

KUNDALINI YOGA FOR OCCUPATIONAL STRESS AND COPING WITH REFERENCE TO TEXTILE EMPLOYEES IN COIMBATORE CITY

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Abstract

The goal of this study is to assess the stress level before and after the course in order to determine the effect of Simplified Kundalini Yoga's foundation-level practices on the general population. The subjects went through a 15-day foundations course. They range in age from 20 to 58 and are adults. And they conducted standard stress assessments both before and after the course to analyze the results. The acquired data from the subjects are then statistically analyzed. The study's findings indicate that the foundational practices of Simplified Kundalini Yoga caused a statistically significant difference in the proportion of stress. Conclude this study, It was very clear that sixteen weeks of yogic practices produced significant changes in psychological variables Depression, Stress and Anxiety of textile mill employees.

Key words: Simplified Kundalini Yoga, Job Stress, Job satisfaction Textile mill employees etc.,

Introduction:

Textile mill employees are facing challenges in physical, mental, emotional and social level. Being the transition period their sudden and rapid physical development make them to be self conscious and sensitive. Peer group pressure, parental pressure, striving to prove their academic efficiency, influence of media and gadgets, lack of concentration in studies force them to lead a stressful life. Emotionally disparity compel them to take wrong decisions. Mental health promotes the physical health, in turn physical health promotes the confidence level to accomplish in academics, career and obviously in life with peaceful approach. Stress free life alone triumph. Simplified Kundalini Yoga has become an accepted part of the training regimen to improve psychological and physiological and as well as physical aspects. Stress is a psychological pressure or pain. The term “stress” was coined by Hans Selye in 1936, who defined stress as “the non-specific response of the body to any demand for change”. Positive stress or eustress is response of excitement or respond but may also be caused well to a challenge that experience from a stressor.

Stress can be external and related to the environment but may also be caused internal perception that cause an individual to experience anxiety or other negative emotions surrounding a situation such as pressure, discomfort, etc., which they then deem stressful. Stress causes heart disease, High blood pressure, digestive problem, head ache and even cancer. Textile mill employees go through developmental stage in which they experience many waves of success and failures. When failures is not handled with proper approach, students may experience stress. Stress affects physical, mental, emotional, social and intellectual health. Simplified Kundalini Yogic Practices which include Simplified Yogic Physical Exercises, Simplified Kayakalpa Yogic Exercises, Introspection and Meditation practices, play vital role in promoting the mental health of the students to balance success and failure stably. Everybody accepts that yoga can improve the coordination between the body and the mind. Simplified Kundalini Yoga is a great form of exercises for physical body and mind. It is highly useful to control mind, improve concentration and to relax the body. Yoga helps to reduce stress and anxiety and cultivate self-confidence. Yoga can play a key role in cultivating mind control and concentration which helps the adolescence to perform their best in academics, cultural, sports etc. The present study was undertaken the sole aim to find out the effect of Simplified Kundalini yogic practices on stress among Textile mill employees.

Occupational stress is defined by National Institute for Occupational Safety and Health (NIOSH, USA) as, “the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources, or needs of the worker”. Occupational stress is also known as “job stress”, “work related stress” or “work stress” .World Health Organization defines this in a similar way as, “a pattern of reactions that occurs when workers are presented with work demands not matched to their knowledge, skills or abilities and which challenge their ability to cope.

Job satisfaction is the combination of emotional and psychological experience at any work. Job Satisfaction is the relationship between what everyone expects in accordance to what everyone achieves. Any work cannot be effectively done without satisfaction. Textile employees are important in building the nation and budding citizens of the nation. So, job satisfaction is an important concept that is not only related to an individual but it is relevant for the society’s well-being. Job satisfaction is one factor that will ensure industries performance and productivity of

companies. The textile employees would get interested to teach their employees effectively when they are satisfied with their jobs. Like India, other countries in the world are trying to improve their quality of education, so that it meets the demand of globalization. Employees would perform to maximum capacity, only if they are satisfied with their jobs. So, job satisfaction is an important phenomena in every sector especially in the teaching profession.

Yoga is all about harmony. One should be in harmony with his physical health, mental health, social health, and his spiritual health. There are different Traditional Yogic practices in India. Simplified Kundalini Yoga is a therapeutic yoga that is suitable for the modern era. The former of the World Community Centre is Sri Vethathiri Maharishi who is offering Simplified kundalini yoga practices. This yoga is suitable for a modern lifestyle. It is suitable for all ages and can be practiced in all weather conditions. Stress is an emotional or physical state of tension. It can be triggered by any event or situation that causes one to feel frustrated, angry, or nervous.

Stress is the body's response to a challenge or request. In brief periods of time, stress can be beneficial. For example, it can help to avoid danger or meet an important deadline. However, prolonged periods of stress can be detrimental to health. There are two main kinds of stress.

Acute stress

Acute strain Short-term, transient stress is known as acute stress. Stress might strike when someone brakes unexpectedly, quarrels with a significant other, or skis down a steep hill. Acute stress aids in the management of risky circumstances. Acute tension might also result from trying something novel or fascinating. Everyone has moments in their lives when they feel extreme stress.

Chronic stress

Prolonged stress is referred to as chronic stress. Long-term strain might be a result of financial difficulties, marital dissatisfaction, or job-related challenges. A stress might be considered chronic if it persists for several weeks, months, or even years. Chronic stress can cause someone to grow so accustomed to it that they fail to recognize it as a problem. If one cannot find a means to manage their chronic stress, it can cause health issues.

Stress and your body

Human body's reaction to push is the arrival of chemicals. These chemicals speed up pulse, strain muscles, and advance readiness in people. These reactions are helpful in the present moment since they empower one to manage what is happening. This is the way the human body shields itself. Ongoing pressure makes the body stay ready in any event, when there is no danger. Accordingly, one risk creating medical problems like hypertension, coronary illness, diabetes, heftiness, sadness or uneasiness, skin issues, and feminine cycle issues over time.⁶

Various different physical and close to home issues are welcomed on by pressure. Here and there it's challenging to perceive that these side effects are welcomed on by pressure. These days, everybody is experiencing pressure, particularly after the Coronavirus pandemic. From representatives to senior supervisor, everybody is focused on due to their way of life, company system, monetary circumstance and ailments.

Statement of the Problem:

Coimbatore houses a large number of small, medium and large textile mills. It also has textile research institutes like the Central Institute for Cotton Research (CICR)- Southern Regional station, South Indian Textiles Research Association (SITRA) and the Sardar Vallabhai Patel International School of Textiles and Management. The Coimbatore region is famed for the quality of its cotton and dyed fabric. A large produce of the manufacture is exported to different countries. Exports include knitwear, woven apparel and home furnishings. The growth of textiles naturally led to the inception of textile machinery manufacturing. Today, some of the best known global brands in textile machinery and component manufacturing are home grown enterprises. Even in the late 1800s, Coimbatore district had cotton cleaning and pressing factories and was exported to Mumbai (then Bombay) and England. A spinning mill was established around this time and even back then, the textile industry was provided employment over 300 people. The Southern India Mills' Association (SIMA) was established in 1933, is very active in the Coimbatore region and governs most of the textile industry in South India. SIMA has a membership spread across the southern states and protects the interests of the textile mills and its workers. The objective of the study was to determine the improvement in the psychological variable in subjects who were all affected by stress. The Simplified Kundalini Yoga's 15 days foundation course training provided to the subjects. Simplified Kundalini yoga was designed to help them understand the underlying

cause of the stress and to eliminate it from their lives. Prior to the pilot study, the subjects had the following symptoms: Forgetfulness, Frequently experienced aches/pains, Headaches, Lack of energy on concentration, Stiff jaw and neck, tiredness, upset stomach, Weight loss or gain. To study the effect of yoga on Occupational Stress and Job-Satisfaction among textile mill employees.

OBJECTIVES OF THE STUDY

- 1.To find out the effect of yoga on Occupational Stress among textile mill employees in Coimbatore City.
2. To assess the effect of SKY yoga on job satisfaction among textile mill employees.

Hypothesis:

As a result of the 15 days training, there is a significant improvement in the chosen psychological variable among all textile employees who have completed the Simplified Kundalini yoga's foundation course at Coimbatore Arivu Thirukoil.

Selection of subjects:

The aim of this study is to find out the effect of Simplified Kundalini Yoga's(SKY) Foundation course, may make enhancement on selected psychological variable. To achieve the purpose of the study, the 100 respondents who were admitted in the Foundation course at Coimbatore Arivu Thirukoil in the period of 01.04.2024 to 15.04.2024 taken into study. Their age ranged between 20 to 58 years because the course conducts for the different textile employees from the age of 20 years. And also the course is open for public, so in this study candidates were not taken randomly by age and also the gender is not considered.

Methodology:

For the study 100 respondents were considered at Coimbatore Arivu Thirukoil, aged between 20 to 58. The course has the duration of 15 days including Sunday. Before the course, they were analysed by the standard stress questionnaire. Then the foundation course practices were taught. At last the fifteenth day, once again they were analysed by the same standard stress questionnaire. The pre test and post test were statically analysed and find the enhancement in the particular psychological variable.

Procedure of data collects for the present study 100 employees from different textile mills at Coimbatore, Coimbatore was selected as a sample unit. In pre-test job satisfaction scale and occupational stress index were individually administrated on 100 different textile mill employees and data were collected. After pre-test some yoga technic practice taken on 100 employees for fifteen days given by trained person. After yoga training post test was done and data were collected.

RESULT AND DISCUSSION

Table no. 1 show mean, SD, and t-value of pre-test and post-test on occupational stress.

Test	N	Mean	SD	t-test	Sig.
Pre-test	100	34.14	2.65	6.23	0.000
Post-test	100	42.01	3.21		

The result table no.1.show that pre-test and posttest mean difference on occupational stress pretest mean is 34.14 and SD 2.65 and post-test mean is 42.01 and SD is 3.21 and t-value is 6.23, which significant on 0.000 level, with show significant difference between pre-test and post test therefore hypotheses no.1 There will be positive effect of yoga on occupational stress among textile mill employees.

Table no.2 show mean, SD, and t-value of pre-test and post –test on job satisfaction

Test	N	Mean	SD	t-test	Sig.
Pre-test	100	41.12	1.36	7.25	0.003
Post-test	100	47.25	2.35		

The result table no.1.show that pre-test and posttest mean difference on job satisfaction pretest mean is 41.12 and SD 1.36 and post-test mean is 47.25 and SD is 2.35 and t-value is 7.25, which significant on 0.003 level, which show significant difference between pre-test and post test therefore hypotheses no.1 There will be positive effect of yoga on job satisfaction among textile mill employees.

TABLE NO.3**Analysis of Covariance on Aggression of Experimental Groups and the Control Group**

Adjusted Post – test means			Source of Variance	Sum of Squares	df	Mean squares	“F” Ratio
Simplified Kundalini Yoga group (I)	Pranayama Practices Group (II)	Control group (III)					
61.10	66.62	74.52	Between	438.16	2	219.08	72.60*
			Within	342.88	99	3.46	

- 5 percent level of significant.

The table shows that the adjusted post test mean value of Stress for SKY group, Pranayama practices and the control Group are 61.10, 66.62, 74.52 respectively. The obtained F – ratio for 72.60 of adjusted post test mean is 9.63 for df 2, 99 is more than value of required significant at .05 level of confidence. There are significant difference among the SKY group, Pranayama Group, and the control group on the development of Stress. To determine of the results of the study.

Suggestions of the study

This study suggested some measures which could prove beneficial to employees in coping with stress are: improve self-esteem, build self-confidence, work on building emotional intelligence competencies, develop a good sense of humor, practice yoga and meditation, exercise regularly, foster a supportive friend circle, cultivate hobbies, develop effective communication skills, and seek professional help, if necessary. This study is conducted in a very short period of 15 days. The study could be conducted for a long period will give excellent results clinically. This study is suitable for all adults. It helps to one’s stress management. The simplified physical exercise practices are recommended to all age group. This study could be conduct at all textile mills and in companies where the stress is more. In this study studied psychological variable (stress and job satisfaction), so recommended to take other physiological and psychological variables for study

Conclusion of the study:

Present study found positive effect of yoga on occupational stress and job satisfaction among textile mill employees. Yoga practices reduce stress level and increase job satisfaction

among textile mill employees. The following conclusions were drawn, there was a significant difference between the Simplified Kundalini Yoga group and the Pranayama group when compared to the control group on psychological variables of Aggression due to Simplified Kundalini Yoga and Pranayama Practices. There was a significant improvement in academic performance due to the Simplified Kundalini Yoga group and Pranayama group when compared to the control group. Simplified Kundalini Yoga group was found to be better than the Pranayama Practices group and control group in Aggression and industrial performance.

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