

EFFECTS OF OM MANTRA CHANTING ON ANXIETY LEVEL OF YOUNG ADULTS

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ABSTRACT

Young adulthood time is very important time for a person. But in present time due to modern lifestyle a numbers of people are suffering from various mental disorders in which Anxiety is most common disorders among adults. Due to this people are facing many problems in their lives. According to Yogic texts and various researches Yogic practices play a very important role in management of Physical, mental, Social, emotional and spiritual health. In which mantra chanting is very important for mental health management. In present study we have selected 50 subjects (male and female age 18-25 years) and classified into two groups Experimental group (N=25) and Control group (N =25). After applying one month of Yogic intervention (Om Chanting) in experimental group only. Result show significant decrease in Anxiety level of young adults in experimental group but no any significant difference in control group was found. Which indicates a significant effects of Om Mantra chanting on anxiety level of young adults.

Key Words: OM Mantra chanting, Anxiety, Young Adult, Mental Health etc.

I. INTRODUCTION

In modern time when we observe on the situation of holistic health of people we found that most of them are suffering from many physical and psychological disorders. Where whole world is facing the adverse situation of covid-19 world pandemic due to this numbers of people suffering from mental disorders like anxiety, depression etc. is increasing. In which Anxiety disorder is most common mental disorders about 30% of adults are affected in some points of their lives (APA).

Industrial revolution started from 19th & 20th century. And also scientific progress supported the development of medical therapy, biotechnology and transport systems. As a result of these grand development people should achieve a physical & mental health, mental peace and happiness. But due to the materialistic thinking and unmanaged modern lifestyle people are facing such types of problems.

In present time psychological disorders are expanding very fast and also various research studies done in this direction support this survey. According to **Agrawal (2001)** stress and anxiety evolved from it have become a part of human life. And also have become a major problem. When we analyse the meeting of patients and doctors in present time than we find that 75% - 80% meetings are related to only stress and related problems. About 400 millions in world are facing psychological disorders. Today through the physical therapy only complete treatment of mental disorders is not possible.

The failure of most popular therapies in mental disorders show the limitations of these therapies. In the same context Yogic practices described in various Indian ancient texts for personality development and to holistic health such as Asana, Pranayama, meditation, mantra chanting etc. play a very important role. Many research studies have also proved the importance of such yogic practices for example -

Rajagopalan, A., Krishna, A. & Mukkadan, J. (2022) have done a study on Effect of Om chanting and Yoga Nidra on depression anxiety stress, sleep quality and autonomic functions of hypertensive subjects—a randomized controlled trial in which they concluded That the current study validates the effectiveness of Om chanting and Yoga Nidra in reducing depression, anxiety, stress and improving sleep quality and autonomic functions in hypertensive patients.

Jain & Sharma (2017) conducted a research study on 120 participants (60 male and 60 Female) and analysing the result it is found that yogic intervention pranayama effects positively on Anxiety and depression in experimental group.

Samajdar, S. And Mukherjee, S. (2020) have studied in which included 45 athletes who were divided into three different study arms of 15 each—two arms were undertaking normal meditation with or without an add on Gayatri Mantra Chanting while one was control group. After 3 months practice analysing the data result obtained show that Subjects with Gayatri Mantra chanting showed significant improvement in attention and memory domain. Also improvements in both state and trait anxiety was noted for the Gayatri mantra chanters. Improved mental state was observed for both meditating group.

Kakodkar, P., Patil, S., and Kumar, S.(2016) have done a study In which the Anxiety score of experimental group was significantly lower but in control group no significant difference was found. The study result indicates that a short yoga practice (10-minute) chairside, before extraction procedure can decrease the anxiety levels and increase the comfort levels among the dental patients.

Joshi,K. (2012) has done a study on Effect of Nadishodhan Prayayama and Om chanting on memory enhancement of college students in this study The sample of 50 students was selected by using Quota sampling technique for the purpose of the study from Kumaun University (HNBPG College, Khatima, US Nagar, Uttarakhand). On month yogic practice of 30 minutes in which Nadishodhana Pranayama 20 min & Om chanting 10 min was practiced. Result of this study show that there is a significant positive effect on memory of the students practicing Nadishodhana Pranayama & Om chanting.

Inbaraj,G., Rao, R., and others (2022) The present study showed that a brief chanting of OM (5 min) might enhance parasympathetic nervous system activity, promote relaxation, and provide calmness. Further, this experience may be achieved effectively in individuals experienced in yoga than nonyoga practitioners.

R. Archana. Studied on “Effect of OM chanting on management Of Stress and Quality Of Life in COVID 19 Patients” Result show that Practice of OM chanting will be effective in reducing stress, anxiety, depression and improving the quality of life and quality of sleep in asymptomatic COVID 19 patients in the home care system.

Sekar, L., Niva, W., Kumar and others.(2019) studied on Effect of Mahamantra Chanting on Autonomic and Cognitive Functions-An Interventional Study in which 30 subjects with severe stress were selected and divided into two groups mahamantra group and control group each having equal 15 subjects. Mahamantra chanting was practiced in first group but control group did not practice the chanting of mahamantra. Result show that the significant decrease in cortisol levels of mahamantra group. Which highlight the positive effect of mahamantra chanting in reducing stress level of nursing professionals.

Pandya, P. (2002) studied the effect of pranav Om chanting on anxiety and stress level of Individuals. The study was conducted on 12 subjects of age group (20-30) years and Intervention was given for 20 days 30 min daily in Brahmavarchasav shodh Samsthan. Result show the significant decrease in stress level and anxiety level of subjects.

Singh D, Suhas AV, Naveen KV, Nagendra HR.(2014) studied on Measures of mindfulness and anxiety in OM meditators and non-meditators in which the Om meditator group showed significantly lower state and total anxiety as compared to the non-meditator group. Results indicate that the Om meditation practice reduce the levels of psychological anxiety and improve the levels of mindfulness.

Verma,V., and Jaiswal, N. (2010) done A Study of The Effect of On Chanting On Neuroticism of Criminals which emphasizes the effect of Om chanting on Neurotic problem of Criminal males. The result indicate significantly reduced the neurotic problems of subjects through practicing Om chanting.

II. RESEARCH PROBLEM & OBJECTIVE

2.1 RESEARCH PROBLEM

To study the effect of Om mantra chanting on Anxiety level of young adults.

2.2. OBJECTIVE

The objective of the present study are -

- To study the effect of Om mantra chanting on anxiety level of young adults.
- To measure the Anxiety level of young adults.

2.3. HYPOTHESIS

- There will be significant difference between Pre-Post anxiety levels of young adults in Experimental group.

- There will be no significant difference between Pre-Post anxiety levels of young adults in Control group.

III. METHODOLOGY

3.1 SAMPLING AND RESEARCH DESIGN

SAMPLING - For this study according to the need of study purposive sample of 50 young adults (18-25 years) students (25 in experimental group and 25 in control group) was taken from Soban Singh jina university almora, Uttarakhand.

Table -1 sample

Group	Age group	No. Of subjects
Experimental group	18-25 years	25
Control group	18-25 years	25

In this study pre-post research design was followed. In which Experimental group actively participated in regular one month practice of Om mantra chanting. While control group was not participated in such practices. They were keep away in control situation.

3.2 VARIABLES-

In this study there are two variables Independent variable (Om mantra Chanting) and Dependent variable (Anxiety disorder).

3.2.1. Independent Variable - Om Mantra Chanting is independent variable in this research. As Maharshi Patanjali mentioned in yoga Sutra "*Tasya vachakah pranavah*" which means that the name of that *Ishwara* is *Pranava (Omkar)*, and chanting this mantra with the feeling, various obstacles (*Antaraya*) coming in the path of yoga journey get automatically removed. Thus the Yogi become free from all physical and mental problems such as *Aadhi(Physical problem)*, *Vyadhi (Mental Disorders)*, laziness, instability etc.

3.2.2. Dependent Variable – Anxiety: Anxiety is a feeling of uneasiness and worry (Bouras and other 2007). Which involves the expectation of future threat including dread (APA, 2013). And people facing anxiety may withdraw from situation which have provoked anxiety in the past (Barker, 2003). According to Davison G (2008) Anxiety is an emotion which includes subjectively unpleasant feelings of dread over unwanted events.

There are many types of anxiety disorders e.g. generalized anxiety disorder, obsessive compulsive disorder etc. (Evans and others 2005).

3.3 TOOLS-

Sinha's comprehensive Anxiety test (SCAT) which contains 90 items and used for measuring anxiety level of students. This test's reliability coefficient = 0.92 and validity= 0.62 both values ensure a high reliability and validity of the test.

IV. RESEARCH PROCEDURE

Using purposing sampling method 50 subjects were selected and divided in two groups

1. Experimental group
2. Control group

1. Experimental Group – In experimental group Sinha's Comprehensive Anxiety test questionnaire was to be filled two times by the subjects for one month (pre test before the training/practices and after one month post-test).

Training & Practices- To practice regularly Om Chanting a proper training was provided and after that every subject had to practice the intervention regularly in early morning for 20-30 minutes daily.

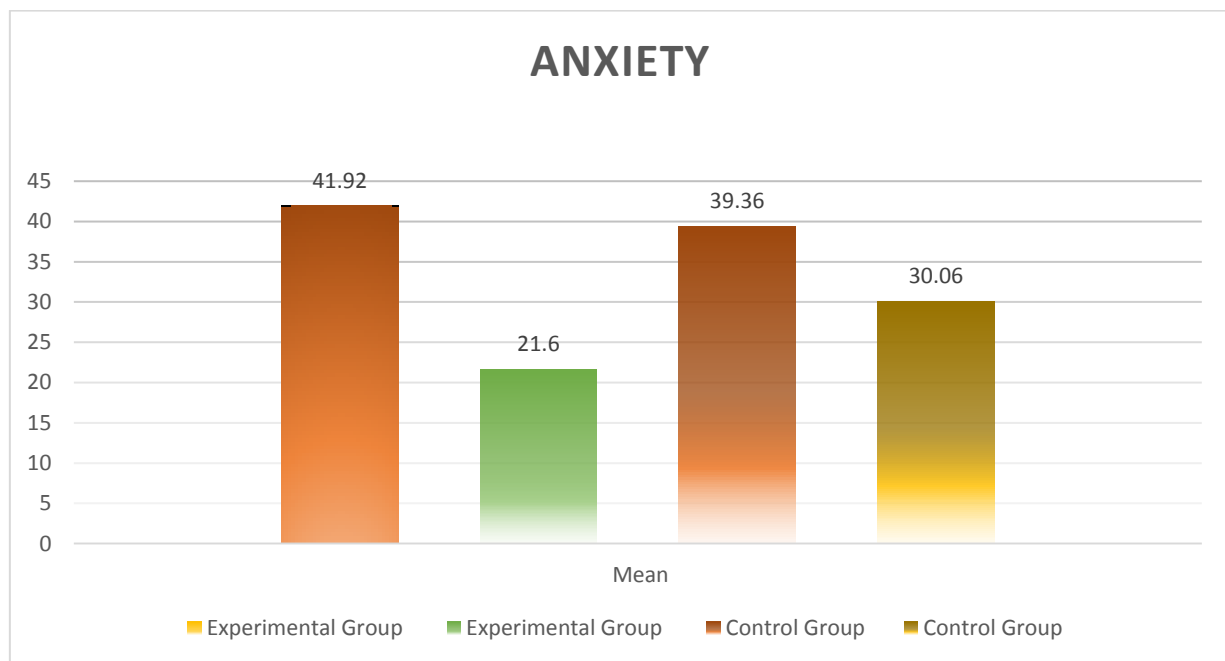
2. Control group- In this group not given the training of yogic intervention: Om meditation. But applied all conditions of filling up the questionnaire as done in experimental group.

V. DATA ANALYSIS

Data collected from both groups (experimental and control groups) were analysed by using the statistical procedures of **mean, S.D., r, & t' ratio** as shown in table 2.

Table-2

Group	Test	N	Mean	SD	SED	r	t – value	Significance at level 0.05
Experimental Group	Pre	25	41.92	20.98	5.06	0.52	4.01	Significant
	Post		21.6	14.20				
Control Group	Pre	25	39.36	18.24	4.90	0.70	1.78	Not Significant
	Post		30.06	14.63				



VI. RESULT AND DISCUSSION

The purpose of this study has to investigate the effect of Om meditation on Anxiety level of young adults.

In this study directional hypothesis was applied and through the 50 selected subjects pre & post data was collected using the appropriate tools. Through the statistical analysis of data result found **In experimental group** - Anxiety level of subjects before after the practice are $m= 41.92$ & 21.6 , $r = 0.52$ respectively and $t\text{-value} = 4.01$. Which Show significant difference on 0.05 level. Thus the hypothesis 1 has been accepted.

While in **Control group** $m=39.36, 30.06$, $r = 0.70$ respectively and $t\text{ value} = 1.78$. Which indicates no significant differences on 0.05 level. So the hypothesis 2 has been rejected.

The result of present study show significant effect of Om mantra chanting in decreasing the Anxiety level of young adults. According to **Candrawati, S., and others (2018)** Anxiety is a psychological disorder which can develop in the elderly. It can decrease the productivity and quality of life if not treated. Mindfulness with Gayatri mantra chanting is such a complementary therapy which is effective to reduce anxiety level in the elderly. The OM chanting is another very ancient yogic meditation practice from the Vedic-Upanishadic period (**Deshmukh, 2020**). According to Mandukya Upanishad With the practice Om chanting, one can achieve a state of profound stillness, silence, and serenity. One can become *Atma-tushta*, self-satisfied, and *Atma-shanta*, at peace with self. And can also feel liberated from the stressful burdens of one's body, mind, and ego. In the Upanishad such a state was described as *Turiya*, the fourth state of consciousness. It is also called *Kaivalya* or the absolute self-freedom and a feeling of unity with the natural existence. Maharshi patanjali in fourth chapter of yoga sutra named *Kaivalya paad* describe about *kaivalya*. Which is defined as the holistic state of absolute unity, self-liberation, and timeless serenity.

VII. CONCLUSION

A numbers of young adults are suffering from anxiety disorders which is most common in psychological disorders . For the treatment of such disorders yogic intervention Om Mantra chanting can be very beneficial. With the practice of Om mantra chanting one can achieve a state of mental peace.

The outcomes of the present study indicates that there are significant effect of Om mantra chanting on anxiety level of young adults. Therefore Om Mantra chanting can be used as a Yogic intervention to decrease the Anxiety level of adults.

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