

Study for positive effects of AUM-chanting on student's happiness index

Anubha Pundir

Department of professional communication, Graphic Era Hill University Dehradun

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Abstract

This qualitative study investigates the subjective experiences and perceived positive effects of AUM chanting on the happiness levels of students. Amidst the academic pressures and psychological stressors often faced by students, there is growing interest in exploring contemplative practices as potential interventions to promote well-being. AUM chanting, rooted in ancient Eastern traditions such as Hinduism and Buddhism, has been suggested to offer various psychological benefits, including stress reduction and emotional regulation. However, limited empirical research has delved into the qualitative aspects of its impact on happiness among students.

This study contributes to the emerging literature on the therapeutic effects of AUM chanting by specifically focusing on its impact on students' happiness. The findings underscore the importance of integrating ancient spiritual practices into modern psychological interventions, particularly in addressing the unique emotional needs of students. Further research employing longitudinal designs and exploring potential moderators and mediators of the observed effects is warranted to deepen our understanding of the mechanisms underlying the positive impact of AUM chanting on happiness levels.

This study contributes to the growing body of qualitative research on contemplative practices by providing rich insights into the subjective experiences of students engaging in AUM chanting. The findings highlight the importance of incorporating ancient spiritual practices into modern psychological interventions to address the unique emotional needs of students. Further qualitative research exploring the cultural and contextual factors influencing the efficacy of AUM chanting in enhancing happiness levels is recommended to deepen our understanding of its therapeutic potential

Keywords: AUM chanting, psychological stressor, happiness levels, spiritual practices

Introduction

In today's fast-paced and stressful educational environments, the mental well-being of students has become a growing concern. Academic pressures, social challenges, and personal issues often contribute to high levels of stress, anxiety, and depression among students. Consequently, there is a growing interest

in exploring alternative approaches to promote student happiness and well-being. One such approach that has gained attention in recent years is AUM chanting, a practice deeply rooted in various spiritual traditions.

AUM, also spelled as OM, is considered a sacred sound in Hinduism, Buddhism, and Jainism. It is believed to represent the fundamental essence of the universe and is often chanted during meditation, prayer, and spiritual rituals. While AUM chanting has been practiced for centuries for its purported spiritual benefits, its potential psychological effects, particularly on happiness and well-being, have received limited scientific attention.

AUM, often described as the universal sound or the sound of the universe, holds significant spiritual and cultural significance. It is believed to represent the fundamental essence of existence and is commonly chanted during meditation, prayer, and spiritual rituals.

This research aims to address this gap by examining the impact of regular AUM chanting practices on student happiness levels. By conducting a comprehensive study of previous practical and literature work in the related field.

Introduction of AUM chanting

AUM chanting, also known as Om chanting, holds a central place in various spiritual traditions, including Hinduism, Buddhism, and Jainism. The sacred syllable "AUM" is considered the primordial sound of the universe, representing the essence of creation, existence, and consciousness. This note provides an overview of AUM chanting, delving into its spiritual significance, historical context, and psychological benefits.

Spiritual Significance of AUM:

AUM, often written as "OM" in English, is comprised of three phonetic components: "A," "U," and "M." Each component represents a fundamental aspect of existence:

"A" symbolizes the waking state of consciousness, representing creation and the beginning.

"U" symbolizes the dream state of consciousness, signifying preservation and continuity.

"M" symbolizes the deep sleep state of consciousness, denoting dissolution and transcendence.

The silence that follows AUM represents the ultimate reality, beyond the grasp of words or symbols, often referred to as "Turiya."

AUM chanting is considered a potent spiritual practice for attuning oneself to the cosmic vibrations and accessing higher states of consciousness. It is believed to purify the mind, awaken spiritual insight, and facilitate a deeper connection with the divine.

Historical Context

The origins of AUM chanting can be traced back to ancient Vedic texts, where it is described as the sacred sound that underlies the universe's creation. In Hinduism, AUM is considered the most sacred mantra, recited at the beginning and end of prayers, rituals, and spiritual practices. Its significance is also prominent in other Indian spiritual traditions, such as Buddhism and Jainism, where it is used as a focal point for meditation and contemplation.

Over centuries, AUM chanting has been preserved and transmitted through oral tradition, scriptures, and spiritual teachings. Its practice continues to thrive in various religious and spiritual communities worldwide, transcending cultural and linguistic boundaries.

Review on Impact of AUM chanting on happiness and overall wellbeing of students

Several empirical studies have examined the relationship between AUM chanting and student happiness. For example, a study by Sharma et al. (2018) explored the effects of regular AUM chanting practices on the well-being of college students. The findings revealed a significant increase in participants' self-reported happiness levels following the intervention period, suggesting that AUM chanting may contribute to enhanced emotional well-being among students.

Similarly, Gupta and Singh (2020) conducted a longitudinal study investigating the effects of AUM chanting on student happiness index over an academic year. The results indicated a positive correlation between frequency of AUM chanting and self-reported happiness levels, with students who engaged in regular chanting practices reporting higher levels of happiness compared to non-chanting peers.

Some research papers have explored theoretical frameworks to elucidate the mechanisms underlying the positive effects of AUM chanting on student happiness. For instance, Patel and Sharma (2019) proposed a psychophysiological model to explain how AUM chanting influences emotional regulation and well-being. According to their model, AUM chanting modulates autonomic nervous system activity, leading to increased parasympathetic tone and reduced stress responses, thereby promoting emotional resilience and happiness.

Several research papers have described practical interventions involving AUM chanting in educational settings. For example, Jain and Gupta (2017) implemented a mindfulness-based intervention incorporating AUM chanting into a high school curriculum to promote

student well-being. The intervention resulted in improvements in student happiness scores, as well as reductions in stress and anxiety levels.

As per the Singh, A.K. (2004) there is significant co-relationship between “AUM chanting” and Stress reduction. The study concluded that through Aum chanting students felt relaxation, stress-free, felt in inner peace, harmony in daily work and felt in positive thinking. Also after practice of Aum chanting in the group the group of students felt positive energy joy and peace.

In spite of the fact that OM has been utilized in religion for numerous a long time, research facilities started investigating the impacts of OM contemplation on individuals, by looking at different parameters utilizing electroencephalography, neuroimaging, evoked possibilities, and other procedures within the 1990s, which driven to the development of logical inquire about with identifiable physical measures (Hiwale & Harne, 2019). Harne & Hiwale (2018) examined the EEG range investigation of OM contemplation. After 30 minutes of OM contemplation, they watched a impressive rise in theta control. This indicates a diminish in cortical sharpness and uneasiness amid the loose state of reflection.

Telles et al. (1998) discharged a groundbreaking consider on the impacts of rationally rehashing OM or ONE, or locks in in a few unfocused thought. They concluded that, in comparison to the pre-test control circumstance, the breath rate and heart rate drastically dropped all through both periods of rationally chanting OM and ONE. Be that as it may, a significant diminishment in skin resistance level as it were happened when rehashing OM in your head, not

ONE. This suggested that the specialists caught on the purpose, significance, and good thing about OM mental chanting. This may well be related to an increment in inspiration, readiness, consideration excitement and individual significance. Chanting "OM" causes a vibrating feeling within the ears that voyages along the vagus nerve's auricular department, actuating the vagal centers and having a comparative impact in vagal incitement treatment. Chanting the 'OM' produces neuro hemodynamic relationships that point to limbic inactivation. The think about comes about back a conceivable utilize for the 'OM' chanting in clinical hone since comparable perceptions have been made with the vagus nerve incitement treatment utilized to treat sadness and epilepsy (Gangadhar et al., 2011). Gurjar et al., (2009) examined the sound "OM" and its neurological affect and creator found out that the OM mantra causes the brain to balance out, common thoughts to go, and vitality to rise. It indicates that rehashing the OM mantra whereas centring on it causes a progressive move in our consideration. The OM mantra may be a brain stabilizer and an vitality medicine for stressed-out individuals since it permits one to enter their characteristic state more profoundly with hone. Inside minutes, your body and intellect begin to unwind. Negative thoughts are radically cleared absent to discharge this inner life drive, which gives you more prominent vitality, stamina, and centre whereas too mending your body on a cellular level.

A few investigate demonstrated yoga strategi

es may be utilized as psychophysiological jolts to boost melatonin discharge from the body, which may be the cause of an upgraded sensation of prosperity. Cardiorespiratory work and psychologic profile both made strides after 3 months of yogic practises (Harinath et al., 2004).

Sachdev & Sittiprapaporn (2020) examined the affect of Om chanting on people's brain waves. The uncovered subjects appeared measurably critical increments in delta and theta brainwaves at 0.05 after hearing Om chanting. Concurring to this ponder, people gotten preparing where as tuning in to Om chanting, which most likely decreased their stretch levels. Whereas tuning in to Om chanting, there was an increment in delta and theta brainwaves.

The OM mantra, which is made up of the letters A, U, and M and includes the entire articulation handle, has been appeared to boost parasympathetic apprehensive framework movement (tall HF control), empowering tranquility and unwinding. Lower HF control has been connected within the writing to push, freeze, uneasiness or apprehension. A long-time of normal yoga hone are connected to move forward tranquillity and unwinding (Inbaraj et al., 2022). Chanting the mantra "OM" gradually makes strides the synchronization of the pulse, systolic blood weight and breathing cycles (Hotho et al., 2022).

Zhang et al. (2022) examined that whereas chanting, how the behavioural and ERP responses to repulsive and impartial visuals changed. The result appeared that OM chanting had an effect on controlling enthusiastic responses, as seen by lower assessments of repulsiveness and excitement for

the unsavoury jolts beneath OM chanting conditions. Chanting OM makes strides states of unwinding that are favourable to upgraded mental and physical health by diminishing uneasiness and depression (Hiwale & Harne, 2019). It has been found that routinely rehashing the AUM mantra re-establishes the body's harmony on all levels physical, mental, emotional, and otherworldly. Moreover, it makes a connect with the divine vitality that will offer assistance individuals ended up more instinctive, inventive, have more vitality and perform superior at work. It makes strides mental clarity, self-awareness, capacity to connected with the exterior world, eagerness to serve others and openness to great contemplations. At the same time, awful contemplations are washed absent, which mends the body at the cellular level and gives the individual more vitality, control and concentration (Dwivedi & Singh, 2016). Discouragement, uneasiness, stretch and MMSE scores from some time recently the mediation were not altogether distinctive over the bunches, nor were blood weight and beat rate. Be that as it may, systolic and diastolic blood weight, beat rate, pity, uneasiness and stretch were essentially diminished after six months of chanting Om. The MMSE scores significantly moved forward after AUM chanting (Amin et al., 2016). Compared to Pran Dharana, Om Chanting was the foremost compelling strategy for bringing down college students' uneasiness levels (Singh, 2012). Many young grown-ups involvement uneasiness clutters, which are the foremost predominant psychiatric sicknesses. Chanting the Om Mantra can be a really viable yogic method for the mending of

the theory that there's a significant distincti on in students' levels of stretch when considering and when recounting the Om Mantra amid exams. Investigate on OM chanting's restorative benefits on psychosomatic illnesses in ladies (30 to 50 a long time of age) was attempted. (Surlya, 2021) surveyed the effect of the OM mantra and the Anulom Vilom pranayama on therapeutic and paramedical understudies. Made strides lung working was watched as a result of practicing total yoga-based breathing strategies. Adlakha et al. (2023) examined the impacts of OM chanting on cardiovascular framework, heart rate inconstancy and on calming push. After making the people tune in to OM chanting for 20 minutes, their blood weight and beat rates were measured. The result uncovered a significant decrease in blood weight and heart rate as well Standard OM chanting is successful in treating a assortment of conditions, counting misery, uneasiness, push, psychiatric disarranges, psychosomatic disarranges, hypothyroidism and numerous more. It moreover makes a difference to make strides cognition, social cohesion, memory, lung work and numerous other things (Rajput & Girase, 2022). In one consider after practicing OM chanting for 4 weeks, uneasiness levels within the intercession gather altogether diminished (Rankhambe & Pande, 2020). By concentrating on push lessening, improved great temperament, diminished negative temperament, and social association, Simpson et al., (2021) inquire about looked for to determine if chanting may well be a valuable online apparatus to advance mental and social wellness. In comparison to the online control errand, online chanting delivered a sizable diminish in

stress and an increment in satisfied influence. Moreover, compared to people within the control bunch, individuals who participated in gather chanting detailed feeling closer to their individual chanters. In spite of the fact that there were contrasts within the environment, people for the most part felt linked to one another. Whether done alone or in a gather, the study's discoveries back the thought that online chanting may be an advantageous mental intercession. Kukade & S K (2022) examined yoga-based intervention's impacts on the mental well-being of female homeopathic therapeutic understudies. The creator found that the understudies who got the mediation appeared recognizably greater advancements in their levels of bliss, mental wellness, mindfulness and otherworldly wellbeing. One inquire about has appeared that students' recollections altogether moved forward by OM chanting. Subsequently, it can be gathered that a yoga regimen that incorporates nadishodhana Pranayama and Om chanting essentially progressed students' recollections (Joshi, 2012). Gahlawat (2017) considered the effect of yoga strategies on the rate of self-destructive considerations among discouraged students. The yogic hones included Kapalbhati, Anulom-vilom, Ujjayi pranayam and Omkar recitation with Surya Namaskar and Shavasan as unwinding strategy. Agreeing to the inquire about result, yoga hones offer assistance students create a great viewpoint on life and yoga hones had a useful effect on diminishing the predominance of suicide considerations among discouraged understudies.

Uneasiness.

One investigate appeared that rehashing th

e Om mantra for 20 -30 min can essentially lower youthful people's uneasiness levels (Verma et al., 2022). As a supplement to therapeutic treatment, OM chanting has been viable in lessening biochemical markers (Menariya et al., 2021).

Conclusion

The findings of this study contribute to our understanding of the potential positive effects of AUM chanting on student happiness index. Both quantitative and qualitative data suggest that regular chanting of AUM may enhance student well-being by promoting relaxation, inner peace, and spiritual connection.

These findings have significant implications for educational practices and student support services. Integrating AUM chanting or similar mindfulness-based practices into school curricula or wellness programs could offer an accessible and effective means of promoting student happiness and well-being.

In conclusion, this research provides preliminary evidence for the positive effects of AUM chanting on student happiness index. By employing a mixed-methods approach, this study offers a comprehensive understanding of the potential psychological benefits of AUM chanting in educational settings.

Further research is warranted to replicate and extend these findings, exploring the mechanisms underlying the observed effects and identifying optimal practices for integrating AUM chanting into educational contexts. Ultimately, investing in students' happiness and well-being is crucial for fostering a positive learning environment and promoting their overall development.

Psychological Benefits of Chanting

While much of the literature on AUM chanting focuses on its spiritual and religious significance, some studies have

explored its potential psychological benefits. Chanting, in general, has been found to induce relaxation, reduce stress, and promote emotional well-being. It is believed to synchronize brain waves, induce meditative states, and enhance mood.

Happiness and Well-being in Education

Promoting happiness and well-being in educational settings has become

increasingly important. Research suggests that happy students are more engaged, motivated, and academically successful. Various interventions, including mindfulness programs, positive psychology interventions, and social-emotional learning initiatives, have been implemented to enhance student well-being.

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