

Enhancement of Emotional Intelligence through Simplified Kundalini Yoga

Dr. S. Prasath¹, K. Nagarasan² & S. Kalavathi³

1. Lecturer, Department of Yoga for Human Excellence, WCSC Vision, SKY Research Centre, Aliyar, Coimbatore District, Tamilnadu, India.
2. Ph.D. Scholar, SKY Research Centre, WCSC, Aliyar, Pollachi Taluk, Coimbatore District, Tamilnadu, India. Email: dspcbe@gmail.com
3. Ph.D. Scholar, SKY Research Centre, WCSC, Aliyar, Pollachi Taluk, Coimbatore District, Tamilnadu, India. Email: dspkala@gmail.com

Abstract

“The purpose of life is to watch and experience living. To enjoy living every moment of it and to live in environments, which are calm, quiet, slow, sophisticated, elegant” says Yogi Bhajan the master teacher of Kundalini yoga. Emotional Intelligence is master aptitude towards all aspects of life, either facilitating or interfering with them” (Goleman). Yoga way of life has been successful in establishing the usefulness for the enhancement of the emotional intelligence of an employee (Adhia). Kundalini yoga is a form of physical and meditative yoga that comprises of various techniques using the mind, body and senses. Simplified Kundalini Yoga is a physical, mental and spiritual discipline packaged by Yogiraj Vethathiri Maharishi for developing strength, awareness, character, and consciousness. Simplified Physical Exercises, Simplified Kundalini Meditation, Kayakalpa practice and Introspection are its components. It raises the body awareness to prepare the body, nervous system, and mind to handle the Life energy better. An effort was made how Simplified Kundalini Yoga acts on emotional intelligence among middle-aged men. 80 of them were selected randomly and divided into two groups. Group I underwent Simplified Kundalini Yoga training (SKYT) and Group II acted as control group (CG). Data collected prior and after six months training were analyzed applying ‘t’ test to find out the individual effect from base line to post-test if any and in addition repeated measures of ANOVA was analyzed to find out changes in the groups. The study indicates that Simplified Kundalini Yoga was an effective method to enhance Emotional Intelligence.

Key words: Yoga, Kundalini Yoga, Simplified Kundalini Yoga, Emotional Intelligence

Introduction

“The purpose of life is to watch and experience living. To enjoy living every moment of it and to live in environments, which are calm, quiet, slow, sophisticated, elegant. Just to be. Whether you are naked or you have a golden robe on you, that don’t make any difference. The ideal purpose of your life is that you are grateful - great and full - that you are alive, and you enjoy it” says Yogi Bhajan the master teacher of Kundalini yoga.

Kundalini yoga is a form of physical and meditative yoga that comprises of various techniques using the mind, body and our senses. Kundalini, "the yoga of awareness," opens the heart, builds strength and releases the energy located at the base of the spine. Kundalini literally mean "coiled" and is represented by a metaphorical coiled snake at the base of the spine. The purpose of Kundalini practice is to uncoil the snake and release the energy within. Health, strength, fitness

and overall happiness benefits are included.

Simplified Kundalini Yoga: Simplified Kundalini Yoga or SKY is a physical, mental and spiritual discipline packaged by YogirajVethathiri Maharishi for developing strength, awareness, character, and consciousness. The practice of Simplified Physical Exercises, Kayakalpa, Simplified Kundalini Meditation and Introspection in Simplified Kundalini Yoga raises the body awareness to prepare the body, nervous system, and mind to handle the Life energy better. All the above practices of Simplified Kundalini Yoga enhance the emotional intelligence.

Emotional Intelligence:Goleman (1995) says emotional intelligence is master aptitude towards all aspects of life, either facilitating or interfering with them". Cooper and Sawaf (1997) viewed emotional intelligence as the ability to sense, understand, and effectively apply the power and acumen of emotions as a source of human energy, information, connection and influence. According to Gottman (1997) the concept of emotional intelligence involves four things. First, we must know our emotions and how to manage them. That includes the ability to control impulses, delay gratification, and cope with life's ups and downs. Second, we must be able to recognize emotions in others, respond empathically to them, read their social cues. Third, we must be able to motivate ourselves in an optimistic fashion and be confident of our feelings, our accomplishments, and our abilities as we go through the world.

Mayer and Salovey (2002) defined emotional intelligence as the ability to monitor one's own and other's feelings and emotions to discriminate among them, and to use this information to guide one's thinking and action. According to Baron (1997), Emotional Intelligence is "an array of non-cognitive capabilities,

competencies and skills that influence one's ability to succeed in coping with environmental demands and pressures."

The objective and purpose of the study was to find out the effect of Simplified KundaliniYoga practices on emotional intelligence among middle-aged men.

Hypothesis:It has been scientifically accepted that any systematic yoga training over a continuous period of time would produce changes on emotional intelligence. Based on this concept, the following hypotheses were drawn. There would be a significant improvement on emotional intelligence for middle-aged men. There would be a significant difference on the selected emotional intelligence between the experimental group and control group.

For the purpose of the study eighty middle-aged men were selected randomly as subjects. The age of the subjects were ranged from 30 to 35 years. The duration of training period was restricted to twenty-four week and number of sessions per week was confined to twelve. The data were collected prior and immediately after the training period. The atmospheric temperature is not taken into account while collecting data. The food habits of the subjects which may effect of the result was considered as limitation.

Reviews on Emotional Intelligence: Adhia (2010) conducted a study to find out the impact of the yoga way of life on Emotional Intelligence using data collected from 60 managers in a business enterprise and reports enhanced Emotional Intelligence as a result of the practice of yoga. The results indicate the importance of yoga as an integral element in improving managerial performance in organizations and the need to further explore this construct in greater detail. They found that the study has been successful in establishing the usefulness of

the yoga framework for the enhancement of the emotional intelligence of an employee.

Tikhe (2011) applied yoga therapy for developing emotional intelligence in mid-life managers and to assess emotional intelligent quotient (EQ) in managers undergoing yoga-based Self Management of Excessive Tension (SMET) program. The data analysis showed 72.02% significant increase ($P < 0.001$) in EQ. Persons with high EQ may strike a balance between emotion and reason, are aware of their own feelings, show empathy and compassion for others, and have high self-esteem which may be instrumental in many situations in the workplace and can help achieve organizational effectiveness. The study on yoga reported enhanced EQ as a result of the practice of yoga way of life. The results indicate the importance of yoga as an integral element in improving managerial performance in organizations.

Sasmita Das (2012) studied the effect of Integrated Yoga Module on Emotional Intelligence in Normal Healthy Volunteers and found that Students need emotional intelligence (EI) for their better academic excellence. Tikhe (2014) conducted a study applying yoga therapy for promoting emotional sensitivity in University students. Students need emotional intelligence (EI) for their better academic excellence. Anamika Tiwari et al., (2016) studied the effect of yoga practices (asanas, pranayam and meditation including theory and practical) on emotional intelligence and healthy life style habits. They selected 100 people of Allahabad city on random basis (50 regular Yoga practitioners of Bharatiya Yoga Sansthan Allahabad centre who practiced yoga regularly under the supervision of trained experts and 50 individuals who practiced yoga rarely). Self-constructed questionnaires were used to measure emotional intelligence and healthy life style habits. Ex-post facto research design

was used to analyze the data. Data were analyzed by using Mean(X), Standard deviation (SD) & t-test. Results evidenced that practitioners who involved in regular yoga practices scored more on emotional intelligence as well as healthy life style habits than practitioners who were rarely practicing yoga.

Himani Anand et al., (2016) conducted a comparative study to see the effect of Prayer along with meditation and the effect of Meditation (verbal chanting of 'OM') on Emotional Intelligence and Psychological Well-being of 130 female university students in the age range of 18 to 24 years. The sample of the study consisted of 65 students in Group I (Prayer along with Meditation) and 65 students in Group II (Only Meditation). The daily practice time of intervention was 30 minutes in Group I (15 min. for Prayer and 15-20 min. for Meditation) and 15-20 minutes in Group II for 30 days. Pre- Post data was recorded before and after intervention in both groups. A significant difference was found between the pre and post scores of emotional intelligence ($Z = 6.34$, $p < .01$ in Group I and $Z = 4.50$, $p < .01$ in Group II). A significant difference was also found between the pre and post scores of psychological well-being, ($Z = 4.43$, $p < .01$ in Group I). In Group II, Z value for psychological wellbeing was found to be 1.94 that is not significant even at .05 level. So, there is a significant positive effect of prayer along with meditation on emotional intelligence and psychological well-being. It was also found that there is a significant positive effect of meditation on emotional intelligence but no significant effect was found on psychological wellbeing.

Criterion Measures: By reviewing the literature and in consultation with the professional experts, the variable emotional intelligence was selected as the criterion measures to this study for testing hypothesis.

Orientation of Subjects: Before collection of data, the subjects were oriented about the purpose of the study. The investigator

explained the procedure of assessing the variable and explained in detailed about the questionnaire for the assessment.

CRITERION VARIABLE	TEST ITEMS	UNIT
Emotional intelligence	Anukool Hyde et.al.	Numbers

Emotional Intelligence Scale :

The emotional intelligence scale questionnaire used here is designed by Anukool Hyde, SanjyotPethe and UpinderDhar consists of 34 questions.

Their age ranged between 30-35 years. The selected subjects were randomly divided into two equal groups consisting of forty each. Group I was considered as Experimental Group, underwent simplified Kundalini yoga training (SKYT) and Group II acted as control group (CG) and were not engaged in any training program other than their regular work. After the training period the post-test was conducted.

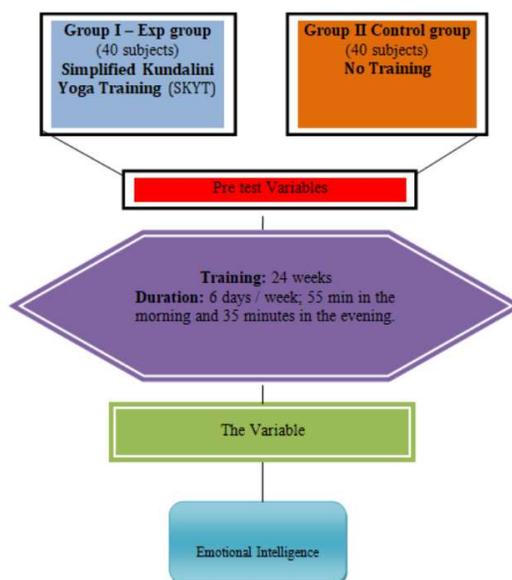
Training Program: In this study the training program circles around simplified Kundalini yoga. 80 middle-aged hardware engineers were randomly selected from Coimbatore District, Tamilnadu, India.

Experimental Group :	Experimental Group I underwent Simplified Kundalini yoga (SKYT)
Control Group :	Control Group was not engaged in any training program.

In each training session, the training was imparted for a period of 55 minutes in the morning and 35 minutes in the evening as two sessions for six days per week totally

for a period of 24 weeks. The training sessions were held between 6.30 am to 7.25 am in the morning and 6.30 – 7.05 in the evening from Monday to Saturday.

Flow Chart:



Collection of data: The pre and post-test data were collected before and after 24 weeks of the training program. All the data were collected in the same day.

Experimental Design and Statistical Technique:The selected subjects were divided into two equal groups consisting of 40 each such as Experimental Group and Control Group. The treatment was administered to the experimental groups for a period of 24 weeks. The collected data were analyzed by applying of 't' test to find out the individual effect from base line to post test if any and in addition and repeated measures ANOVA was also analyzed by to find out significant improvement in each group at various periods. If F ratio was found to be significant Newman Keul's post hoc test was applied to find out the significant difference between the adjusted paired means. 0.05 level of confidence was fixed for physical variables where as 0.05 level of confidence for physiological

variables, whereas 0.01 level of confidence was fixed in the case of hematological variables to test the level of significance. It was considered as sufficient for the present study.

Analysis and Interpretation of Data:The statistical analysis of data collected pertaining to experimental study on the effect of simplified Kundalini yoga on emotional intelligence is presented. Experimental Group I underwent Simplified Kundalini Yoga training (SKY); Experimental Group II acted as control group (CG).The group mean gains pre and post-test recorded by two groups during the experimental period of 24 weeks to the criterion measures were tested for significance by applying 't' test. The statistical tool of analysis of variance [ANOVA] was applied to determine whether the training produced significant improvement in selected variables after 24 weeks of training.

Table 01
Showing t-ratio for pretest and post test of selected variables of Simplified Kundalini Yoga group

Variables	Test	Mean	SD	t ratio	Sign
Emotional intelligence	Pre test	49	24.63	8.03	*
	Post test	84	12.50		

Table value at 0.05 levels is 2.023

As per table - 1 the obtained t ratio 8.03 for the Emotional Intelligence are greater than the required table value. Hence it is

found that there was a significant improvement in the selected variable of the simplified Kundalini yoga group.

Table 02
Showing t ratio for pretest and post test of selected variables of control group

Variables	Test	Mean	SD	t ratio	Sign
Emotional intelligence	Pre test	50	24.24	0.114	Ns
	Post test	49	23.26		

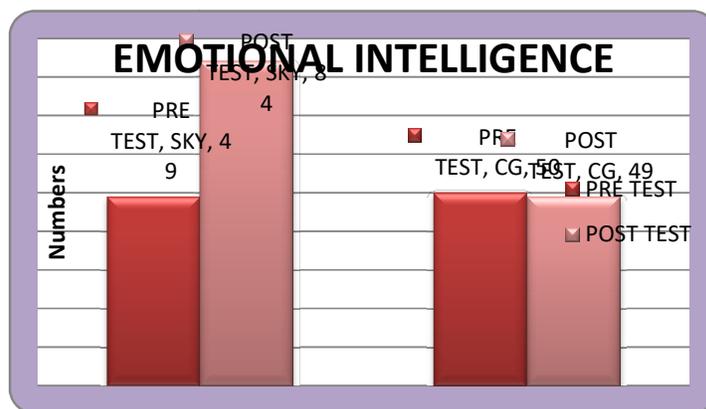
Table value at 0.05 levels is 2.023

As per table 2 the obtained t ratio 0.114 for the variable Emotional Intelligence respectively are lesser than the required

table value. Hence there is no significant improvement in the selected variable of the control group.

Figure - 1

Bar diagram showing the pre and post test mean values of Emotional Intelligence of Simplified Kundalini yoga group and Control group.



Results of Analysis of Variance: Analysis of covariance was applied to find out the significant difference among simplified

Kundalini yoga group and control group the results were presented below.

Table – 3

Showing Pre, Post and Adjusted Post test means of Emotional Intelligence of Simplified Kundalini Yoga Training (SKYG) and Control Group (CG)

Variable	Groups	Test		F – value
		SKYG	CG	
Emotional intelligence (Numbers)	Post-test	19	79	67.24 *
	Adjusted post-test	19	79	
	Pre-test	49	50	
	Post-test	84	49	
	Adjusted post-test	84	50	

* Significant at 0.05 level

Table - 4

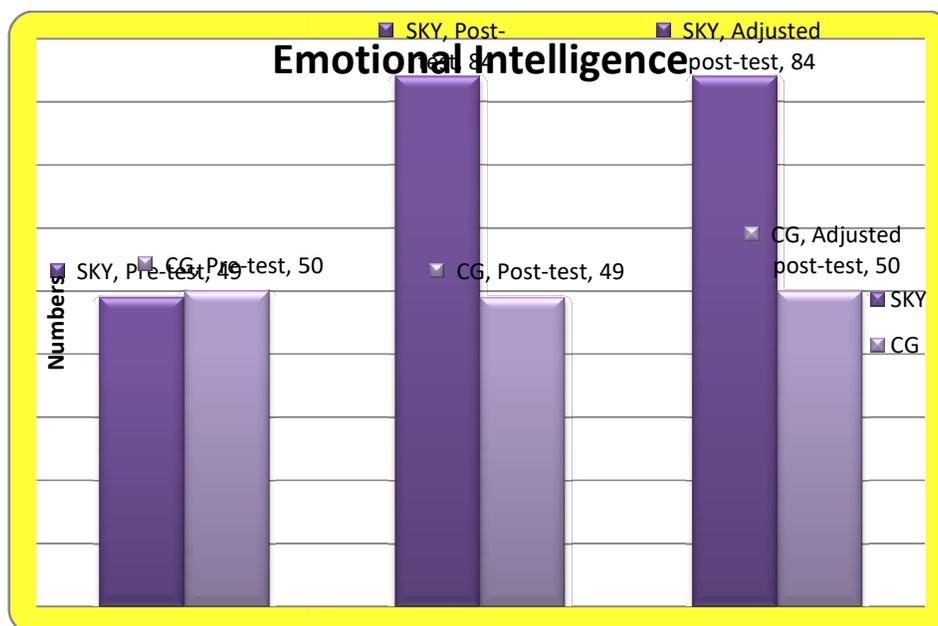
Analysis of Variance on Emotional Intelligence of Simplified Kundalini Yoga Group and Control Group

Source	Type I Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	23179.235	1	23179.235	67.244	*
Within Groups	26542.263	77	26542.263		
Total	50645.200	79			

Table 4.3 reveals the computation of 'F' ratios on pre test, post test and adjusted post test means of Emotional intelligence of Simplified Kundalini Yoga and Control Group. Table 4.8 shows that there is no significant difference in the mean squares between the groups but that is evident

within the groups. The obtained 'F' ratio for Emotional intelligence is 67.244 which is found to be greater than the required table value of 3.965 for the degrees of freedom 1,77 and 79 it was found to be significant at 0.05 level of confidence.

Figure 2
Bar diagram showing pre, post and adjusted post test means of Simplified Kundalini Yoga and Control Group on Emotional Intelligence



Discussions on Findings

Emotional intelligence is the ability to recognize one's own and other people's emotions, to discriminate between different feelings and label them appropriately, and to use emotional information to guide thinking and behavior. The present competitive world has lead men lead a life with emotional problems. The researchers were interested in knowing whether the practice of simplified Kundalini yoga can lend a helping hand to the subjects. This was tested using Anukool Hyde et.al and the units of measurements were in numbers.

The data were collected on the variable prior to training and after 24 weeks and t-

ratio was analyzed to find out significant improvement in each group. Analysis of variance (ANOVA) was applied to find out the significant difference among the groups. If F ratio was found to be significant Newman Keul's post hoc test was applied to find out the significant difference between the adjusted paired means.

Based on the results of the study the following conclusions were drawn.

Within the limitations and on the basis of the findings of the study, it was very clear that twenty-four weeks of simplified Kundalini yoga produced significant changes in emotional intelligence of middle-aged men.

The control group had not shown significant improvement, which infers that the changes happened in the simplified Kundalini yoga group is purely because of the training and not because of the external factors.

The result of the study indicates that Simplified Kundalini Yoga was an effective method to improve Emotional Intelligence due to 24 weeks of systematic training

References:

- 1) Adhia, Hasmukh, H. R. Nagendra, and B. Mahadevan. "Impact of adoption of yoga way of life on the emotional intelligence of managers." *IIMB Management Review* 22.1 (2010): 32-41.
- 2) Adhia H, Nagendra H and Mahadevan B, "Impact of yoga way of life on organizational performance." *International Journal of Yoga*, Jul-Dec; 3(2), 2010, P. 55–66.
- 3) AnamikaTiwari and Ashish Mishra. "Effect of yoga practices on emotional intelligence and healthy life style habits".*Kaav International Journal of Arts, Humanities and Social Sciences*, Jan – Mar 2016, Vol. 3 Issue 1/AB P. 1 - 18
- 4) Anand, Himani, and Ira Das. "Effect of Prayer Along With Meditation V/S Meditation on Emotional Intelligence and Psychological Well-Being: A Comparative Study", *The International Journal of Indian Psychology*, Vol 3 (4), July-Sep 2016, P. 187-202.
- 5) Baron, R. Baron, "Emotional Quotient Inventory (EQ. – I). Technical Manual", Multi Health Systems, Toronto, 1997.
- 6) Cooper, R.K. &Sawaf, A., "Executive EQ: How to Develop the Four Cornerstones of Emotional Intelligence for Success in Life and Work", Orion Publishing group Ltd, Great Britain, 1997.
- 7) Donald H. Saklofske, Jac J.W. Andrews, Elisabeth J.Austin and Bett A. Rohr. *J., "Personality, Emotional Intelligence and Exercise", Health Psychology* November, vol. 12 no. 6, 2007, P. 937-948.
- 8) Goleman, D, "Emotional Intelligence", Bantam Books, New York, 1995.
- 9) Gottman, J, "Practical Intelligence and People Skills In Robert J. Sternberg, *I.Q. Beyond*", Cambridge Press, New York, 1997.
- 10) Hyde, Anukool, SanjyotPethe, and UpinderDhar. "Emotional intelligence scale", Vedant publication, Lucknow 2001.
- 11) Khalsa, Shakti PawhaKaur, "Kundalini Yoga: The flow of eternal power", Penguin, 1998, P. 5.
- 12) Mayer J.D., Salovey P., Caruso D.R., "Relation of an ability measure of emotional intelligence to personality, *J. Personality Assessment*", Vol.79(2), 2002, P. 306 – 320.
- 13) Salami S.O., "Occupational Stress and Well-being: Emotional Intelligence, Self-efficacy, Coping, Negative Affectivity and Social Support as Moderators", *The Journal of International Social Research*, vol. 3, no. 12, 2010.
- 14) Sasmita Das. *SVYASA Digital Repository. Yoga Dissertations MSc Students*, Saraswathi Central Library, Bangalore. 2012, January 12.
- 15) ShakthiParwhaKaurKhalsa, "Kundalini Yoga: The Flow of Eternal Power", Perigee Books , 1996.
- 16) ThathuvaGnaniVethathiri Maharishi, "Manavalakkalai Part I", Vethathiri Publications, Erode, India, 1983.

- 17) ThathuvaGnaniVethathiri Maharishi, “Manavalakkalai Part II”, Vethathiri Publications, Erode, India, 1990.
- 18) ThathuvagnaniVethathiri Maharishi, “Simplified Physical Exercises”, Vethathiri Publications, Erode, India, 1977.
- 19) ThathuvagnaniVethathiri Maharishi, “SKY Yoga for Human Excellence”, Vethathiri Publications, Erode, India, 2013.
- 20) Tikhe Sham Ganpat and H.R. Nagendra, "Yoga therapy for developing emotional intelligence in mid-life managers.",*Journal of Mid-life Health*, Jan-Jun; 2(1), 2011, P. 28–30.
- 21) Tikhe Sham Ganpat, Sasmita Dash and NagendraHongasandraRamarao. *Journal Education and Health Promotion* 2014; 3: 45.
- 22) Vethathiri Maharishi Institute for Spiritual and Intuition Education, “Art of Nurturing the Life force and Mind”, Vethathiri Publications, Erode, India, 2009.
- 23) Vethathiri Maharishi Institute for Spiritual and Intuition Education, “Physical Health”, Vethathiri Publications, Erode, India, 2009.
- 24) Vethathiri Maharishi Institute for Spiritual and Intuition Education, “Social Welfare and Sublimation”, Vethathiri Publications, Erode, India, 2011.
- 25) YogirajVethathiri Maharishi, “Journey of Consciousness”, Vethathiri Publications, Erode, India, 1992.
- 26) YogirajVethathiri Maharishi, “Mind”, Vethathiri Publications, Erode, India, 2000.
- 27) YogirajVethathiri Maharishi, “Yoga for Modern Age”, Vethathiri Publications, Erode, India, 1994.

*** **