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Effect of shatkarma on happiness

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Abstract

The wide variety of yogic exercises has been associated with physical and psychological benefits. The current research also aims at the beneficial effects of Shatkarma on Happiness. For the said purpose, 60 subjects of age 19.7 ± 2.2 years were randomly assigned into two groups called Experimental group and Control group equally. The data was collected from both the groups applying Happiness Questionnaire by Peterson Park and Seligman on control group research design i.e. before the commencement of 12 week Shatkarma exercise programme and post-test was done after completion of training by experimental group. Other than descriptive statistics, the effect of 12 week Shatkarma training was assessed by applying t-test. The pre-test and post-test mean values for happiness were found to be 60.97 ± 7.27 and 64.45 ± 7.74 respectively for all subjects. The calculated t-value was -5.471 found statistically significant at 0.05 level of significance (two tailed). The mean value for difference in pre and post-test against experimental and control group for happiness were found to be -5.933 ± 5.6381 and -1.033 ± 2.2967 respectively. The calculated t-value was -4.408 found statistically significant at 0.05 level of significance (two tailed). The result obtained above clearly represent that the selected yogic exercises for this study i.e. Shatkarma (Kapalabhati, Jal Neti, Vastra Dhauti, Basti-Shanka Prakshalana, Trataka and Nauli Agnisara) has positive reliable effect on Happiness of people as the improvement in happiness of subjects from experimental group was observed reliably more in comparison to control group. This fact ensures the positive influence of shatkarma exercises on happiness.

Keywords: Shatkarma, happiness, yogic exercises.

Introduction

Various research studies revealed that Participation in physical activities and various games and sports in improving the Physical and mental wellbeing of human. Yoga is not the exception as well. However, scientifically proved evidences are yet to establish as far as positive psychological health of an individual is concerned.

Yoga plays an important role and has made unlimited Contribution in the modern age as it caters to the biological, Sociological, Spiritual and Physiological necessities of the man. The word 'yoga' is derived from the roots of Sanskrit 'Yuj' which means to join, to attach, to bind, yoke, and a concentrate or one attention. It also means Union. Yoga is true union of our will with the will have had. The literal meaning of the word 'Yoga' is 'yoke'. It means for uniting the individual spirit with the Universal spirit, or God. Yoga means the Experience of oneness or unity with inner being. It is a science by which the individual approaches truth. Yoga is not religion it is a method by which one obtain Control of one's latent powers. It is the means to reach complete Self-Realization. Yoga is a reduction of one's mental process, along with the physical. The practice of Yoga in the Indian subcontinent has been documented as early as B.C. Regular practice of variety of Yoga techniques have been shown to lower heart rate and blood pressure in various population (Lakshmikanthan *et al.* 1979; Mahajan *et al.* 1999).

Yoga exercise are scientific means for strengthen of all living or atrophying muscle fibbers and tissues. This system teaches how to a make new life pulsation in active tissues. In this context it much as it is different from other sys of exercise in as much as it is different from other system of exercise in as much as it teaches one how to concentrate his attention on the awakened energy which is the direct gives of power, strength and vitality to all the parts of the body. It develops the will power long with bodily strength. This aspect of yoga is technically known as "ASANAS" which was developed by the hatha yogic into a well-organized system of physical culture. One very important part of yoga is Shatkarma or Shatkriya as described in

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the early yoga Upanishads was made up of the shatkarmas and is a very precise and systematic science. That means six and karma means action; shatkarma consist of six groups of purification. Main aim of shatkarma is harmony between two major pranic flows ida and pingla, it is the purification of mental and physical and balance. The six shatkarma are neti, dhauti, nauli, basti, trataka and Kapalabhati.

Various studies have shown that yogic exercises enhance psychological well-being and relieve symptoms of depression and anxiety. Here are some of the factors describing the effect of yogic exercises on Happiness:

1. Regular Yoga helps one to feel in control. This sense of control over the body may translate to an improved sense of control over other aspects of life.
2. Exercise promotes well-being and relaxation. It demonstrates higher levels of self-esteem and confidence and maintains a sense of self discipline. The person feels, "I am in charge of myself and can improve my health and fitness".
3. Besides, Yogic exercises are natural, physiological outlet for a body in the "fight or flight" state of arousal frequently associated with stress.
4. Exercise produces neurotransmitters called endorphins in the brain. These are the body's own natural tranquilizer which produces calming effect and relaxes the body.
5. Yogic exercisers give up unhealthy and stressful habits that interfere with exercise. They cut down smoking habit, eats nutritious food etc.
6. Exercise done in group provides social support, another stress reliever.

Undoubtedly, the above discussion has shown the inevitable relationship between Yogic exercises and various physical and physiological benefits. But, no study has conducted to assess whether Yogic exercises (shatkarma in specific term) improves our happiness status. This motivated Research Scholar to explore the effect of shatkarma on happiness.

Procedure and Methodology

Selection of subjects

60 students from Deshbandhu College Delhi University, New Delhi were selected for current research. The age of subjects was ranging from 17 years to 23 years. 30 subjects was assigned in experimental group and 30 subjects in non-experimental (Control) group.

Research design

With keeping the objectives in mind, the research scholar

gone through various experimental designs and Control group design was selected for the presented research.

Administration of test

The variable Happiness was tested by administering the standardized questionnaires namely Happiness Questionnaire by Peterson Park and Seligman before the commencement of Shatkarma training programme that were named Pre-test and after the completion of the same training and it was named Post-test.

Data collection

The data was collected from students of Deshbandhu College, University of Delhi. Subjects were informed about the study and its purpose and their consent was taken before administering questionnaire and Shatkarma training programme.

Statistical technique

The data was analysed by Descriptive Analysis (Mean and SD) whereas the effect of Shatkarma training on happiness in comparison to control group who were not given any training was analysed by t-test.

Result and Discussion

The pre-test and post-test mean values for happiness were found to be 60.97 ± 7.27 and 64.45 ± 7.74 respectively for all subjects. The calculated t-value was -5.471 found statistically significant at 0.05 level of significance (two tailed). However, the observed t-value was found negative but it actually represent the improvement in happiness of the subjects.

Table 1: Result of pre-test and post-test on happiness

	Mean	Std. Deviation	N	T	Sig.
PRE	60.97	7.279	60	-5.471	0.00*
POST	64.45	7.745	60		

* = significant at 0.05 level

The mean value for difference in pre and post-test against experimental and control group for happiness were found to be -5.933 ± 5.6381 and -1.033 ± 2.2967 respectively. The calculated t-value was -4.408 found statistically significant at 0.05 level of significance (two tailed).

However, the observed t-value was found negative but it actually represents the improvement in happiness of the subjects.

Table 2: Result of experimental and control group on happiness

	Mean	Std. Deviation	N	Mean Difference	T	Sig.
Experimental Group	-5.933	5.6381	30	-4.90	-4.408	0.00*
Control Group	-1.033	2.2967	30			

* = significant at 0.05 level

The result obtained above clearly represent that the selected yogic exercises for this study i.e. Sharkarma (Kapalabhati, Jal Neti, Vastra Dhauti, Basti-Shanka Prakshalana, Trataka and Nauli Agnisara) has positive reliable effect on Happiness of an individual as the improvement in happiness of subjects from experimental group was observed reliably more in comparison to control group. This fact ensures the positive influence of shatkarma exercises on happiness.

Conclusion and Recommendation

The analysis of result and interpretation of the result made it

possible to conclude that practising shatkarma for 12 weeks leads to improvement in happiness. Also, it can be recommended to practice on daily basis. Furthermore, effect of these exercises need to be studied on different age group to ensure the similar result. Other variables of positive psychology can also be studied under such research. In the last, other yogic exercises can also be included in training programme to assess their outcome in factors of positive psychology.

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