

## STUDY THE EFFECT OF AUM CHANTING ON STRESS MANAGEMENT

SWADESH BHATT AND MANISH GUPTA

Faculty members, Psychology Department, Dev Sanskriti Vishwavidyalaya, Haridwar

### Abstract:

*The study was attempted to explore the effect of Aum chanting on stress management. These packages were given to the 20 student's age ranged between 17-25 yrs of Dev Sanskriti Universtiy at Haridwar, selected by accidental sampling. The time duration was 30 days. In this study researcher used the Stress Management Scale. For collecting the data Pre and Post test was done. After treatment study shows significant result. The stress has become an inseparable part of life of human beings. The stress is a great challenge to the mind & body. Stress is a product of dissatisfaction, frustration & leads to psychosomatic disorders.*

### KEYWORDS:-

AUMCHANTING, STRESS, MANAGEMENT.

### INTRODUCTION:

Stress is the outcome of imbalance in Neurotransmitter level. Emotional imbalances in the form of strong likes & dislikes bring about imbalances in Prana (the vital energy) in the pranamaya kosh which percolates to the Annamaya kosh causing stress symptoms and hazards. origin of desires and action guided by strong likes and dislikes (and not by what right & wrong) will be the expression of imbalance in Manomaya kosh. In vigyanmaya kosh, the Avidya goes on reducing until in Annmaya kosh it is all bliss. This state is totally stress free stae. which we can obtained by Aum chanting.

At the physical level, it gives relief from countless, ailments. The practice creates a feeling of well-being. From the psychological view point, Aum chanting sharpens the intellect and aids concentration. It steadies the emotions and encourages a caring concern for others. It has been now scientifically confirmed that meditation is the best way to control mental disorders including stress. Mantra chanting is a kind of meditation. Aum is the intimate component of all pervading sound that has come out from God. "With Aum chanting we can control our mind." [Yog-Vashistha]

### RESEARCH METHODOLOGY:

**PROCEDURES:** The present study was under taken on 20 students of D.S.V.V. for 30 days. They were instructed for the package (Aum chanting) and practiced for 30 days for 45 minutes everyday .

**DESIGN:** Pre-Post research design was used.

**SAMPLING:** Through accidental sampling sample of 17-25 years age group of students were selected.

**TOOLS:** For this study to measure stress level before and after Aum chanting Researcher used the Stress

Please cite this Article as : SWADESH BHATT AND MANISH GUPTA , STUDY THE EFFECT OF AUM CHANTING ON STRESS MANAGEMENT : International Journal Of Creative Research Thoughts (Jan. ; 2013)

#### STUDY THE EFFECT OF AUM CHANTING ON STRESS MANAGEMENT

Management Scale prepared by Dr.Pushpraj Singh and Dr.Anjali Shrivastava(Rewa).

**HYPOTHESIS:** Aum chanting significantly reduces Stress level.

#### RESULT TABLE:

| No. |      | Mean  | S.D. | r    | SED  | t value | Significance |
|-----|------|-------|------|------|------|---------|--------------|
| 20  | Pre  | 30.30 | 3.98 | 0.38 | 3.29 | 3.13    | 0.01 Level   |
| 20  | Post | 20    | 2.06 |      |      |         |              |

#### CONCLUSION:

The result shows there is significant relationship between "Aum chanting" and Stress reduction. According to Yog-Vashishtha during Aum chanting divine energy flows down to the practitioner, filling him with divine light, love and power. So we concluded that through Aum chanting students felt relaxation, inner peace, harmony in daily work and positive thinking.

After practice of Aum chanting the group of students felt positive energy joy and peace.

#### REFERENCES:

- 1.Acharya Pandit Shriram Sharma. (1998). Sadhana Se Siddhi, Vol. 2. Mathura, Gayatri Tapobhoomi: Akhand Jyoti Samasthan.
- 2.Coleman, J. (1976). Abnormal Psychology and Modern Life, O.B Taraporevala Sons and Co. Pvt. Ltd
- 3.Dr. H.R. Nagendra, Dr.R. Nagendra (2004) "New Perspectives in stress management. 'Swami Vivekananda Yog Prakashana Banglore, India.
- 4.Ganesh Shankar,(2006) Yoga Vijana,Pranayama for health and happiness/July-Sept. 06/ Vol.1, Issue: 1.
- 5.Grafen Alan and Hails Rosie. (March 2002). Modern Statistics for life sciences. London: Oxford University Press.
- 6.Kalam A. P. J. Abdul. (2007). Indomitable Spirit. Delhi: Rajpal and Sons.
- 7.Goel Aruna, and Goel S. L. (2005). Stress Management and Education. Delhi: Deep and Deep Publications PVT Ltd.
- 8.Lazar SWa, & Bush, G (2000) Functional Brain Mapping of the Relaxation response and Meditation from www.meditation/barinmapping.com
- 9.Palmer S. (25th October 2001). Managing Stress. Conference Paper Given At the Chartered Institute of Personnel and Development, Harrogate, UK.
- 10.Saraswati Niranjananda Swami (1997). Gherunda Samhita. Bihar Yoga Bharati Puplications
- 11.Sharma Umesh. (2005). Stress Management through ancient wisdom and modern science. New Delhi: Excel Books.
- 12.Singh, A. K. (2004). Tests, Measurements, and Research Methods in Behavioral Sciences, Patana: Bharti Bhawan Prakashan.
- 13.Stedman's. (2006). Medical Dictionary (28th Edition). New York, London, Hong Kong, Sydney, Tokyo, Lippincott Williams And Wilkins (A Wotters Kluwer Company).
- 14.Sutherland V, Cooper C L. (2001). Strategic Stress Management: An Organizational Approach.
- 15.Valerie and Paul Lynch. (2001). Emotional Healing in minutes. USA: Harper Collins Publishers.
- 16.Vasuderan, M. (2003). Emotional Stress, New Delhi: Jaypee Brothers, Medical Publishers (P), LTD-.
- 17.Viner, R. (1999) Putting Stress in Life: Hans Selye And The Making Of Stress Theory Social Studies Of Science, Vol. 29, No. 3 (Jun., 1999).
- 18.www.yogavision.net.