

# Role of Simplified Kundalini Yoga (SKY) Practices on Academic Performance and Stress Management of School Students

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### Abstract

*In the Indian education system, most of the schools are adopting rote learning which makes the student lose motivation and self-confidence. Our current educational system lacks practical knowledge. Hence it leads to different levels of stress for students in the classroom environment.*

*The Indian education system must be reinvented to bring about any change at the root level. We must create a system that is not based on doctrine method, but on learning. Eventually, children must be prepared for life, not for an exam. The education system must undergo a vital transformation. It should be combined with certain yoga practices to remove their psychological blocks, make them aware of the cognitive changes happening in their body and brain, make them aware of their distractions and give them the ability to focus on the subject they are studying.*

*The purpose of this study was to demonstrate the Role of Simplified Kundalini Yoga (SKY) practices on academic performance of school students. To achieve this purpose, the investigator selected 160 students from two different schools studying 11th standard in Nilgiris. Training consisting of Simplified Kundalini Yoga Exercise, Meditation and Kayakalpa yoga was imparted to the experimental group of 80 students. The impact of yoga in various aspects such as stress and academic performance of the students was studied. The experimental group had shown significant improvement in their academic performance and reduced stress levels than the control group.*

**Keywords:** Simplified Kundalini Yoga (SKY), Meditation, Kayakalpa yoga, Indian Education System, Stress.

### Introduction

Public and private sectors provide education in India. Control and funding for education come from three levels: Centre, State and local. Under several articles of the Indian Constitution, free and compulsory education is a fundamental right of children between 6 and 14 years of age. At the primary and secondary level, India has a large private school system complementing the government-run schools, where 29% of students are receiving private education in the 6 to 14 age group. Certain post-secondary technical schools are also private. With more than 50% of children studying in these schools, the balance has already tilted towards private schools in cities.

About 20% of the children from rural areas were enrolled in private schools in 2004-2005. Most middle-class families send their children to these schools either in their city or to distant boarding schools.

**Indian Education System:** The Education System especially has been the target of many allegations such as students, parents, and teachers. Students think they are overburdened, teachers feel that they are not paid enough, and parents want their children to get 99.9%.

**Rote learning and Marking system:** Many schools in India are trying to bring in interactive education and we immensely praise that. But the evil part of rote learning (learning without understanding) is yet to be wiped out from a majority of Indian schools. Indian education system ultimately comes down to the method in which students are evaluated based on marks. We cannot judge a student by assessing based on scores which they secure for three hours of the exam. This grading or marking should depend on classroom participation, project work, communication skills, leadership skills, teamwork, extracurricular performance, and strategic planning to improve self-confidence. Then only a genuine student can shine. The Indian Education system must introduce combination courses in which students can opt for major and minor subjects.

**Tuition Class:** Even though teachers teach in school, parents opt for tuition classes which makes the student hesitant to attend school. Most of the teachers are concerned about giving children information. But they are not concerned whether the children retain it or not. Therefore, children forget everything they study very quickly.

**Swami Vivekananda's thoughts on Education:** "Education is not the amount of information that we put into your brain and runs riot there, undigested, all your life. We must have life building, man making, character making the assimilation of ideas."

We are making children memorize the content of the book instead of understanding the basics. There is a lack of practicality and relevance in the current education system. Evaluation should not always be based on a kid's score in a test, unless there is a clear understanding of the matter.

**Stress:** Stress or tension, has become an inherent

portion of our everyday living. A little bit of it may be unavoidable, but it is good too, as it never allows us to be self-satisfied in life. But too much of it becomes counterproductive and in due course, it would impair both our physical and mental health. And such stress sticks along all the age-groups. Education is supposed to be a joyous experience, but if children are pressurized, they find it too depressive. Too many home works and tedious examination system, all these have made both the wards and their parents edgy. There are hundreds of cases, where youngsters take their lives when they fail in the examination. Failure in an exam is not the end of life. One can excel in any field if he/she chooses the one in which they have the aptitude. It is the responsibility of parents, schools, colleges, universities, and educational authorities to bring forth this methodology into education. They must reorient education with the child or the youth as the center, removing all the obstacles in the path of the development of the child as an integrated personality.

A portion of the stress can be eased by creating harmony between ward and parent as well as ward and the educational institution. The parents should take an interest in what their child learns at the school and must attend the periodical parent-teacher meetings. Efforts should be made to enhance the trilateral interaction among the student, the teacher, and the parents.

To reduce the stress of education on children, the parents need a lot of counseling. Counseling has become even more necessary given suicides by students, following the declaration of results of examinations.

**Aims and Objectives:** The primary objective of the study was to assess The Role of Simplified Kundalini Yoga on the academic performance and stress management of school students.

### **Role of Yoga in Education**

Initially, the education that was provided to children throughout the world as well as the different levels of stress, that children face in the classroom environment were studied along with the difficulties, problems, conflicts, distractions, and the dissipation of their energies. It was evident that the problem is not only with education but also with the parents, who

are uneducated or sometimes even educated parents. The modern educationists are aiming at improving the quality of education with the help of yoga system. The education system throughout the world needs an integral yoga system. The concept lately realized is that besides the development of national strength and scientific mentality among the students, the aim of education should be aimed at the liberation of mind and soul as well. Yoga in education should pave a path to develop a harmonious personality at all levels. Yoga, which is a way of life, is a union of balance, health, harmony, and bliss. Meditation, being a part of yoga, is the seventh limb of Ashtanga Yoga.

As young adults, college students experience stress due to school, classes, family matters, friends and social situations. Without releasing this stress, their body will take a toll. Piled up stress can lead to many physical and psychological abnormalities that are bound to frustrate them even more. The most common side effects include headaches, muscle aches, nausea, insomnia, and difficulty in concentrating. It is essential to find a way to relieve the stress of our everyday life.

Yoga is the art of uniting the mind and physical body. It combines breathing exercise, meditation, and physical exercise. This trio is believed to cure many physical and mental ailments that are caused by stress. Several study reports have shown that yoga can reduce back pain, lower heart rate, and blood pressure, relieve psychological conditions and improve physical fitness and flexibility. An NCCAM-funded study of 90 people proved that chronic lower-back and depression significantly decreases after six months of yoga practice.

### **Simplified Kundalini Yoga**

Thathuvagnani Vethathiri Maharishi established Simplified Kundalini Yoga (SKY). He was born in 1911 in a village near Chennai and was declared the 19th Siddha by the Dravidian University. Vethathiri Maharishi claimed that he had synthesized a complete science of living for the betterment of humanity through Simplified Kundalini Yoga meditation, Physical Exercise, Kaya Kalpa Yoga and Introspections.

The Government of Tamil Nadu found that the SKY practices had real benefits in body and mind. Hence it is now implemented as compulsory meditation classes in all government schools. This study was conducted to supplement the findings of government that the psychological behavior of students can be focused, and improvement in academic performance can be gained through SKY practices. Many private schools and colleges identified the need for yoga in their institutions and implemented the Simplified Kundalini Yoga as a part of their education.

Six months of regular practice of Simplified Kundalini Yoga to 160 boys of 11th standard, from a private school in Nilgiris District, lowers the aggressive behavior of students, reduces the stress, improves academic performance, brings a feeling of wellbeing, reduces body weight, increases vital capacity and enhances memory much more than the non-practicing students.

### **Assessments**

An experimental group of 80 students was taught Simplified Kundalini Yoga as intervention treatment and no yoga practices were given to the control group of 80 students. Academic performance test and stress management test (Questionnaire method) were used as a pretest and posttest for the experimental as well as control groups to assess the effect of SKY yoga on the experimental group and to compare it with the control group, who never practiced yoga.

### **Intervention**

A yoga module (SKY exercise, Meditation and Kayakalpa) was shared daily for an hour in the morning with the experimental group for six months. Same academic performance test and stress management test results were noted down for both groups as a post-test.

### **Results**

The mean and standard deviation values of the Experimental group were higher than that of the control group. We could see that the “t” values are significant, which implies that the training has a significant effect on the academic performance and stress management of the students. The overall performance of the experimental group improved than the controlled group.

Table Shows the Effect of Simplified Kundalini Yoga on Academic performance and Stress Management of School Students					
	Control Group (N=80)		Experimental Group (N=80)		“t”
	Mean	SD	Mean	SD	
Physical	19.1650	3.4768	25.8400	4.9528	16.240
Stress	9.2500	1.8722	13.3280	1.8531	23.091
Academic	56.9550	11.7880	64.9800	10.8969	7.485

(All are significant at 0.01 levels)

### Discussion

The findings of this study have proven that the students who practiced yoga every day performed better overall and subjected wise than those students who did not practice it. The results found that meditation, when practiced over long periods, produces definite changes in perception, attention, and cognition.

### Conclusion

With dynamic changes that are taking place in all spheres, adolescents in the near decades will face new and more intense tensions. The practice of Simplified Kundalini Yoga will enable them to unfold a powerful consciousness through simple physical exercises, meditation, and introspection. The study makes a strong recommendation to introduce Simplified Kundalini Yoga in the education system to nurture students in the physical, mental, emotional and intellectual dimensions for building a peaceful life.

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