

# Impact of Simplified Kundalini Yoga Practice on Stress Level among College Students

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## ABSTRACT

This study aimed to investigate the effect of Simplified Kundalini Yoga (SKY) on stress levels among college students. A total of 24 undergraduate students from Nallamuthu Gounder Mahalingam College, Pollachi, Coimbatore District, Tamil Nadu, were randomly selected. Among them, 10 were male, and 14 were female students. A pre- and post-intervention survey was conducted to assess changes in stress levels. The participants were specifically advised to practice SKY Yoga for 12 weeks. Stress levels were measured using the Perceived Stress Scale developed by Sheldon Cohen. Results were evaluated using both numerical and categorical scales to determine whether the scores fell into low, medium, or high stress categories. The study revealed significant improvement after 12 weeks of SKY Yoga practice. Before the intervention, the participants' mean stress score was 28.25. After the intervention, the mean score decreased to 11.33. This reduction indicates a significant decrease in stress levels among the students. The findings suggest that Simplified Kundalini Yoga is an effective approach to reducing stress among college students.

**Key Words:** Simplified Kundalini Yoga, Stress, College Students.

## INTRODUCTION

Maintaining good health is fundamental to the optimal functioning of both the body and mind, as it provides the resilience and strength necessary for daily life. When the natural balance of physical or mental processes is disturbed, individuals may experience a range of health-related challenges that affect overall well-being.

Stress is a significant factor that has an impact on a student's academic performance, achievement, and long-term goals. And other factors that raise stress levels include academic pressure, deadline pressure for examinations and assignments, failures, and financial issues etc. (Sharp & Theiler, 2018). A study found out that stress is associated with poor academic achievement. (Ansari, & Stock, 2010). According to a study, stress reduces the ability to focus, experiencing the fear of failure and to think negatively about the future also. So, they need a balanced state of mind to overcome from stress related problems. Therefore, yoga is ultimately recommended for the student's community to overcome stress and to improve their physical and mental health properly. (Dr.Santosh Vishnu Bhutekar, 2020)

Yoga is an organized, rational approach. Consequently, the body and mind are in a balanced state. Stretching, flexing, and preserving harmony between the body and the mind are all part of yoga. Yoga also improves mental abilities and increases focus when we are involving on physical and mental related activities. 2017 (Jain & Sharma). Yoga has a holistic approach that rejuvenates treatments and gives the body and mind power. Yoga may be a powerful source of energy and can significantly lower stress levels among the student community. So, students are encouraged to practice yoga on the grounds of their schools and colleges to enhance the skills of learning and listening. A study found that practicing SKY yoga regularly has increased one's courage, sense of self, and ability to balance one's body and mind between work and life. Meditation, Simplified Physical Exercise, Kaya kalpa, and Introspective practice are all included in the SKY yoga practices. Overall, the SKY Yoga practice is regarded as an alternate treatment option for both physical and mental health issues.

This study aims to examine the impact of SKY yoga on college students' perceptions of stress, with a focus on understanding its potential role in promoting psychological well-being.

## REVIEW OF LITERATURE

**L. Shanmuga Priya and Dr. P. Sundaramoorthi (2021)**, conducted a study in which practitioners of Simplified Kundalini Yoga (SKY) significantly decreased stress levels compared to the Control group. Hence, the hypothesis was accepted at the 0.05 level of confidence. The conclusion was that SKY practices help to decrease stress levels among adolescent girls.

**M. Yuvaraj (2020)**, found that, following the intervention of Simplified Kundalini Yoga (SKY), there was a significant difference between the SKY group and the pranayama practice group.

**Dr. K. Nagarasan and Dr. M. Saradha (2020)**, reported that Simplified Kundalini Yoga (SKY) practice substantially reduced depression, stress, and anxiety among participants, whereas the control group showed no significant reduction in any of these variables.

**D. Sugumar and Dr. V. Ponnuswamy (2018)**, reported that the Simplified Kundalini Yoga (SKY) practice group showed significant improvement in academic performance and a reduction in stress levels compared to the control group.

**Mahesh Narain Tripathi, Sony Kumari, and Tikhe Sham Ganpat (2018)**, conducted a study to provide preliminary evidence on the psycho physiological effects of yoga in young adult college students. The results indicated that yoga produced positive psycho physiological outcomes, contributing to reduced stress levels among college students.

### Objective of the study

The present study sought to evaluate the psycho physiological impact of a twelve-week program of Simplified Kundalini Yoga (SKY) practice on stress levels among college students.

### Hypothesis

- There is no significant difference in stress level based on gender.
- There is no significant difference in stress level based on department.
- There is a significant reduction in stress level among students due to the effect of simplified kundalini yoga.

## METHODOLOGY

### Research Design

One group pre test – post test design was adopted for this study to determine the effectiveness of Simplified Kundalini Yoga on stress among college students.

### O1 X O2

**O1:** Pre test (level of stress before intervention)

**X:** Intervention (Simplified Kundalini Yoga)

**O2:** Post test (level of stress after intervention)

## Population

The study population comprised final-year undergraduate students from the B.Sc. Mathematics, B.Sc. Computer Science, and B.Sc. IT departments at Nallamuthu Gounder Mahalingam College of Arts and Science, Pollachi, Coimbatore District, Tamil Nadu.

## Sample

Baseline survey was conducted among the students to measure their stress level. Out of the total 322 students 48 students had high stress. Based on the student's voluntary participation in this study a sample of 24 students was finalized.

## Measuring Instruments

The instruments described below were utilized to collect data on the variables examined in this study.

## Demographic Variables

The demographic variables consisted of two measures, namely gender and department of the participants.

## Perceived Stress Scale (Sheldon Cohen, 1983)

The Perceived Stress Scale (PSS) is the most widely used psychological instrument for measuring the perception of stress. It is a measure of the degree to which situations in one's life are appraised as stressful. The questions in the PSS ask about feelings and thoughts during the last month. In each case, respondents are asked how often they felt a certain way. Responses are collected using a 5-point Likert scale ranging from 0 (never) to 5 (very often). Scores ranging from 0-13 would be considered low stress, 14-26 would be considered moderate stress and 27-40 would be considered high perceived stress. This research used the 10-item inventory, also known as the PSS-10.

## Procedure

The study was conducted on the undergraduate students such as B.Sc. Mathematics, B.Sc. Computer Science and B.Sc. IT departments. Researcher selected 24 students through simple random sampling technique. Perceived Stress Scale (PSS) was used to assess the level of stress among students. Using Google Forms and the students were asked to complete the pre-intervention questionnaire on the first day of class and a post-intervention questionnaire on the last day of class to evaluate potential changes in stress level. The participants in this study were given the Simplified Kundalini Yoga practice for 1 hour every session, 5 days per week. The duration time of the intervention was 12 weeks.

## Training Schedule

The following training schedule was given to the students for a period of 12 weeks.

S.No	Name of the Practice	Duration of the Practice	Rest between Practice	Repetition/Rounds	Total Duration of the Practice	Frequency
1	Nadi Sudhi	2 Min	-	10	2 Min	
2	Meditation (Agha/Shanthi/Thuriya)	10 Min	-	-	10 Min	
3	Kayakalpa Exercise	3 Min	30 Sec	-	3 Min 30 Sec	
4	Hand Exercise	4 Min	30 Sec	-	4 Min 30 Sec	

5	Leg Exercise	4 Min	30 Sec	-	4 Min 30 Sec	5 Days in a Week
6	Breathing Exercise	5 Min	30 Sec	-	5 Min 30 Sec	
7	Kapalabhathi Exercise	3 Min	3 Min	3	6 Min	
8	Massage Exercise	4 Min	-	-	4 Min	
9	Acupressure Exercise	5 Min	-	-	5 Min	
10	Relaxation	5 Min	-	-	5 Min	
11	Introspection	10 Min	-	-	10 Min	
Total Duration		55 Min	5 Min		60 Minutes	

Duration: Per Week 5 Days, Evening 60 Minutes (4 pm to 5pm)

Table - I

## RESULTS

The collected data were analyzed using t test and the results were given below.

### Difference in stress based on gender

H0: There is no significant difference in stress level based on gender.

Table – II

Post test					
Gender	Frequency	Percent	Mean	t	Sig
Male	10	41.7	11.2000	-0.518	0.610
Female	14	58.3	11.4286		

The above table shows that 14 (58.3%) of the respondents were female. Remaining respondents were male 10 (41.7%). As per the above table mean value of stress is 11.2000 for male and 11.4286 for female, so there is no significant difference exists in stress level based on gender. Hence the null hypothesis is accepted and research hypothesis is rejected.

### Comparison between department and stress level of respondents

H0: There is no significant difference in stress level based on department.

Table - III

Post test					
Department	Frequency	Percent	Mean	F	Sig
BSc Mathematics	4	16.7	11.0000	1.066	0.363

BSc computer science	16	66.7	11.2500		
BSc IT	4	16.7	12.0000		

Out of 24 respondents, 4 (16.7%) students were from B.Sc. Mathematics department. From the department of B.Sc. Computer Science respondents were 16 (66.7%). Remaining respondents from the department of B.Sc. IT were 4 (16.7%). The respondents who are from B.Sc. Mathematics department (11.0000) have lower level of stress when compared to students from B.Sc. Computer science department (11.2500) and students from B.Sc. IT department (12.0000). But, there is no significant difference in stress level based on department. Hence the null hypothesis is accepted and the research hypothesis is rejected.

**Paired sample comparison for stress level with pre and post test**

H1: There is a significant reduction in stress level among students due to the effect of simplified kundalini yoga.

Table - IV

Stress level	N	Mean	Std. Deviation	t	df	Sig (2-tailed)
Pre-Stress level	24	28.25	1.03209	94.117	23	0.00
Post-Stress level	24	11.3333	1.04950			

The above table depicts that the stress level got decreased among students during post-test (11.3333) after intervention when compared to pretest (28.25). Hence it is proved that there is a significant reduction therefore, research hypothesis is accepted.

**DISCUSSION**

It is clearly observed that significant decrease in perceived stress scores among college students, after practicing Simplified Kundalini Yoga. This clearly demonstrates the beneficial effects of Simplified Kundalini Yoga practice on perceived stress among college students. Simplified Kundalini Yoga stretches and strengthens all muscles of the body and brings peace and calm to the mind and spirit (Chandrasekaran, 1999). Sahajpal and Ralte (2000) found in his study that Yogic Relaxation Training has shown very beneficial effects on quality of sleep, reduction in stress level & improvement in self concept. Yogic meditation was also effective in reducing tension headache (Vasudevan, Mishra & Balodi, 1994). The mental health benefits of meditation include better focus and concentration, improved self-awareness and self-esteem, lower levels of stress and anxiety and fostering kindness.

**CONCLUSION**

Simplified Kundalini Yoga (SKY) has a beneficial impact on perceived stress. It has been shown to help individuals cope with stress, even in today’s contemporary environment. With rapid changes occurring across many fields, adolescents will soon face new and more challenging conflicts. Through simplified physical exercise, meditation, and introspection, SKY enables them to develop a stronger sense of consciousness. Students can readily adopt yoga as an inexpensive and simple wellness routine, incorporating it into their everyday lives alongside other activities. As a result, their lives become more balanced, while their physical and mental health is enhanced. Therefore, educational institutions should incorporate suitable yoga techniques into their curricula to help students manage stress effectively.

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