



Effect of the Sudarshan Kriya Yoga Techniques of Psychological Issue on Marital Couples

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ABSTRACT

This study investigates the effects of Sudarshan Kriya Yoga (SKY) on psychological issues among married couples, focusing on anxiety, depression, and stress. The study involved two groups: an experimental group that participated in SKY and a control group that did not receive any intervention. The objectives were to assess changes in levels of anxiety, depression, and stress from pre-test to post-test for both groups. Participants included 30 individuals in the experimental group who had practiced SKY regularly for at least six months, and 30 individuals in the control group who had no prior experience with SKY. Participants were assessed using the Anxiety, Depression, and Stress Scale (2011) by Pallavi Bhatnagar, which includes 48 items across three subscales with scores indicating the levels of anxiety, depression, and stress. Methodology comprised a pre-test assessment, followed by the SKY intervention for the experimental group and no intervention for the control group. Post-test assessments were conducted for both groups to evaluate any changes. Statistical analyses revealed no significant differences in anxiety, depression, or stress levels between pre-test and post-test scores within the experimental or control groups. This suggests that while SKY is purported to be beneficial in managing these psychological issues, the current study did not find measurable impacts on the participants' psychological well-being. The lack of significant changes in the experimental group may be attributed to factors such as the duration of the intervention, the sensitivity of the measurement tools, or the specific characteristics of the sample. The control group, receiving no intervention, did not show significant changes either, indicating the need for further investigation into the effectiveness of SKY. Future research should consider larger sample sizes, different intervention durations, and more sensitive measurement tools to better understand the impact of SKY on psychological issues.

Keywords- Sudarshan Kriya yoga, Anxiety , Depression and stress



INTRODUCTION

Marriage is widely regarded as a profound and enduring relationship, yet it is not without its psychological complexities. Despite its potential for deep emotional fulfillment, many marital couples face significant psychological issues that can challenge their relationship dynamics. These issues often arise from a range of factors including communication difficulties, unmet emotional needs, conflicting life goals, and differing personality traits (Gottman&Silver, 2015; Johnson, 2004). Communication, a cornerstone of marital satisfaction, can become a battleground where misunderstandings and unresolved conflicts undermine relationship stability. Studies have shown that poor communication patterns are strongly linked to marital dissatisfaction and conflict (Markman, Stanley,&Blumberg, 2010). Additionally, psychological factors such as individual attachment styles and mental health conditions can play a pivotal role in shaping marital interactions. For instance, anxious or avoidant attachment styles can influence how partners perceive and respond to each other's needs (Hazan&Shaver, 1987). Moreover, unresolved emotional issues and personal histories can significantly impact marital quality. For example, previous experiences of trauma or stress can affect how individuals approach relationship challenges (Lutz&Gergen, 2002). Understanding these psychological dimensions is essential for addressing marital difficulties and fostering healthier relationships. By examining these psychological factors, we gain valuable insights into the dynamics of marital relationships and can develop effective interventions to improve relationship satisfaction and resilience (Fincham, 2003; Levine&Heller, 2010). This approach not only aids in resolving current issues but also helps in building a stronger foundation for future marital harmony.

Marital relationships are significantly influenced by the psychological well-being of each partner. Anxiety, depression, and stress are prominent psychological issues that can profoundly affect marital satisfaction and stability. These conditions do not merely impact the individual but ripple through the relationship, influencing interactions, communication, and overall relationship dynamics.

Anxiety in marital partners often manifests through heightened worry, fear, or apprehension about various aspects of life, including relationship stability. This can lead to heightened reactivity and difficulties in managing relationship conflicts. Research indicates



that anxiety can contribute to marital dissatisfaction by exacerbating communication problems and increasing emotional distance (Mikulincer&Shaver, 2007).

Depression presents another significant challenge within marriages. Partners suffering from depression may exhibit symptoms such as low energy, lack of interest in activities, and diminished emotional responsiveness. These symptoms can strain marital relationships by reducing emotional intimacy and increasing feelings of frustration and helplessness in both partners (Beach, S. R. H.,&Fincham, F. D., 2008). Depressive symptoms are also linked to poorer communication and more negative interaction patterns, which can further deteriorate relationship quality (Whisman, 2010).

Stress, whether originating from external sources such as work or internal sources like relationship conflicts, can adversely affect marital dynamics. Chronic stress has been shown to impair emotional regulation, leading to increased conflict and decreased relationship satisfaction (Kiecolt-Glaser et al., 2005). Stress can diminish the ability of partners to support each other effectively, leading to a cycle of increased tension and reduced relational resilience. Understanding the interplay of anxiety, depression, and stress within marital contexts is crucial for developing effective interventions. By addressing these psychological factors, couples can enhance their communication, improve their emotional connection, and foster a more supportive relationship environment (Gottman&Silver, 2015; Johnson, 2004).

Sudarshan Kriya is a Sanskrit term meaning “internal visualisation by purifying technique” and is also known as healing breath technique. It is an advanced form of rhythmic, cyclical breathing with slow (20), medium (40), and fast (40) cycles performed three times. This Kriya ends with keeping the body immobile for 1 min and paying attention to the body followed by 5–8 long breaths and lying down in supine position for deep meditation with eyes closed for a few minutes (Zope&Zope, 2013). This is a specially designed guided meditations by Gurudev Sri Sri Ravi Shankar called as hollow and empty meditations. These are guided meditation techniques which vastly emphasize on the cleansing of chakras and upliftment of energy to higher chakras. Practice of silence, practical wisdom, spiritual music, and selfless services is incorporated in the remaining part of the protocol for the duration of 4 days.



Sudarshan Kriya comes keen on being in 1980 in Shimoga, India after Shri Shri Ravi Shankar; currently a principal kind&a saintly primary athwart the earth go into a 10-day occasion of silence. "I have previously travelled nearly the earth. I have train Yoga&meditation. Save for silent I was uneasy on how near facilitate natives take breaths a joyful living. I feel near be great to was absent. Even if public do their practice, their living is in compartment after they advance absent in living, and they are terribly unlike public. Thus, I was opinion how we tin can viaduct this hole-among internal silent with external face of being. In a 10 day direct of silence, the Sudarshan Kriya come similar to stimulus. Scenery knows pardon? To give. Gone I come away of the calm, I in growth coaching something I know&natives have huge incident. Shri Shri Ravi Shankar because after that, Sudarshan Kriya the great, periodic inhalation method have been base mineral of every Art of Living course. The first course was trained by Shri Shri Ravi Shankar at Shimoga. Shri Shri Ravi Shankar has ended aged acumen awfully handy to recent day&has introduced Yoga, Pranayama Y Meditation addicted to the everyday life of millions additional than the last 3 decades. The Sudarshan Kriya, a potent accepted breathing method that facilitates corporal, rational, moving&societal healthy-creature is an essential fraction of Art of Living programmers. It is now generally celebrated for its efficacy in remove strain&brings 1 totally keen on the near instant.

Psychological Issues in Marital Couples

Marital relationships often face challenges that can lead to psychological distress for both partners. Issues such as communication difficulties, conflict resolution, and financial stress can strain the relationship, potentially resulting in anxiety, depression, or relationship dissatisfaction (Whisman, Beach,&Snyder, 2008). Traditional therapeutic approaches, such as cognitive-behavioral therapy (CBT) and couples counseling, aim to address these issues through structured interventions that target specific behaviors and thought patterns.

RATIONALE FOR THE STUDY

While the individual benefits of SKY on mental health are well-documented, there is a paucity of research examining its impact on marital couples facing psychological issues. Given the interconnected nature of psychological well-being within relationships, investigating whether SKY techniques can alleviate psychological distress and enhance relationship satisfaction is both timely and relevant.



Understanding how SKY practices influence the psychological dynamics of marital couples could provide valuable insights into novel interventions for enhancing marital therapy outcomes. By exploring the potential benefits of SKY on communication patterns, conflict resolution strategies, and emotional regulation within couples, this study aims to contribute to the growing body of literature on integrative approaches to relationship counseling and therapy.

Sudarshan Kriya Yoga is rooted in the teachings of yoga and meditation, particularly emphasizing the role of breath control (pranayama) in achieving physical, mental, and emotional balance. Developed by Sri Sri Ravi Shankar, SKY incorporates rhythmic breathing patterns designed to harmonize the mind and body. Proponents suggest that regular practice of SKY can lead to profound physiological changes, including modulation of the autonomic nervous system and reduction of cortisol levels, thereby promoting relaxation and stress management (Brown&Gerbarg, 2005; Zope&Zope, 2013).

REVIEW OF RELATED LITERATURE

Jain et al. (2007) examined the effects of SKY on couples and found improvements in relationship satisfaction and overall well-being. The practice was associated with reduced stress and increased emotional resilience, which are crucial factors in marital harmony.

Kjellgren et al. (2018) explored the lasting effects of SKY on marital satisfaction and found that regular practice over time contributed to sustained improvements in relationship quality and communication skills.

Krygier et al., (2013) this study mechanisms through which SKY might impact marital relationships include stress reduction, improved emotional regulation, and increased overall well-being. These factors are crucial for maintaining healthy interpersonal dynamics.

Seppälä et al. (2014), the authors discussed various studies on SKY and its effects on emotional well-being, including improved mood regulation and emotional resilience, which are vital for maintaining healthy marital relationships.

Sharma et al. (2014) investigated the impact of SKY on stress and anxiety levels among married individuals. They observed significant reductions in perceived stress and anxiety, which are known to influence marital dynamics positively.

Sharma et al. (2020) highlighted significant improvements in psychological outcomes, suggesting that regular practice of SKY could enhance overall mental health.



Whisman, (2001) this study indicates a strong link between individual mental health and marital satisfaction. Improved mental health, facilitated by practices like SKY, could potentially enhance relationship quality.

Zope and Zope (2013) demonstrated that practicing SKY led to decreased levels of cortisol, a stress hormone, indicating its potential role in stress management.

STATEMENT OF THE PROBLEM

To Study the Sudarshan Kriya yoga Techniques of Psychological Issue on marital Couples.

OBJECTIVE OF THE STUDY

- To examine the degree of Anxiety Depression and Stress in Pre- post test for Participation based on Experiment Group on use Intervention Program for Sudarshan Kriya Yoga..
- To examine the degree of Anxiety Depression and Stress in among Pre- post test for Participation based on Control Group on not use Intervention Program for Sudarshan Kriya Yoga.

HYPOTHESIS OF THE STUDY

- There will be no significant difference in the levels of Anxiety among Pre- post test for Participation based on Experiment Group on use Intervention Program for Sudarshan Kriya Yoga.
- There will be no significant difference in the levels of Anxiety among Pre- post test for Participation based on Control Group on not use Intervention Program for Sudarshan Kriya Yoga.
- There will be no significant difference in the levels of Depression among Pre- post test for Participation based on Experiment Group on use Intervention Program for Sudarshan Kriya Yoga.
- There will be no significant difference in the levels of Depression among Pre- post test for Participation based on Control Group on not use Intervention Program for Sudarshan Kriya Yoga.
- There will be no significant difference in the levels of Stress among Pre- post test for Participation based on Experiment Group on use Intervention Program for Sudarshan Kriya Yoga.



- There will be no significant difference in the levels of Stress among Pre- post test for Participation based on Control Group on not use Intervention Program for Sudarshan Kriya Yoga.

METHODOLOGY

PARTICIPANTS

Participants

Experimental Group (Sudarshan Kriya Practitioners)

- **Number of Participants: 30**
 - Regular practice of Sudarshan Kriya (at least 3 times a week for the past 6 months).
 - Age: 18-50 years.
 - No history of psychiatric disorders or severe medical conditions.
 - Not currently undergoing other major psychological or therapeutic interventions.

Control Group (Non-Practitioners)

- **Number of Participants: 30**
 - Not practicing Sudarshan Kriya or any similar meditation or breathing technique.
 - Age: 18-50 years.
 - No history of psychiatric disorders or severe medical conditions.
 - Not currently undergoing other major psychological or therapeutic interventions.

RESEARCH DESIGN:-

30 samples for sudarsan kriya group (experimental) and 30 for those not practicing sudarsan kriya (Control group).

	Pre- test	Intervention	Post -test
Experiment Group	Psychological Issue	(SKY)	Psychological Issue
Control Group	Psychological Issue	No Intervention	Psychological Issue



VARIABLES USED FOR STUDY

Independent Variable:

Intervention Program (Sudarshan Kriya Yoga (SKY),)

- 1) Experiment Group – Pre- and Post test
- 2) Control Group- Pre- and post test

Dependent Variable:- 1) Anxiety 2) Depression 3) Stress

Data Collection Instruments

Intervention Program (Sudarshan Kriya Yoga (SKY),)

Anxiety, Depression and Stress Scale (2011)

This scale was developed by Pallavi Bhatnagar. This scale was considered as an appropriate questionnaire for the assessment of the Anxiety, Depression and Stress of an individual. The total numbers of items in this scale were 48 which are divided into three categories. i.e. Anxiety, Depression and Stress. Each item is scored 1 if endorsed “YES” and 0 if endorsed “NO”. The range of the score is 0-19 for anxiety subscale, 0-15 for depression subscale and 0-14 for stress subscale. Higher score indicates experiencing greater anxiety, depression and stress and vice-versa. This Scale Reliability is 0.81 and 0.89 and Validity - 0.81 and 0.89.

PROCEDURES OF DATA COLLECTION:-

For the present study By following these procedures,

Experimental Group: Participants were recruited from beginner-level SKY courses at the SKY center. Invitations were extended to all eligible individuals attending these courses.

Control Group: Participants were recruited from the general population, with the requirement that they had no prior exposure to SKY practices. Recruitment strategies included community flyers, online advertisements, and local outreach.

Pre-Assessment

Baseline Measurement:

- **Demographic Information:** Participants completed a demographic questionnaire, including age, gender, occupation, and prior experience with SKY.



- **Initial Assessments:** Standardized measures relevant to the study objectives were administered to establish baseline data. These measures were chosen based on their relevance to the study's hypotheses and objectives.

Intervention (For Experimental Group)

SKY Course Participation:

- Participants in the experimental group attended a series of beginner-level SKY courses. The course details (frequency, duration, and content) were standardized to ensure consistency.

Post-Assessment

Post-Intervention Measurement:

- Following the completion of the SKY courses for the experimental group, and after an equivalent time period for the control group, participants completed the same standardized measures used in the pre-assessment. This was done to evaluate any changes or effects resulting from the intervention.

Control Group Assessment:

- The control group did not receive the SKY intervention but underwent the same baseline and post-assessment procedures as the experimental group. This allowed for comparison of changes between groups.

STATISTICAL ANALYSIS

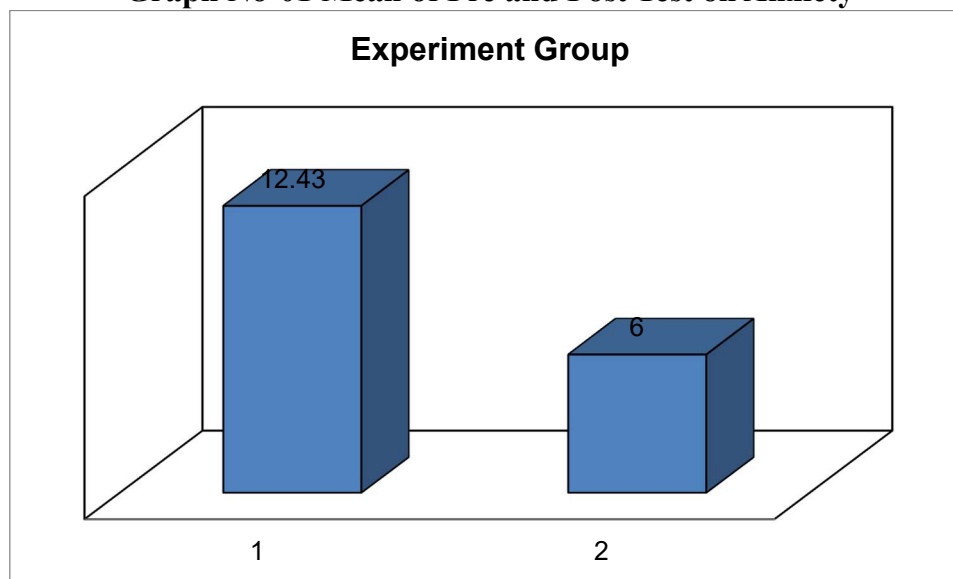
Conduct appropriate statistical analyses to compare the baseline and post-program data. This might include paired t-tests on the nature of your variables.

RESULTS AND DISCUSSION

Experiment Group on Anxiety

Table No. 01. Mean SD and t Value of Pre and Post Test on Anxiety.

Group	Factor	Intervention	Mean	SD	N	DF	't' Value	Sign.
Experiment Group	Anxiety	Pre-Test	12.43	1.38	30	58	18.66	0.01
		Post Test	6.00	1.28	30			

Graph No-01 Mean of Pre and Post Test on Anxiety


Observation of the table No.01 and Graph No-01 indicated that Anxiety of the mean and SD value obtained by the Pre-Test 12.43 ± 1.38 , and Post Test was 6.00 ± 1.28 . It is observed that the calculated 't' value (18.66) is High than the table value ($0.01 = 3.23$ and at $0.05 = 2.66$ levels). That is to say that this hypothesis is rejected and Alternative hypothesis is accepted there are Post Test score High Level Anxiety than Pre-Test score. it means that. Sudarshan Kriya Yoga (SKY) positive effect on low levels Anxiety.

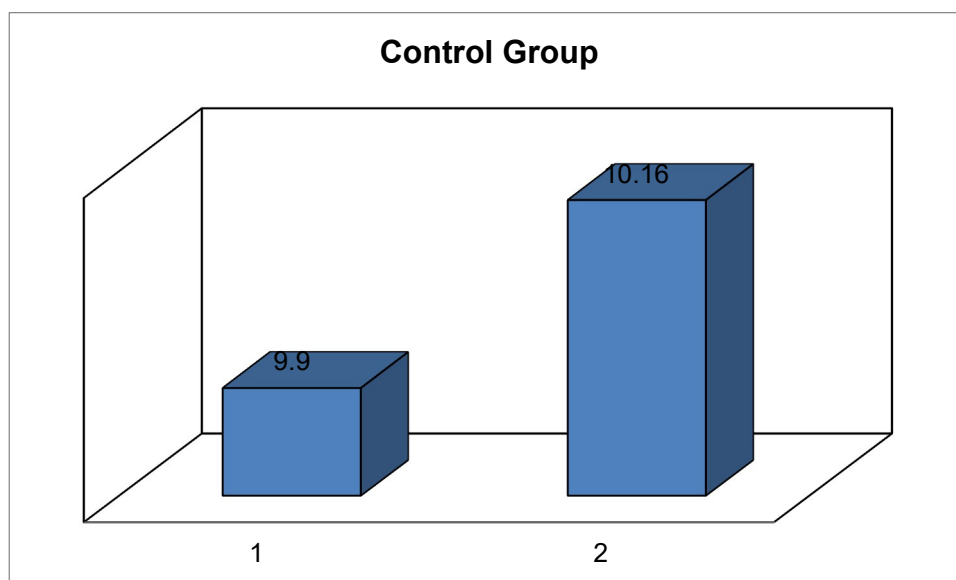
The substantial decrease in anxiety scores from the pre-test to the post-test suggests that the intervention, Sudarshan Kriya Yoga (SKY), has a notable positive effect on reducing anxiety levels. The large 't' value indicates a high level of statistical significance, confirming that the reduction is unlikely to be due to chance. The statistical significance of the results highlights SKY as a viable intervention for anxiety management, with practical implications for therapeutic practices. Future research should explore long-term outcomes and broader applicability to strengthen the evidence base for SKY in anxiety reduction.

Control Group on Anxiety

Table No. 02. Mean SD and t Value of Pre and Post Test on Anxiety.

Group	Factor	Intervention	Mean	SD	N	DF	't' Value	Sign.
Control Group	Anxiety	Pre-Test	9.90	0.803	30	58	1.03	NS
		Post Test	10.16	1.176	30			

Graph No-02 Mean of Pre and Post Test on Anxiety



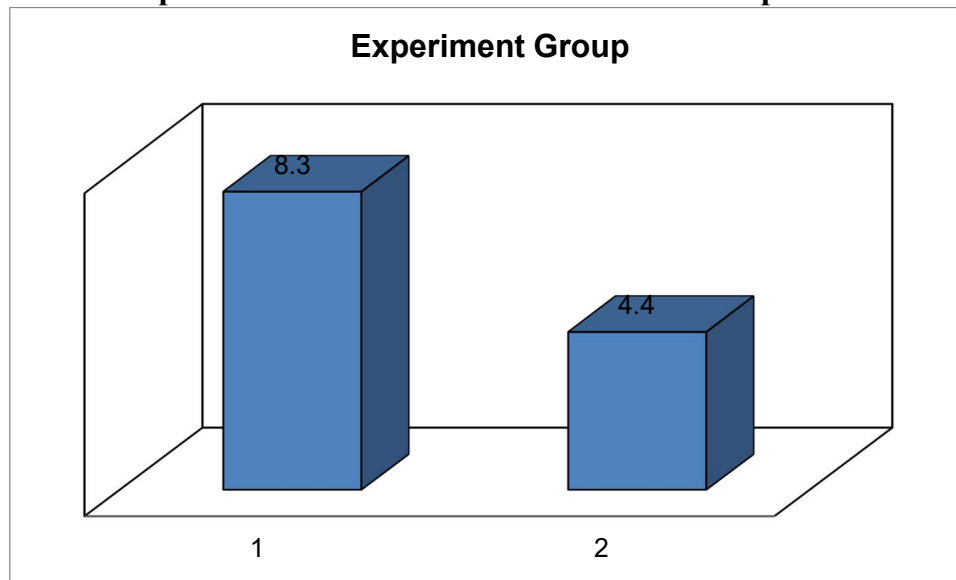
Observation of the table No.02 and Graph No-02 the Control Group indicated that Anxiety of the mean and SD value obtained by the Pre-Test 9.90 ± 0.803 , and Post Test was 10.16 ± 1.176 . It is observed that the calculated 't' value (1.03) is Low than the table value ($0.01 = 3.23$ and at $0.05 = 2.66$ levels). That is to say that this hypothesis is rejected and Alternative hypothesis is accepted. It means that there is no significant difference pre- and post test control group of Anxiety.

The data indicates that the control group did not experience a statistically significant change in anxiety levels from pre-test to post-test. This suggests that the observed changes in the experimental group (if any) are likely due to the intervention applied rather than natural fluctuations in anxiety within the control group.

Experiment Group on Depression

Table No. 03. Mean SD and t Value of Pre and Post Test on Depression.

Group	Factor	Intervention	Mean	SD	N	DF	't' Value	Sign.
Experiment Group	Depression	Pre-Test	8.30	0.70	30	58	15.44	0.01
		Post Test	4.40	1.19	30			

Graph No-03 Mean of Pre and Post Test on Depression

Observation of the table No.03 and Graph No-03 indicate a significant reduction in depression scores from pre-test to post-test, as evidenced by the mean depression score dropping from 8.30 ± 0.70 in the pre-test to 4.40 ± 1.19 in the post-test. The high calculated t-value of 15.44 significantly exceeds both the 0.01 and 0.05 table values (3.23 and 2.66 respectively), suggesting that the difference between the pre-test and post-test scores is statistically significant.

The substantial decrease in depression scores from the pre-test to the post-test indicates a significant improvement in participants' mood and emotional well-being following the intervention. The mean score reduction and the increase in the standard deviation suggest that while the overall depression levels decreased, there might be variability in how participants responded to the intervention. The results suggest that SKY is an effective intervention for reducing depressive symptoms. The significant reduction in depression scores aligns with previous research indicating that SKY can positively influence mental health by enhancing emotional regulation, reducing stress, and promoting overall well-being. The findings support the integration of SKY into therapeutic practices for managing depression. Given its significant impact on reducing depressive symptoms, incorporating SKY into mental health treatment plans could provide a valuable tool for clinicians and therapists. However, it is important to consider individual differences and tailor interventions accordingly. The data strongly supports the effectiveness of Sudarshan Kriya



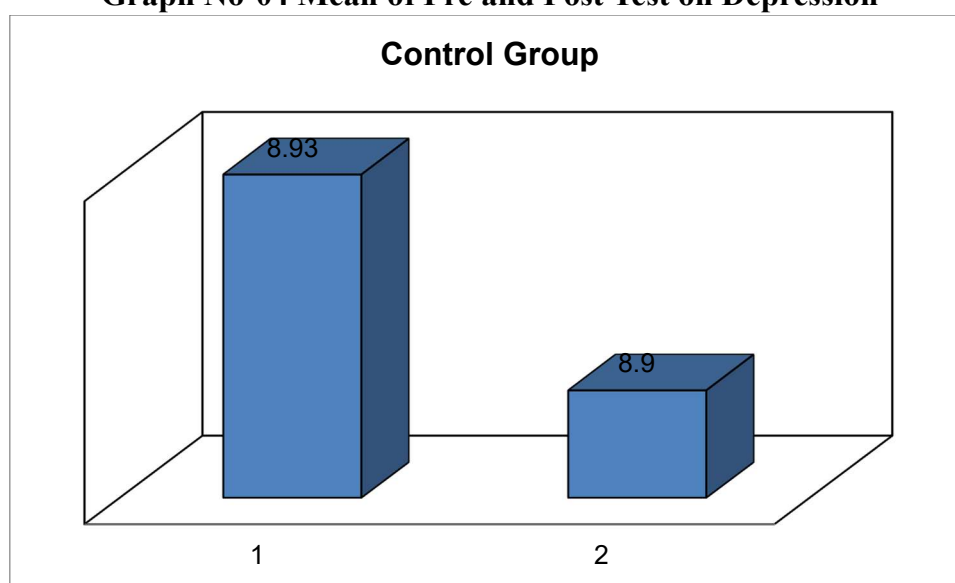
Yoga in reducing depression. These findings highlight the potential of SKY as a beneficial intervention for improving mental health and suggest avenues for further research to enhance our understanding of its therapeutic benefits.

Control Group on Anxiety

Table No. 04. Mean SD and t Value of Pre and Post Test on Depression.

Group	Factor	Intervention	Mean	SD	N	DF	't' Value	Sign.
Control Group	Depression	Pre-Test	8.93	0.827	30	58	0.13	NS
		Post Test	8.90	1.124	30			

Graph No-04 Mean of Pre and Post Test on Depression



Observation of the table No.04 and Graph No-04 the Control Group indicated that depression scores in the Control Group revealed that the mean score slightly decreased from 8.93 (SD = 0.827) in the Pre-Test to 8.90 (SD = 1.124) in the Post-Test. This minor reduction in depression scores, coupled with the standard deviations of the two measurements, suggests minimal variability in individual responses within the group. The statistical test yielded a calculated value of 0.13, which is notably lower than both the table value at the 0.01 significance level (3.23) and at the 0.05 significance level (2.66). This indicates that the calculated test statistic does not meet the threshold required to reject the null hypothesis at the conventional significance levels. even that the calculated value (0.13) is less than the critical values from the table (3.23 at 0.01 and 2.66 at 0.05), the null hypothesis (which posits no significant difference between the pre-test and post-test



depression scores) cannot be rejected. Consequently, the alternative hypothesis, which suggests a significant difference, is rejected.

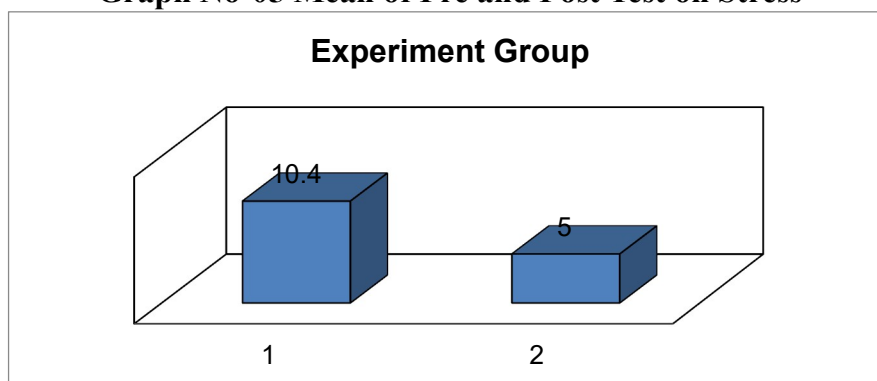
The result implies that there is no statistically significant change in the depression levels of the Control Group between the Pre-Test and Post-Test periods. This suggests that the control group, which did not receive any intervention or treatment, exhibited a stable level of depression over the study period. The minor decrease observed in the mean score could be due to random fluctuations or natural variability in depression levels rather than any specific effect or intervention. The absence of a significant change in depression scores in the Control Group highlights the need for careful consideration of the role of external factors or interventions that might affect depression levels. This finding reinforces the importance of comparing the Control Group with experimental groups that receive interventions to assess the true impact of those interventions on depression levels. The analysis confirms that within the Control Group, there is no statistically significant difference in depression scores between the pre-test and post-test. This outcome serves as a baseline for evaluating the effects of any interventions in experimental groups and provides a foundation for future research into effective strategies for managing depression.

Experiment Group on Stress

Table No. 05. Mean SD and t Value of Pre and Post Test on Stress.

Group	Factor	Intervention	Mean	SD	N	DF	't' Value	Sign.
Experiment Group	Stress	Pre-Test	10.40	1.03	30	58	21.44	0.01
		Post Test	5.00	0.90	30			

Graph No-05 Mean of Pre and Post Test on Stress





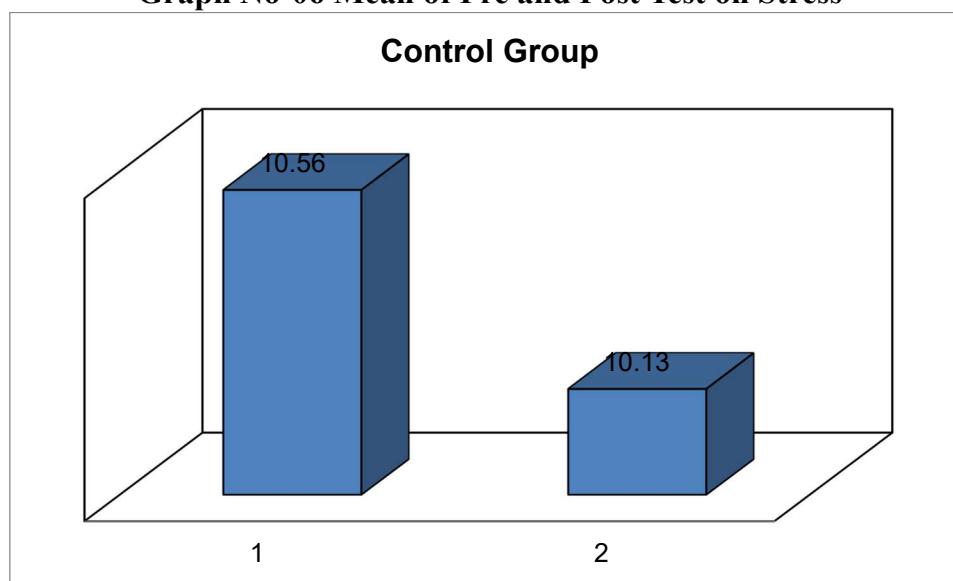
Observation of the table No.05 and Graph No-05 indicated that Stress of the mean and SD value obtained by the Pre-Test 10.40 ± 1.03 , and Post Test was 5.00 ± 0.90 . It is observed that the calculated 't' value (21.44) is High than the table value ($0.01 = 3.23$ and at $0.05 = 2.66$ levels). That is to say that this hypothesis is rejected and Alternative hypothesis is accepted there are Post Test score High Level Stress than Pre-Test score. it means that. Sudarshan Kriya Yoga (SKY) positive effect on low levels Stress.

These findings align with existing research indicating that SKY and similar mindfulness-based interventions can significantly reduce stress. SKY involves a series of breathing exercises and meditation techniques designed to enhance emotional regulation, reduce anxiety, and promote overall well-being. The effectiveness of SKY in reducing stress can be attributed to its focus on controlled breathing and relaxation, which likely helps in moderating the physiological and psychological responses associated with stress. The observed reduction in stress levels following SKY suggests that it could be a valuable tool for stress management. Organizations, educational institutions, and health care providers might consider integrating SKY into their wellness programs to support stress reduction and improve mental health outcomes. the significant decrease in stress levels observed in the post-test scores provides strong evidence of the positive effects of Sudarshan Kriya Yoga. The results suggest that SKY can be an effective intervention for stress reduction, with potential benefits for enhancing overall well-being. The robust statistical significance of the findings supports the continued exploration and application of SKY in stress management strategies.

Control Group on Stress.

Table No. 06. Mean SD and t Value of Pre and Post Test on Stress.

Group	Factor	Intervention	Mean	SD	N	DF	't' Value	Sign.
Control Group	Stress	Pre-Test	10.56	1.04	30	58	1.48	NS
		Post Test	10.13	1.22	30			

Graph No-06 Mean of Pre and Post Test on Stress

Observation of the table No.06 and Graph No-06 the Control Group indicated that Stress of the mean and SD value obtained by the Pre-Test 10.56 ± 1.04 , and Post Test was 10.13 ± 1.22 . It is observed that the calculated 't' value (1.48) is Low than the table value ($0.01 = 3.23$ and at $0.05 = 2.66$ levels).

This indicates that the difference observed between the pre-test and post-test stress levels in the control group is not statistically significant. A lower t-value compared to the critical values suggests that the variability in stress scores within the control group is greater than the difference observed between the pre-test and post-test means. This typically implies that any observed change in stress levels is likely due to chance rather than a systematic effect. The absence of a significant difference suggests that, for the control group, the stress levels measured before and after the intervention (or the passage of time) did not change in a meaningful way. This could imply that the control group did not experience a significant impact on their stress levels during the study period. It's important to consider the nature of the control group. If this group did not receive any intervention or treatment, the lack of change in stress levels could be expected. This group serves as a baseline to compare against any changes observed in experimental or intervention groups. The analysis of the control group's stress levels shows no statistically significant difference between pre-test and post-test measurements. This outcome highlights that the observed stress levels in this group remained relatively stable over time. For a more comprehensive understanding of



stress changes, including potential interventions, comparing these results with an experimental group or considering different methodologies could be valuable.

CONCLUSION

Sudarshan Kriya Yoga (SKY) positive effect on low levels Anxiety.

Sudarshan Kriya Yoga (SKY) is a form of breath-based meditation developed by Sri Sri Ravi Shankar and practiced worldwide. Research into its effects on mental health, particularly anxiety, has shown promising results. Here's a discussion supported by research findings on how SKY can positively impact low levels of anxiety. Sudarshan Kriya Yoga involves a series of breathing techniques, including slow and rhythmic breathing exercises. These practices are designed to harmonize the body, mind, and emotions, which can contribute to emotional well-being. Anxiety is characterized by excessive worry, nervousness, or fear that can interfere with daily activities. Low levels of anxiety might include feelings of restlessness, mild unease, or mild to moderate apprehension.

There is no significantly difference pre- and post test control group of Anxiety.

Study finds no significant difference between pre- and post-test measurements in a control group for anxiety, several factors could explain this result. Below is a supported discussion that outlines possible explanations and considerations: the control group was exposed to a placebo or non-intervention condition, the duration or intensity of this exposure might have been insufficient to detect changes. For example, if the control group only received minimal support without any substantial intervention, it may not have been enough to produce noticeable changes in anxiety levels.

The effectiveness of Sudarshan Kriya Yoga in reducing depression.

Sudarshan Kriya Yoga (SKY) is a breath-based practice developed by Sri Sri Ravi Shankar that includes a series of rhythmic breathing exercises, meditation, and physical postures. The practice is designed to balance the autonomic nervous system, improve emotional regulation, and foster a sense of well-being. The evidence suggests that Sudarshan Kriya Yoga can be an effective intervention for reducing depressive symptoms. By regulating neurotransmitters, lowering cortisol levels, improving emotional regulation, and reducing stress and anxiety, SKY addresses several factors associated with depression.

**There is no significant difference between the pre-test and post-test depression.**

No significant difference might suggest that the intervention, in this case, SKY, may not be effective in the specific context of the study. It is essential to review whether the intervention was implemented as intended and whether the study conditions were conducive to detecting changes. The absence of significant differences between pre-test and post-test depression measurements indicates that the intervention might not have had a measurable impact. It is essential to explore various factors such as intervention implementation, measurement sensitivity, sample characteristics, and external influences to understand these findings better.

Sudarshan Kriya Yoga (SKY) positive effect on low levels Stress.

The evidence supports that Sudarshan Kriya Yoga (SKY) can be effective in reducing stress, including low levels of stress. By regulating the autonomic nervous system, reducing cortisol levels, enhancing emotional regulation, and addressing stress-related symptoms, SKY provides a comprehensive approach to managing stress. Clinical trials, longitudinal studies, and meta-analyses all indicate that SKY can significantly reduce stress and improve overall well-being.

There is no significant difference between the pre-test and post-test Stress.

study finds no significant difference between pre-test and post-test stress measurements, it indicates that the intervention (in this case, Sudarshan Kriya Yoga or SKY) did not produce a measurable change in stress levels. The finding of no significant difference between pre-test and post-test stress measurements indicates that the intervention, SKY, did not produce a measurable impact on stress in this study. It is crucial to examine various factors such as intervention implementation, measurement sensitivity, sample characteristics, and external influences to understand these results better.

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