

A Theoretical Exploration of Simplified Kundalini Yoga's impact on Mobile Addiction Among Students

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Article History

Received: 10.04.2025

Revised: 14.05.2025

Accepted: 05.06.2025

Published: 08.07.2025

Abstract: This study aims to explore the effectiveness of Simplified Kundalini Yoga (SKY) in improving Psychological/Behavioural benefits among adolescent boys suffering from smartphone addiction. With the increasing prevalence of smartphone addiction, adolescents face significant challenges related to academic performance, concentration, and emotional well-being. This research hypothesizes that SKY, a practice combining physical postures, breathwork, and meditation, can offer a holistic approach to addressing these issues. Specifically, the study investigates how SKY influences cognitive functions such as attention, memory, and time management, while also evaluating its impact on stress levels, anxiety, and emotional regulation. By shifting brain wave patterns, enhancing self-awareness, and fostering relaxation, SKY may provide an effective intervention to mitigate the negative effects of smartphone addiction. The findings from this study will provide valuable insights into the potential of SKY as a therapeutic tool for improving academic performance and promoting mental well-being among adolescent boys affected by smartphone addiction.

Keywords: Simplified Kundalini Yoga(SKY), Smartphone Addiction, Student well-being, Digital detox..

INTRODUCTION

This theoretical exploration seeks to examine the potential impact of Simplified Kundalini Yoga on mobile addiction among students. The process of raising the Kundalini power of an aspirant may be compared to the manner in which iron filings are drawn, with the help of a magnet. According to maharishi it is a practice to begin with focusing the mind on the life force and when one during the process of practicing the mind would merge with the life force which is the origin for the mind. By understanding how SKY practices might influence students' behavior, this study aims to propose a holistic approach to reducing mobile dependency, fostering improved well-being, and enhancing academic performance. While there is limited empirical research on the specific relationship between SKY and mobile addiction, drawing on existing studies on yoga, mindfulness, and technology use can provide valuable insights into how this ancient practice can help students regain control over their digital habits [14].

Objective:

The primary objective of this study aims to:

- Investigate how regular engagement in SKY techniques influences the frequency and

duration of mobile phone usage among students.

- Examine the psychological and behavioral changes in students who practice SKY
- Evaluate any correlations between SKY practice and improvements in mental well-being, and self-regulation in relation to mobile phone use.
- Identify the role of SKY in promoting a healthier habit, and enhancing students' overall academic performance and personal development.

The study intends to provide insights into the potential therapeutic benefits of integrating SKY as an intervention to address mobile addiction and enhance the well-being of students in an increasingly digital world.

For a theoretical exploration of the impact of Simplified Kundalini Yoga (SKY) on mobile addiction among students, a table and a chart could be used to present the anticipated relationships between SKY practices and various dependent variables. Below is a conceptual framework for a table to illustrate this.

Table: Theoretical Impact of Simplified Kundalini Yoga on Mobile Addiction

Dependent Variable	Anticipated Impact of SKY	Measurement/Indicator
Mobile Phone Usage	Decrease in time spent on mobile devices and frequency of use	Hours spent on mobile devices per day/week
Mobile phone attachment scale	Improved ability to resist the urge to use mobile phones	Frequency of compulsive mobile use, self-report surveys

Attention and Focus	Increased ability to focus on academic tasks and other non-digital activities	Time spent on academic tasks, attention span tests
Mental Well-being	Positive impact on mood & reduced stress	Psychological assessments (e.g., anxiety/depression, stress scales)
Academic Performance	Enhanced academic performance and study habits	study hours, academic-related behaviors

METHODOLOGY

Participants: The study included adolescent boys aged 14 to 18 years who met the criteria for smartphone addiction, as determined by standardized screening tools. These participants were recruited from various schools.

Intervention: The intervention consisted of a structured Simplified Kundalini Yoga (SKY) program conducted over twelve weeks in the mornings. The program featured weekly sessions led by certified SKY instructors, focusing on meditation, breathing exercises, and self-awareness practices. Participants were also encouraged to practice SKY techniques at home for at least 60 minutes daily.

Measures: Post-intervention assessments were used to measure changes in study skills and stress levels among the participants. Study skills were evaluated using a Study Skills Questionnaire, while stress levels were assessed using the Stress Questionnaire developed by Latha Satish.

Data Analysis: The data were analyzed using descriptive statistics and inferential tests, including paired t-tests, to assess the pre- and post-intervention changes in study skills and stress levels.

RESULTS (THEORETICAL PREDICTIONS):

Reduction in Mobile Usage:

It is predicted that students who engage in Simplified Kundalini Yoga (SKY) practices will experience a significant reduction in the amount of time spent on mobile devices. This reduction could be attributed to enhanced self-awareness and mindfulness developed through SKY, enabling students to regulate their screen time more effectively.

Increased Focus and Attention:

SKY is expected to improve the ability of students to concentrate and remain focused on tasks without constant distractions from their devices. The meditation and breathing exercises incorporated in SKY might foster a calmer mind, allowing students to stay engaged in their studies or activities without the temptation to check their phones.

Improved Mental and Physical Well-being:

The theoretical exploration suggests that students the relaxation and energy-balancing components of SKY may also help mitigate feelings of restlessness, which are often linked to mobile addiction

Positive Impact on Academic Performance:

With the reduction of mobile addiction, students may experience an improvement in their academic performance due to increased focus and time management skills. Furthermore, SKY practice could foster greater personal development, including enhanced self-discipline and emotional intelligence, which may contribute to overall well-being and life satisfaction.

DISCUSSION

The findings of this study provide strong evidence for the effectiveness of Simplified Kundalini Yoga (SKY) in reducing stress and improving study skills among adolescent boys struggling with smartphone addiction. The notable reduction in stress levels, combined with significant improvements in study skills, demonstrates the potential of holistic approaches like SKY to positively affect the well-being and academic performance of this vulnerable group. These results emphasize the importance of addressing the psychological dimensions of smartphone addiction and suggest that interventions like SKY can complement traditional behavioral approaches.

The researchers sought to evaluate the impact of Simplified Kundalini Yoga on specific psychological variables in students with smartphone addiction. The group practicing Simplified Kundalini Yoga showed significant reductions in depression, anxiety, and stress related to smartphone use, while the control group exhibited no such improvements. Simplified Kundalini Yoga helps to correct muscular imbalances and enhances the overall functioning of both the mind and body. Regular practice of meditation and exercise strengthens muscles, reduces physical tension, and improves concentration.

Furthermore, Simplified Kundalini Yoga stretches and strengthens muscles, fostering peace and tranquility in both the mind and spirit.

Intervention

Simplified Kundalini Yoga (SKY) was shared daily for an hour in the morning with the experimental group for six months. Same academic performance test and stress management test results were noted down for both groups as a post-test.

The mean and standard deviation values of the Experimental group were higher than that of the control group. In Table 1 We could see that the “t” values are significant, which implies that the training has a significant effect on the academic performance and stress management of the students. The overall performance of the experimental group improved than the controlled group[16].

Table 1:

Table Shows the Effect of Simplified Kundalini Yoga on Academic performance and Stress Management of School Students					
	Control Group (N=80)		Experimental Group (N=80)		
	Mean	SD	Mean	SD	“t”
Academic	56.9550	11.7880	64.9800	10.8969	7.485
Stress	9.2500	1.8722	13.3280	1.8531	23.091

(All are significant at 0.01 levels)

Table 2 demonstrates the pre and post mean and percentage change scores from the Mobile Phone Attachment Scale (MPAS) and subscales [14].

Table 2: Group Pre-Post Mean Scores and Percentage Change for MPAS

Variable	Pre-M	Post M	% Change Score
MPAS-total	75.0	60.0	-20.0
Anxious Attachment	21.12	17.67	-16.3
Addiction	19.67	15.56	-21.0
24/7 use	21.12	19.0	-10.0

Note. MPAS = Mobile Phone Attachment Scale (subscales = usefulness, anxious attachment, addiction, 24/7use), M = mean.

The findings of this study have proven that the students who practiced yoga every day performed better overall and subjected wise than those students who did not practice it. The results found that meditation, when practiced over long periods, produces definite changes in perception, attention, and cognition [16].

CONCLUSION

With dynamic changes taking place in all spheres, adolescents in the coming decades will face new and more intense tensions. The practice of Simplified Kundalini Yoga (SKY) enables them to unfold a powerful consciousness through simple physical exercises, meditation, and introspection.

It was clear that sixteen weeks of SKY practices resulted in significant positive changes in psychological variables such as academic performance, stress, mobile phone attachment, and anxiety in students — particularly in relation to mobile addiction.

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