

Effect of Om chanting and Bhramari Pranayama on Anxiety level among Adolescents

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Abstract:

Life in the modern time is full of stress, Anxiety strain and complexity. The twentieth century has been called the "Era of Anxiety" among the psychological & physical problem of modern society & our modern life style. Anxiety is a part and parcel of human existence. The anxiety person worries a lot, particularly about unknown dangers. It is an unpleasant state that includes fear, apprehension and worry. It is accompanied by physical sensation such as heart palpitation, chest pain, tension, headache etc.

This is experimental study, there is an attempt made to study the effect of om chanting and Bhramari pranayama on Anxiety level in Adolescent. To fulfill this purpose 30 subjects (15 male & 15 female), were selected by accident sampling, age range from 20 to 30 from H.N.B. Govt. P.G. College, Khatima. This subject underwent 20 days om chanting & Bhramari pranayama around 25 min. per day and pre-post design has been adopted here and to measure by anxiety questionnaire. Data was statistically analyzed by using t-test. There was a significant result in 0.01 level of statistical analysis. That there is a significant effect of Anxiety in Adolescent life.

Key word: OM Chanting, Bhramari Pranayama and Anxiety.

Introduction

Everyone suffers from mild anxiety from time to time, but chronic anxiety takes a tremendous toll on the body, draining energy resource and keeping the body in a constant state of stress.

Anxiety is usually the emotional state of mind where an apprehension of danger or loss or suffering is a prominent feature. Anxiety is a major hurdle. It is believed that this problem is on increases to the cultural complexity.

All people feel it in moderate degree and it is adaptive response. In works of one researcher, "without it, we would probably all be asleep at our desk (Schmeck, 1982). However anxiety is preventing us from living our life the way we would like to. We may be suffering from an anxiety

disorder. Anxiety is a universal problem of adolescence years. When the stresses of daily life become so overwhelming for individual, that they can no longer manage their internal and external conflicts and become a how many problems.

Yoga and meditation techniques are very effective for decreasing the anxiety level of everybody.

There are several studies which have been shown that the yogic practices play an important role in the management of anxiety. **S.K. Ganguly** (Oct 3, 2005). Studied the effects of meditation & Om chanting and found improvement in concentration power Reduction stressful condition. **Mistervan Migard** (2004) studied the effect of Bhramari pranayama and found increases in peacefulness and activity of brain. **Dr. Pranav Pandya**

(2002) studies the effect of Pranav Om chanting jap on anxiety and stress level of individuals. The study conducted on 12 boys age (20-30) year for 20 days (30 min. daily) in Brahmavarchas shod sansthan and found significant decrease in stress level and anxiety.

Research Methodology

Accident sampling has been used in this study. The sample of 30 students covered for the purpose of the present study, age group between 20 to 30 years adolescent from H.N.B. Govt. P.G. College, Khatima (U.S. Natar) Uttarakhand. To fulfill these study 30 subjects (15 male and 15 female, sample size) has been selected by using accidental sampling technique.

Result:

Table: 1 shows the anxiety level of adolescents

Test	M	SD	N	s-score	Significant level
Pre Test	18.73	7.21	30	6.54	Significant on 0.01 level
Post Test	8.61	4.12	30		

Discussion:

According to table: The means of pre-test and post-test of the study the effect of Om chanting and Bharamari Pranayama on the level of anxiety is respectively 18.73 and 8.61.

The standard deviation of the pre-test and post-test are 7.21 and 4.12 respectively. In both test and post test the N is 30, and df is 29. The correlation between both test is 0.93, and finally the t-score gained by calculation is 6.54.

By the table of t-score there is significant t-score of 2.75 on the 0.01 level and the t-

Sinha's Comprehensive Anxiety Test (SCAT) was used to measure the anxiety level of the subjects. This SCAT test is designed by A.K.D. Sinha and L.N.K. Sinha of Patna University.

Yogic intervention for the present study-

Time duration for yogic practice

- 20 days

The time for yogic practice

- 35 min.

Prayer

- 3 min.

Bharamari Pranayama

- 10 min.

Om chanting

- 10 min.

Shantimantra

- 2 min.

score of the study is 6.64 it is very highly significant. so that the hypothesis is rejected that is proved that there is a significant relationship between Om chanting and Bharamari Pranayama and the level of Anxiety.

Conclusion:

Result met after data analysis concluded that the practice of Om chanting and Bharamari Pranayama is quite effective to reduce anxiety in adolescent life.

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