

## 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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