

EFFECT OF SIMPLIFIED KUNDALINI YOGA WITH AND WITHOUT VARMA APPLICATION ON SELECTED PSYCHOLOGICAL VARIABLE OF SELF-CONFIDENCE AMONG COLLEGE GIRLS SUFFERING WITH MENSTRUAL PROBLEM

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ABSTRACT

Objective: The purpose of the study was to find out the effect of simplified Kundalini Yoga (SKY) with and without Varma application on self-confidence of the college attending girls suffering with menstrual problem.

Methods: A total of 45 girls of age 18-23 years, who suffer from menstrual problems, were randomly selected for the study. These girls were segregated into experiment Groups I and II and control group of 15 numbers each. Experiment Group I was administered SKY and Varma application, whereas experiment Group II was administered only SKY. The control group was kept in active rest. The pre- and post-test surveys were conducted before and after the study for all three groups. The data thus collected before and after the study period were statistically analyzed using analysis of covariance tested at 0.05 level of significance to determine the significant difference among the groups.

Results: The pre-test mean scores of self-confidence of experimental Group I, experimental Group II, and control group is 26.73, 26.90, and 26.70, respectively. The post-test means showed differences after 12 weeks of SKY with and without Varma applications for experimental Group I, experimental Group II, and control group is 19.50, 22.43, and 27.13, respectively.

Conclusion: The result of the study shows that administration of SKY and Varma application on girls with menstrual problems has significant positive impact on the self-confidence of the subjects.

Keywords: Simplified Kundalini Yoga, Varma application, Self-confidence, Menstrual problem.

INTRODUCTION

Life is the span of existence between birth and death. Yoga implies a virtuous way of life. Yoga is a Sanskrit word. It means merging or blending. The yogic science that deals with the coordination of the three components, namely, body, mind and soul in a proper manner with a definite purpose is called Yoga. Yoga is a science of life to develop the potential attributes to its fullness and to enable and equip man to enjoy peaceful and blissful life.

It is the art of understanding all about the soul which is the life-force and realizing its relationship with the body, the world, and the universe. It is the art of maintaining the harmony with one another and finally merging with the universal soul. The integrated approach of mind and body control leads to ultimate physical health and happiness together with the achievement of mental peace and calmness [1-7].

A menstrual disorder is an irregular condition in a woman's menstrual cycle. Polymenorrhea is the medical term for cycles with intervals of 21 days or fewer. Irregular menstruation is where there is variation in menstrual cycle length of more than approximately eight days for a woman. The term metrorrhagia is often used for irregular menstruation that occurs between the expected menstrual periods (World Health Organization).

Statement of the problem

The purpose of the study was to find out the effect of simplified Kundalini Yoga (SKY) with and without Varma application on selected psychological variable of self-confidence among college girls suffering with the menstrual problem.

Hypothesis

- There were significant differences on selected psychological variables of self-confidence due to the practices of SKY and with Varma

application than the control group.

- There were significant differences between SKY with Varma application group and SKY without Varma group on selected psychological variables among college girls suffering with the menstrual problem.

METHODS

To fulfill the goal of the random group experimental study, 45 girls students suffering with the menstrual problem were selected at random at Kumaraguru College of Technology, Coimbatore city. The age of the subjects ranged between 18 and 23 years. The subjects were assigned into three groups and one control group with 15 subjects each.

First experiment Group I was involved in SKY and with Varma applications for 12 weeks, experiment Group II was involved in SKY and without Varma applications for 12 weeks and control group kept in active rest.

The SKY practices given to the experimental groups include hand exercises, leg exercises, neuromuscular breathing exercises, eye exercises, Kapalabathi, Makarasana - A and B. Massage, Acupressure, Relaxation, Kaya Kalpa, Introspection, SKY Meditation, and Varma application.

The selected variable self-confidence questionnaire constructed by Agnihortry Rekha manifest self-confidence inventory. The ASCI questionnaire was given to all subjects to measure self-confidence.

RESULTS AND DISCUSSIONS

The psychological variable of self-confidence was measured through self-confidence questionnaire developed by Agnihortry Rekha. The results on the effects of SKY with and without Varma applications on

Table 1: Computation of mean and analysis of covariance of self-confidence (scores in marks)

Particulars	Experiment Group I	Experiment Group II	Control group	Source of variance	df	Sum of squares	Mean squares	Obtained "F"
Pre-test mean	26.73	26.90	26.70	Between	2	0.69	0.35	0.01
				Within	87	4544.87	52.24	
Post-test mean	19.50	22.43	27.13	Between	2	889.63	444.82	12.56*
				Within	87	3080.33	35.41	
Adjusted post-test mean	19.53	22.35	27.18	Between	2	898.78	449.39	30.22*
				Within	86	1278.70	14.87	
Mean difference	7.23	4.47	-0.43					

*Significant at 0.05 level of confidence the table value for significance at 0.05 level of confidence with df 2 and 42 was 3.21 and table value for df 2 and 41 was 3.22

self-confidence among college girls suffering with menstrual problems presented in Table 1.

Table 1 shows that the pre-test mean scores of self-confidence of experimental Group I SKY with Varma applications was 26.73, experimental Group II SKY without Varma applications was 26.90 and control group was 26.70. The post-test means showed differences due to 12 weeks of SKY with and without Varma applications and mean values recorded were 19.50, 22.43 and 27.13, respectively.

The obtained F value on pre-test scores 0.01 was lesser than the required F value of 3.22 to be significant at 0.05 level. This proved that there was no significant difference between the groups at initial stage and the randomization at the initial stage was equal.

The post-test scores analysis proved that there was a significant difference between the groups as the obtained F value at 12.56 was greater than the required F value at 3.22. This proved that the differences between the post-test mean at the subjects were significant.

Taking into consideration the pre- and post-test scores among the groups, adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value at 30.22 was greater than the required F value at 3.103. This proved that there were significant differences among the means due to 12 weeks of SKY with Varma applications and SKY without Varma applications on the psychological variable self-confidence (Fig. 1).

DISCUSSION ON FINDINGS OF STRESS

The results presented in Table 1 showed that the obtained adjusted means on self-confidence among SKY group with Varma applications was 58.42 followed by SKY group without Varma applications group with the mean value of 72.84 and control group mean value of 103.50. The difference among pre- post-test scores and adjusted mean scores of the subjects were statistically treated using analysis of co-variance and F values obtained were 0.04, 34.93 and 38.28, respectively. It was found that obtained F value on pre-test score was not significant at 0.05 level of confidence as the obtained value was lesser than the required table value and post-test scores was significant at 0.05 level of confidence as the value was greater than the required table F value of 3.22.

The *post-hoc* analysis through Scheffe's confidence test proved that due to 12 weeks treatment the SKY group and Varma applications group there was a significant decrease in self-confidence levels than the control group and the differences were significant at 0.05 level. The *post-hoc* analysis between the experimental Groups I and II proved that there was a significant difference.

The result of this study on self-confidence was in line with the study conducted by Rekha Agnihorty (1987).

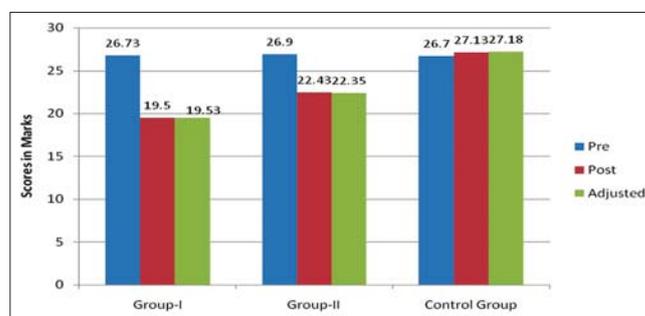


Fig. 1: Bar diagram showing pre-, post- and adjusted post-test values of self-confidence

CONCLUSIONS

Within the limitation and delimitations set for this study and considering the results obtained, the following conclusion was drawn.

For the purpose of this study, it was hypothesized that the SKY with Varma applications (experimental Group I), SKY without Varma applications (experimental Group II) would improve the selected psychological variables as compared to control group (Group III).

The psychological variable self-confidence was significantly improvement due to 12 weeks of SKY with Varma applications (experimental Group I), SKY without Varma applications (experimental Group II) among college girls suffering with menstrual problem comparing to the control group.

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