

Effect of Sudarshan Kriya Yoga Practices on Positive and Negative Emotions

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Abstract

Studies on affective well-being have shown the beneficial role of positive emotions on cognitive processing and the harmful role of negative emotions on coping, stress and health status. Studies have shown that yoga practices reduce anxiety and depression and improve wellbeing. Sudarshan kriya yoga (SKY), a unique yogic breathing practice, involves several types of cyclical breathing patterns, ranging from slow and calming to rapid and stimulating. The aim of the study was to examine the impact of 'Sudarshan kriya yoga' practices on the positive and negative affect in normal healthy adults. A group of 20 (equal number of male and female) participants were selected for the study, The age range was 35 to 45 years. Assessment was carried out on the before and after intervention, using a modified version of Positive Affect Negative Affect Scale (PANAS). It has ten questions each to measure positive affect (PA) and negative affect (NA). The t-test was employed to differentiate between the pre and post testing data of the positive and negative experience of the participants. The results indicated that the practice of Sudarshan Kriya Yoga enhanced the positive experience and reduced negative experiences of the participants.

Keywords: 'Sudarshan kriya yoga', positive affect, negative affect.

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