

## EFFECTIVENESS OF THOPPUKARANAM (SUPER BRAIN YOGA) AND APPLYING SANTHANAM (SANDALWOOD PASTE) ON FOREHEAD (BROW CHAKRA) ON EMOTIONAL INTELLIGENCE AMONG MARRIED COUPLES

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### ABSTRACT

*In ancient India, marriage was considered as life time commitment between the couples. But in the current era, as contrary to the ancient Indian perception, marriage even lasts for few days. The word "Divorce" is no longer a most less pronounced word as before. Actually, with the present mounting divorce rate, marriage and relationship, couples are seeking help from counsellors to rectify their issues in failure approach lawyers to file a divorce. That too, they approach the counsellors not during the boiling stage of relationship but at the terminal stage of relationships. Even before the marriage enters into the matured stage of durability, youth couples are seeking legal advice not to continue but to divorce the spouse. These facts about the bruising marital relationship motivate the author to find a solution to promote the health of the marital relationship. In vowing to the authors search for it, the glance of Indian tradition which was mostly not practiced currently, gave a constructive solution for the above discussed problem, i.e., applying sandal on the brow chakra and super brain yoga.*

*Emotional Intelligence (EI) or Emotional Quotient (EQ) is the capability of an individual with mindfulness and dominance over his/ her emotion before express to preserves the Marital relationships and Marital satisfaction. The researcher who is in search of the lost traditions impressed by the super brain yoga and applying Chandan on forehead, looking for the scientific rationales to introduce among the 4<sup>th</sup> generation adult married couples to enhance their marital satisfaction.*

**Keywords:** Super brain Yoga, Emotional Intelligence, Married couple.

**INTRODUCTION**

Jeanne, S. et al (2017). In this modern world, people tends to have progressively problematic to relate, both with themselves and others. Emotional intelligence is a significant feature in people's skill to efficaciously connect with both themselves and others. Emotional intelligence (EQ) is a vital factor in order to sustain with happiness and success in our relationships, career and personal goals, matters just as much as the more well known, than intellectual ability (IQ). Everyone, especially couples in marital relationship prerequisite emotional intelligence to bring good behaviors out of intention in order to relate to others in fruitful and promoting ways. Emotional intelligence (EQ) is the capability to recognize, utilize, comprehend, and having dominance over emotions in optimistic ways to discharge stress, communicate effectively, empathize with others, masters everyday trials and resolve conflict. Emotional intelligence (EQ) is a nonverbal process that influencing an individual and facilitate them individual to distinguish and appreciate others emotional experience. Emotional intelligence is not an acquired but learned intellectual ability that takes place at any time in life. There is a huge difference between leaning and applying the emotional intelligence (EQ). Just by knowing how to apply emotional intelligence, it doesn't mean that it can be easy to apply especially when overwhelmed by stress. When Emotional Intelligence become the trait, so as to an individual can resist and withstand any stressful life situation.

Tania, T. (2016). In yogic metaphysic the 'Ajna' chakra between the eyebrows, where Indians apply 'Chandan' (sandalwood) is the spot of immense power and a point of awakening. This is also one of the reasons for wearing a bind or tilak. According to **Sri Sri Ravi Shankar** applying 'Chandan' (cooling sandalwood) on 'Ajna chakra' point, can stimulate your attention, helps to focus better. In Chinese acupuncture medicine, the area between the eyebrows is considered to be a uniting point of nerves, and strongly evidenced that massage on it is believed to ease headaches. So, applying cooling 'Chandan' on your forehead helps in calming the nerves and relieving a headache caused because of excessive sun exposure. The 'Ajna chakra' signifies the subconscious mind and various thought processes. Negative thoughts are generated from negative through this chakra. When 'Chandan' is applied, the negative energy is blocked from entering the body. The most known reason for insomnia is an overactive mind, mental stress and fatigue as they are unavoidable in current mechanical life style living. Ayurveda medicine proved that massaging 'Ajna chakra' spot with 'Chandan' benefits to relieve stress and insomnia, thus enhance the mental health. In a hot tropical climate country like India, applying sandalwood on the 'Ajna chakra' of the forehead can lower down body temperature of entire body system. Ramachandra. K. B. S. (2016). Tania, T. (2016). Tamil culture is known for their traditional yet scientific practices. Traditionally, we attach a lot of importance to the tilak on the forehead. Applying a yellow sandalwood tilak was a common practice in India. Though there is a religious significance of applying sandalwood on the forehead, the scientific significance of it is beyond religious consideration.

**STATEMENT OF THE PROBLEM**

"An Experimental Study to Assess the Effectiveness of Super Brain Yoga and applying santhana pottu on brow chakra, on Emotional Intelligence among selected married couples of South India"

**OBJECTIVES OF THE STUDY**

To assess the effectiveness of Thoppukaranam (super brain yoga) and applying santhanam (sandalwood paste) on forehead (brow chakra) on emotional intelligence among married couples

**OPERATIONAL DEFINITIONS****Effectiveness**

It is the betterment of Emotional Intelligence (EQ) among the study participants by the Super Brain Yoga Exercise and applying sandal on forehead.

**Super Brain Yoga Exercise**

It is the forgotten Tamil Traditional method that was used during prayers which is adopted by the researcher for the improvements of Emotional Intelligence (EQ) among the married couples.

**Santhana pottu**

santhana or sandal is considered auspicious in Indian tradition used in religious rituals and functions. Santhana pottu is applied on forehead (brow chakra) by both man and women (ancient Tamil).

**Brow chakra**

Brow chakra or Ajna chakra also called the third eye is the point in the forehead between the eyebrows which is believed to be the center of perception and command.

**Emotional Intelligence**

Emotional Intelligence (EI) or Emotional Quotient (EQ) is the capability of an individual with mindfulness and dominance over his/ her emotion before express to preserves the Marital relationships and Marital satisfaction.

**Married Couples**

The population in this study are heterosexually and legally Married Couples both male and female between the age group of 20 - 45 yrs.

**METHODOLOGY****Research approach**

The research approach adopted for this study is an evaluative approach. This study aims at assessing the effectiveness of Thoppukaranam (Super Brain Yoga) and applying Santhanam (Sandalwood paste) on forehead (brow chakra) in enlightening Emotional Intelligence (EQ) among the married couples.

**Population**

The population in this study are legally hetero sexual married couples both male and female between the age group of 25 - 40 yrs. from Tamilnadu, South India.

**Sample and sample size:**

30 samples for control group and 30 samples for experimental group

**Criteria for selection of the samples****A. Inclusive criteria**

The study includes adult couples who are,

- Willing to participate in the study.
- Between the age group of 20 - 45 years.
- Able to understand Tamil and English.

**B. Exclusive criteria**

The study excludes adult couples who are,

- Not willing to participate in the study.
- Adults below 20 years and above 45yrs of age.

**Tools**

Data collection tools are the procedures or instruments used by the researcher to observe or measure key variables in the research problem. In this study researcher, planned to use the following two (2) scales.

**RESULTS AND DISCUSSIONS**

When both partners' emotions are the outcome of emotional contagion, results in fueling up the emotional turmoil. Where else if one of the partner keeps him/her calm on the emotional cue from the partner by employing the Emotional Intelligence that allows the partner to be desensitized to the other partners emotional outburst, thus leads the marriage to be stronger than before. In ancient India, marriage was considered as life time commitment between the couples. But in the current era, as contrary to the ancient Indian perception, marriage even lasts for few days. The word "Divorce" is no longer a most less pronounced word as before. Actually, with the present mounting divorce rate, marriage and relationship, couples are seeking help from counsellors to rectify their issues in failure approach lawyers to file a divorce. There is a significant difference mean pre-test and post-test scores of Emotional Intelligence among couples participate in the study after practicing Thoppukaranam (super brain yoga) and applying Santhanam (sandalwood pate) on the forehead between the brow chakra, among control and experimental group. That too, they approach the counsellors not during the boiling stage of relationship but at the terminal stage of relationships. Even before

the marriage enters into the matured stage of durability, youth couples are seeking legal advice not to continue but to divorce the spouse. This facts about the bruising marital relationship, motivate the author to find a solution to promote the health of the marital relationship. In vowing to the authors search for it, the glance of Indian tradition which was mostly not practiced currently, gave a constructive solution for the above discussed problem, i.e., applying sandal on the brow chakra and super brain yoga.

#### **Conclusion:**

Thoppukaranam (Super Brain Yoga) and applying Santhana (sandalwood paste) on forehead (brow chakra) can improve the Emotional Intelligence among and marital satisfaction among the married couples. Wong et al., (2007). Wong's Emotional Intelligence Scale (WEIS) is a self-report EI measure developed for Chinese respondent. WEIS is a scale based on the four ability dimensions described in the domain of EI: 1) appraisal and expression of emotion in the self, 2) appraisal and recognition of emotion in others, 3) regulation of emotion in the self and 4) use of emotion to facilitate performance. WEIS consists of two parts. The first part contains 20 scenarios and respondents are required to choose one option that best reflects their likely reaction in each scenario. The second part contains 20 ability pairs and respondents are required to choose one out of the two types of abilities that best represent their strengths.

Zach, B. (2016). Psychologist Dr. Daniel Goleman introduced the idiom emotional intelligence (or emotional quotient, otherwise known as "EQ") about two decades ago, now widespread globally. The current leaders in the field are Travis Bradberry and Jean Greaves, co-authors of *Emotional Intelligence 2.0*. They define EQ as a mixture of four skills: self-awareness and self-management and social awareness and relationship management. In simple word, EQ is a degree of how aware you are about yourself and your relationships. The world's chief researcher in marriage and emotional intelligence Dr. John Gottman, states that happily married couples are psychologically shrewd rather than smart and rich. But they overcome their negative thoughts and feelings upon each other by their positive ones. Dr. John Gottman named these marriages as emotionally intelligent marriage. It consists of couples who are devoted to both self- and other-awareness. Further, both of them have a capability and proclivity towards regulation of their own emotion and their effect on their spouse. These couples care about hopes and aspirations of their spouse and build a sense of persistence into their marriage. The couple with more emotionally intelligent, understand, honor, and respect each other in their marriage.

Sangeeta B. P. (2016). U.S. based psychologist Dr. Shaifali Sandhya discovered the bitter truth about the great Indian marriage by a study in which 400 middle-class Indian husbands and wives in India and abroad were interviewed. She concluded the study by saying "Indian marriage is burning". Her study further discovered that 80 per cent of divorces in India are now filed initially by women. Indian marriage and family system stands alone for centuries among the changing world cultures, considered most revered and enduring; But in this study, results revealed a shocking truth that in modern urban India, just 30 per cent of couples have an opportunity to be in a living marital relationship. Another heart breaking finding of the study is 94 per cent of couples faked their happiness in their hidden world of marital relationship. A woman's initiation to terminate her marriage legally is neither impulsive nor easy. Because the women knew how she is going to be looked up and the hardship she has to go through in the male dominant society. Dr. Shaifali Sandhya also argued that there were no scientific studies of marital relationship in India where the standpoints of both husbands and wives were explored in-depth.

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