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The effect of Om chanting on anxiety of adolescents

Dr. Rajesh Kumar and Dr. Keshav Singh Gurjar

Abstract

The present study was undertaken to study the effect of Om Chanting on Anxiety. The total sample consisted of 40 boys of graduate & postgraduate from Department of Physical Education Jiwaji University Gwalior. All the samples belonged to the age range of 18-25 years. Om Chanting practice was given to all samples in a group for a period of 25 days regularly with a definite pattern in the morning. SCAT (Sinha's Comprehensive Anxiety Test) was used as data collection device. In this study t-test was used for analysis. It is found that Om Chanting was found to have positive significant relationship with Anxiety.

Keywords: Om chanting, anxiety, adolescents

Introduction

21st century is the era of many complexes. These complexes are generated by human mind. Many changes in our atmosphere at this time period due to time demand. As far as I think the person wants to achieve the moon. The person wants all the pleasure since its birth but it is not possible and if the person fails to achieve their desirable things, then he becomes anxious and depressed. They suffered from mental disturbances and wander here and other disorders but have never reduced their mental illness.

In the present era, it is uncertain times, how do you content with the insidious ways that fear tries to take over your life?

Living in a fear based culture inevitably affects your state of mind and the decision you make. As a citizen, you may become more complained, more willing to surrender your rights for vague promises of safety. It is difficult in living in a time of fear. Now a day there is an increasing interest in using non-pharmaceutical modes of treatment of ailments, which are known to be caused by anxiety induced changes in the mental state.

Anxiety is one of the major problems that the humanity suffers from. Anxiety we defined as the emotional state of mind where an apprehension of danger or loss or suffering is a prominent feature. Anxiety is the deadly silent killer affecting one and all, young or old, rich or poor.

The phenomena of anxiety have become a part of your life. Besides this today yogic practices are acceptable and applicable all over the world. Several methods have been proposed to cope with and to treat this phenomenon. Yoga which is based on mystical approach is one of these methods. Yoga has a history of several thousand years and is one of the philosophical and mystical schools in India. In addition to being, a training tool for auto-growth is science and self-disciplinary rule. Yoga is also useful for physical health; it can be used to achieve concentration, to increase mental discipline and to control the personal feelings and desires. Yogic and spiritual practices can play a very significant role in completely alleviating the problem of anxiety. The practice of yoga can also be beneficial to achieve or retrieve once mental health. It also puts the people in touch with themselves in a deeper level, adding depth to self realization and helps patient to recover faster. Practicing yoga gives the patient an overall sense of your own power, leading the patients to feel hopeful both this condition. R. S. Bhogal, S.G. Bhatt, D. D. Kulkarni and T. K. Bera (1998) [4] studied the effect of Om-kar chanting on reaction times. They found the significant decrease in disjunctive reaction time both visible and auditory. R. J. Sahu & M. V. Bhole (2004) [5] have seen the improvement after ten recitations of high pitches of Om in three minutes while it decreased after undergoing

psycho-physical activity involve in solving a puzzle for three minutes. H. C. Kocher & V. Pratap (1972) [2] have found a significant reduction in total anxiety scores was observed in 43 males and 13 females at the end of three weeks training program in yogic-physical culture.

This Om chanting is one such technique that can really root out anxiety from the entire world. The daily practices of this yogic practice can also be helpful for stress, anxiety and other types of mental health complexes and disorders.

In the light of above discussion, we can say that researcher have to study the effect of Om chanting practice on anxiety.

Hypothesis

The following hypothesis was formulated for the present research:

“The practice of Om chanting significantly decreases the anxiety.”

- Independent Variable: Om-chanting
- Dependent Variable: Anxiety

Sample & Sampling

The sample consisted of 40 subjects of graduate &

postgraduate boys. The students were taken from Department of Physical Education Jiwaji University Gwalior. Purposive sampling was used for sample collection.

Duration

The duration of study was 25 days during which the subjects undertook Om-chanting practice daily and regularly with a definite pattern under expert supervision. All the subjects took the same simple vegetarian food and lived in the same environment during the course of the study.

Tools

In this research work researcher used SCAT (Sinha's Comprehensive anxiety Test) for the measurement of dependent variable. The inventor of this test is Dr. A.K.P. Sinha; Prof. and head (retired) department of psychology, Ravishankar University Raipur (M.P.) and Dr. L.N.K. Sinha Prof. and head (retired) department of psychology, Patna University, Bihar.

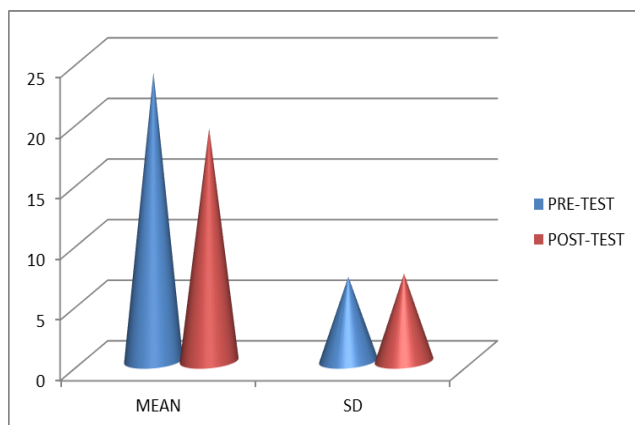
Results

Hypothesis: The practice of Om chanting significantly decreases the anxiety.

Table 1: Displaying Statistics for pre & post scores on anxiety

| Test | Mean | SD | r | SED | t-value | Significant level |
|-----------|-------|------|------|------|---------|---------------------------|
| Pre-test | 23.82 | 6.95 | 0.69 | 0.79 | 5.85 | Significant at 0.01 level |
| Post-test | 19.20 | 7.20 | | | | |

df = 39, N=40



Graphical Representation

From Table & graph it is evident that significant effect of *Om chanting* is occurred on Anxiety; t being 5.85, significant at .01 level of confidence. The mean scores of both tests indicate that Anxiety is minimized by the regular practice of Om chanting, means being 23.82 and 19.20 respectively. Hence, directional hypothesis is accepted.

Interpretation & Discussion

In the present research work “The effect of Om chanting on anxiety of adolescents.” In which it is to see that there is significant effect of Om chanting on anxiety of adolescents.

It is clear from the present study that t -ratio of pre-test and post-test is 6.49 which significant at 0.01 level of confidence which proves that there is significant effect of Om chanting on anxiety.

With the practice of Om chanting the anxiety of adolescents is reduced. As we know that through the breath we can alter the function of our nervous and cardiovascular system and induce a state of relaxation. The process of inhalation create some

physical resistance is not limited to the body alone but also affects the mind. When we exhale we eliminate the tension and we reach a state of tranquility by observing the breath. By means of the breath we can control level of tension whether it is muscular, nervous or emotional.

Om chanting may do more than bring you inner peace; a new study claims it may improve your cardiovascular health by decreasing the metabolic syndrome. In a study reported in the June 12 issue of the *Journal of Internal Medicine*, researchers reported that the practice of Transcendental Meditation can significantly decrease insulin resistance, lower blood pressure and decrease heart rate variability. “It’s possible to use the mind-body connection to tap into the body’s own inner intelligence to bring about changes in physiology to reverse the risk of Diabetes and Heart disease,” said Dr. Robert Schneider, Director of the Institute for Natural Medicine and Prevention at the Maharishi University of Management in Maharishi Vedic City, Iowa. Schneider is also a co-author of the book *Total Heart Health*.

M. N. Gore, D. D. Kulkarni, T. K. Bera, J. P. Oak and R. S. Bhogal, studied on resident police trainees using parallel group design within group comparison revealed a significant reduction in Omkar Group (OG, $n=14$, $t=3.0$, $p<0.01$) OG shows a significantly reduced depressiveness. On an average OG shared non-significant changes in blood pressure and pulse rate which were within the normal range.

M.M. Gore, studied the effect of Aum recitation on EEG Heart rate, respiratory rate, eye movement and B.P with the help of 8 channel polygraph and an electronic BP apparatus on 6 students of GS College of Yoga and cultural synthesis. The study indicates high pitch OM brings about a sympathetic tone while low pitch Aum leads to parasympathetic predominance.

Now here we can interpret that our directional hypothesis taken earlier was totally accepted. We can Interpret that the

teaching of an ancient practice i.e. OM CHANTING is the sound of creation and this sound represents to our ears, the sound of cosmic energy of which all things are pronunciation of OM make us aware of the well being. This research also shows the effect of the independent variable i.e. OM Chanting as it changes the level of anxiety.

On the basis of this concept we can interpret that our subjects have significantly decreased their anxiety level through OM Chanting. It shows there is a marvelous change seen after the experimentation for such a short time. The findings prove that the benefits to the society as people can get the benefit through the regular practice of OM Chanting. It also promotes the contemporary studies related to the yogic practices and their impact on the human physiology.

Researcher revealed through the study that OM CHANTING is significant on all above matters.

Conclusion

It is clear from the present study that there is positive significant effect of OM CHANTING on ANXIETY. In the present research hypotheses, "The practice of OM CHANTING significantly decreases the level of ANXIETY." is accepted.

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