCEDURE

### Variables:

Independent Variables: Surya-namaskar & Sahaj Yoga

Dependent Variables: Psychological Well-Being

**Participants:**

A total number of 120 students of 11<sup>th</sup> class were conveniently selected from different schools of Rishikesh. After selection, they were randomly & equally distributed in Surya-namaskar Group (n=40), Sahaj Yoga Group (n=40) & Control Group (n=40) for intervention respectively.

**Research Design**

All subjects underwent up to psychological well-being test at baseline and after 1 month (i.e., 30 days) of intervention. All 120 participants were randomly & equally divided into Surya-namaskar, Sahaj Yoga & Control Group (i.e., 40 students in each group). Both Surya-namaskar & Sahaj Yoga Group were asked to practice their respective interventions for 30 minutes per day, 6 days in a week. But there was no practice given to control group, they were spending there days as usual.

**Materials:**

Psychological Well-Being Scale: developed by D.S. Sisodia and Pooja Choudhary (2012). The scale consisted of 50 items and covered five dimensions, namely- satisfaction, efficiency, sociability, mental health and interpersonal relations. The test-retest reliability was found to be 0.87 and the overall consistency value of the scale was 0.90. PWBS has also a sufficient degree of content validity beside the external criteria & coefficient obtained was 0.94 (This scale was administered on any age group).

**Data Analysis:**

Statistical analysis was done using Statistical Package for the Social Sciences software version 20.0 (SPSS- 20) (IBM Corporation, Armonk, N.Y., USA). Paired sample t-test was used to compare the means between pre and post measurements. F-test was used for testing the significance of difference between means of Post test data of Surya-namaskar, Sahaj Yoga & Control group on psychological well-being simultaneously.

## RESULTS & DISCUSSION

### Effect of Surya-Namaskar & Sahaj Yoga on Psychological well-being of school going students.

**Table 1:** Pre & Post-test (Mean, SD & t-value) scores showing the individual effect of Surya-Namaskar & Sahaj Yoga on Psychological well-being of school going students.

	Surya-Namaskar		Sahaj Yoga		Control Group	
	Pre	Post	Pre	Post	Pre	Post
<b>Overall</b>	186.73±13.47	198.18±9.69	186.93±11.14	192.85±12.99	189.25±13.09	190.38±9.97
<b>Psychological Well-Being</b>	-6.11**		-2.64*		-.548 <sup>NS</sup>	
*p<0.05, **p<0.01, NS= p>0.05						

Table 1 shows the pre & post-test mean and SD scores along with t-value of school going students in psychological well-being. Results of the paired t-test reveal that there is a significant difference between pre and post data of students engaged in intervention of Surya-Namaskar  $t(39) = -6.11, p < 0.01$ . There is also significant difference found between the mean scores of Pre and Post data in psychological well-being of students engaged in the intervention of Sahaj Yoga  $t(39) = -2.64, p < 0.05$ . But there is no significant difference between the mean scores of pre and post data in psychological well-being of students living there life as usual without any intervention given by experimenter  $t(39) = -.548, p > 0.05$ .

## CONCLUSION & IMPLICATION OF THE STUDY

### Conclusion:

The main conclusions of the present research are summarized below:

1. First hypothesis that is “there would be no significant effect of Surya-namaskar on psychological well-being of school going students” is rejected. As table 1 shows significant increase in psychological well-being after the intervention of Surya-namaskar.
2. Second hypothesis that is “there would be no significant effect of Sahaj Yoga meditation on psychological well-being of school going students” is rejected. As table 1 shows significant increase in psychological well-being after the intervention of Sahaj Yoga meditation.
3. Third hypothesis that is “there would be no significant difference between pre and post data of students in control group” is accepted. As table 1 shows no significant increase in psychological well-being after gap of 30 days without any intervention.

**Implications:**

Practicing Surya-namaskar and Sahaj yoga meditation can be beneficial for mental peace and mental health of students. As studies shows that these practices are helpful in reducing stress, anxiety and depression and increase psychological well-being and quality of life, indirectly these can beneficial for students in getting higher academic achievements and for performing better in all other curricular activities related to school.

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