

STUDY THE EFFECT OF AUM CHANTING ON STRESS MANAGEMENT

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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 vighyanmaya 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

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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.

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Stress Management Summit(Volume 4, issue 2). July 13-15, 2015 Philadelphia, USA. Inderdeep kaur. University of Delhi, India. Keynote : J Trauma Stress Disor Treat. DOI : 10.4172/2324-8947.S1.002. Abstract. While citing the reason of calling AUM as "seed" mantra, the meaning and pronunciation of AUM, participants will be made familiar with the method of chanting AUM which is tied to a particular breathing pattern. A short video will be played to make the participants "tune in" their systems for the practical session that follows the presentation. The practical: Effort will be made to teach participants to achieve coordination between various points in human body which get energized while chanting AUM. The benefits of AUM Chanting are many. Recent research has found that AUM Chanting also helps athletes with their body hydration levels. The study, also published in Ms. Aanchal Aggarwal's Master's thesis, focused on improving water-drinking habits of young, male hockey players training with the Sports Authority of India as a part of its "Come and Play" scheme. Why AUMkar? Referring to studies conducted on the positive effects of Shambhavi Mahamudra, she continues, "Yogic practices containing AUM have been recently reported to improve brain function." This is one of the reasons why the researchers chose AUMkar meditation as a tool for "bridging the gap between knowledge and behaviour," in their body hydration study. Medical studies have found that chanting om with concentration enables you to reduce the adrenaline levels that in turn helps in reducing the stress level. 2.Helps in detoxifying your body. its helps in regulation of the blood circulation and provides more oxygen to the body.the constant deep breathing process along with the vibrations helps in getting rid of toxins. Health benefits of chanting Om/Aum - 1.Helps to Improve Concentration. When you chant Om, you sort of detach yourself from the whole world putting aside all your worries and tensions. With regular chanting, your mind becomes focused on this small Sanskrit word. As you keep on practicing, you become more attentive in whatever you do and your level of concentration improves. 2.Reduces Stress and Anxiety.