



Research Paper

Sudarshankriya Yoga Intervention on Happiness Among Student Teachers

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ABSTRACT

Happiness is a state of mind or feeling characterized by contentment, love, satisfaction, pleasure or joy. We all want happiness, love and peace. We fail to realize this because we are stressed. 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 Ravishankar revived and popularized the ancient art of pranayama and created Sudarshanakriya techniques of effective breathing that help unlock the energy that lies within all of us. Sri Sri and the Art of living foundation seek to use these techniques to spread peace, happiness and harmony throughout the world.

The investigator adopted an experimental method with one group pre-test, post – test design for the present study. A sample of 40 student teachers was selected for the study. The happiness scale (Dr. T. V Thulasidharan and Smitha P.S) was used to collect the information

Key words; - Happiness ,intervention, sudarshanakriya yoga

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There is no giver of happiness or misery.

You create your own happiness and you

Become miserable on your own.

(Gurudev Sri Sri Ravi Shankar)

Happy life depends on the health of our body and mind. A healthy society is based up on its healthy individual members. Our individual health is dependent on the health of our physical, vital, mental and intellectual faculties (Swami Nithyananda Giri 2013). Good health result from perfect communication between each part of the body and mind. For good health the joints, tissues, muscles, cells, nerves and each system of the body must have a state of perfect balance and harmony. Health is the perfect equilibrium of the body, mind, intellect, and soul (B.K.S Iyengar 2004).

According to Myers and others (Lyubomirsky et al.,2001; Myers, 1995 ; Schwartz et al.,2002), happiness is the key to many things; the perception of the world as a safer place, healthier and more satisfying lives, and even the ability to make decisions more easily. Happy people are also more likely to help others (Pizarro & Salovey et al., 2000). In his popular book, The Pursuit of happiness, Myers (1993)lists 10 suggestions for becoming happier that are based on his many years of research : 1.Realize that enduring happiness doesn't come from success. 2.Take control of your time 3.Act happy 4.Seek work and leisure activities that engage your skills. 5.Join the movement 6. Give your body the sleep it wants. 7.Give priority to close relationships.8. Focus beyond the self.9.Keep a gratitude journal. 10.Nurture your spiritual self . (Ciccarelli , Sandra K ;Meyer, Glenn e 2006).

Happiness is a state of mind or feeling characterized by contentment, love, satisfaction, pleasure, or joy. A variety of philosophical, religious, psychological and biological approaches have striven to define happiness and identify its source. Philosophers and religious thinkers often define happiness in terms of living a good life, or flourishing, rather than simply as an emotion. Martin Seligman asserts that “ pleasures of the moment “ typically involve external stimulus. In his book Authentic Happiness, Martin Seligman, one of the

founders of positive psychology, describes happiness as consisting of “positive emotions ” and “positive activities “. He further categorizes emotions related to the past, present and future. Positive emotions relating to the past include satisfaction, contentment, pride and serenity. Positive emotions about the present are divided into two categories pleasure and gratifications. The bodily and higher pleasure are “pleasures of the moment” and usually involve some external stimulus (T. Pradeep Kumar 2011).

Everybody longs for happiness. Happiness is a product of merit. Merit is doing maximum good to the environment, to the people around and to one’s self. That which brings peace in merit, that which brings comfort is merit, and that which removes disturbances is merit (Sri Sri Ravi Shankar 2010).

Only a healthy bud can blossom. In the same way, only a healthy being can succeed. you are feeling rough inside, then you are not healthy. If your mind is stiff and not calm, you are not mentally healthy. When the emotions are rough, you are not emotionally healthy. To attain a perfect state of health , one has to remain mentally calm, steady, and emotionally soft. The state of health has to flow from the innermost of your being to the outermost, and vice versa. (Sri Sri Ravishankar 2017).

Justin and Joseph (2013) conducted a study on emotional competency and happiness among teacher trainees. The study investigated emotional competency and happiness among physical education and teacher education students. The results of the study revealed that there was no significant difference between physical education students and teacher education students either in emotional competency or in happiness. There was a significant relationship between emotional competency and happiness among student teachers.

In “ Charaka Samhitha “ it is written “Arogya Moolam Uttamam” – health is the best thing in the world. Good health is essential to achieve four kinds of purushartha viz;Dharma,Artha, kama and Moksha.(Righteousness wealth, desires and liberation. These if properly harmonised lead to the attainment of self realization. (H.K. Kaul 1995).

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).

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 breathing based technique. Physically the practice provides greater oxygenation and purification of the blood. Sudarsanakriya technique is a practice, which harmonize 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 stimuli

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 has remarkable therapeutic effects in treating dysthymia and that it may be a more acceptable and efficacious alternative to medical management of dysthymia for both acute treatment and relapse prevention .

I. NEED AND SIGNIFICANCE OF THE STUDY

Modern educationists are taking interest in improving the quality of education with the help of the yoga system . Yoga in education should lead to the development of harmonious personality and behaviour at all the levels. In the current Indian perspective, the role played by the education system is facing new challenges. Normally the main aims of education have been the physical, psychological, interpersonal, professional and spiritual refinement of a personality. The outstanding figure of contemporary yoga, Sri Aurbindo defined yoga as a methodical effort towards self – perfection. It is a process by which the limitations and imperfections in man are washed away which result into an all round personality development at the physical, mental, intellectual emotional and spiritual levels (Sri Satprem,1975). Yoga may also be seen as modification between the self and the non – self, it suggests modification of an individual's attitude and approach towards the environment (Tripathi K.M & Singh R.H 1954).

Research indicates that the quality of an education system of a country depends on teachers . Heavy work load due to preparation of teaching aids, jam-packed schedule of writing records, environment of the college, behaviour of the supervising teachers and personal and familial problems creates stress among the student teachers in the preparatory period of teaching practices. Due to the inability to cope with the mounting stress some students develop illness, psychological disorders and psychological problems. With the practice of sudarsanakriya yoga and meditation can help the students free from stress.

II. OBJECTIVES OF THE STUDY

1. To test the effect of sudarsanakriya yoga intervention on happiness among student teachers.
2. To compare the effect of sudarsanakriya yoga intervention on happiness among student teachers.

Hypotheses of the study

1. There will be significant difference in the sudarsanakriya yoga intervention on happiness among student teachers
2. There will be a significant difference in the comparison of sudarsanakriya yoga on intervention on happiness among student teachers.

III. METHODOLOGY

An experimental study with one group pre- test, post-test design was used for the present study. The variables selected for the study was sudarsanakriya yoga as independent variable and happiness as dependent variable. A sample of 40 student teachers was selected for the study using purposive sampling technique. Personal happiness scale was used for collection of relevant data from the sample.

Analysis of the study

SUDARSANAKRIYA YOGA INTERVENTION ON HAPPINESS AMONG STUDENT TEACHERS

The investigator adopted experimental method with one group pre-test post-tests test design for the present study. A sample of 40 student teachers was selected for the study. The happiness scale (Dr.T. V. Thulasidharan and Smitha P.S) was used to collect the information.

Analysis and Interpretation

The investigator tried to find the effectiveness of Sudarsanakriya Yoga Intervention on Happiness among student teachers. The investigator compared the mean scores of Happiness before and after the intervention of Sudarsanakriya Yoga by using Paired Sample t Test and the summary of result is given in Table 1.1

Table 1.1 Summary of comparison of mean scores of Happiness before and after the intervention of Sudarsanakriya Yoga

Intervention	N	Mean	SD	r	t
Before	40	171.50	10.02	0.04	26.04**
After	40	220.72	6.95		

Table 1.1

From Table 1.1, the obtained t ($t = 26.04, p < .01$) is significant at .01 level of significance. It indicates that there exists significant difference in the mean scores of Happiness among student teachers before and after the intervention of Sudarsanakriya Yoga. From Table 1.1., it is also clear that the mean scores of Happiness among student teachers before the intervention of Sudarsanakriya Yoga ($M = 171.50$) is significantly smaller than that after the intervention of Sudarsanakriya Yoga ($M = 220.72$). It implies that Sudarsanakriya Yoga intervention is effective on Happiness among student teachers.

IV. CONCLUSION

Everyone seeks peace, happiness, and harmony, because these are what we lack in our life. The yogic attitude, by virtue of the peace and happiness it brings reduces the possibility of disease. If disease does occur, it improves the efficiency of self healing. If even that fails, as it sometimes must, the yogic attitude ensures that the illness will not make the person miserable. Yoga can provide a firm and dependable foundation for what is now called mind body medicine. (Nithyananda Giri 2013). 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, happy and harmony throughout the world. (Namitha, Gautier & Francois, Gautier. 2010)

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