

A Comparative Study of Effect of Pran Dharana and Om Chanting On Anxiety of College Students

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Abstract: *Purpose-The purpose of the study was to find out the effect of Pran dharana and Om chanting on an anxiety level of college students. Materials & Methods-For this study forty five (male) students (Age, 20±2.2) of B.A. 2nd year were randomly selected as subjects from Lalata Singh Degree College Adalahat Mirzapur. The follow up period was limited to two months. The subjects were divided into three groups i.e. two experimental and one control group, pre-test post –test randomization group design was used. One Experimental group were followed Pran Dharana and other experimental group Om Chanting and the control group did not participate in the training programme. Anxiety was measured by sports anxiety Questionnaire developed by Renier Martin. Result- Results revealed that the calculated F-value for pre-test and Post Test was .221 and 20.62 respectively and calculated F-value for adjusted post test was 19.798 at .05 level of significance. Conclusions-1) Insignificant difference was found between the adjusted means of the Pran Dharana and Om Chanting. 2) Significant difference was found between the adjusted means of Pran Dharana and Control group.3) Significant difference was found between the adjusted means of Om Chanting and Control group.4) Om Chanting was the best treatment to reduce the anxiety level of college students in comparison to Pran Dharana.*

Keywords: Anxiety, Pran Dharana, Om Chanting, Randomization, Training Programme

1. Introduction

Human beings are made up of three components—body, mind and soul corresponding these there are three needs—health, knowledge and inner peace. Health is physical need, knowledge is our psychological needs and inner peace is spiritual need when all three are present then there is harmony. Yoga gives us relief from countless ailments at the physical level. The practice of the postures (asans) strengthens the body and creates a feeling of well being. From the psychological view point, yoga sharpens the intellect and aid in concentration; it steadies the emotions and encourages a caring for others. Anxiety is a basic human emotion consisting of fear and uncertainty that typically appears when an individual perceives an event as being a threat to the ego or self-esteem (Sarason, 1988). In some instances, such as avoiding dangerous situations, anxiety can be helpful. However when taken to extremes, it may produce unwarranted results. When first introducing Yoga students to chanting, it is common practice to start them with the OM chant and get them used to it before introducing any mantras at all. This established initiation procedure not only responds to the founding and essential nature of this syllable in Yogic philosophy and texts (OM is the cosmic syllable, the eternal, unity and source, the seed of any idea, word, thought, or thing in nature. OM is everything we can and cannot touch, see, feel and think. Everything is OM and OM is All) but also to the fact that our prejudices and shyness are not as strongly grounded for OM chanting as they are for mantras. OM being a single syllable allows us to be less self-conscious of our singing skills and the abstract and complex nature of its meaning and translation allows us to detach from its devotional or praying nature. These two aspects clearly helped me in introducing OM in my Yoga practice almost from the start though at first I remained somewhat suspicious of its hypothetical positive effects. I accepted it as a ritual feature, an ornament, but I didn't recognise the purpose or the importance it could have in my personal Yoga practice, not until I read about the physical and

medically proved effects it has in our bodies. The concept of Prana may be understood at two levels, the universal and the individual. Universal Prana is the creative energy that arises from the Universal Spirit. Similarly, individual Prana springs forth from the individual Spirit. At the individual level Prana manifests as physical activities on the material level, and as mental activities on the subtle level. Thus Prana puts both the body and the mind in motion, and serves as a link between the physical and subtle bodies. Prana may be viewed as the spiritual energy out of which matter evolves. The entire atmosphere of Universe is filled with imperceptible energy. It takes but a subtle impulse of the Universal Spirit to spontaneously transform these vibrations into energy (Prana), which in turn manifests as matter in the form of Nature (Prakriti). Prana vibrates and manifests according to Divine Will. This process is also described by Einstein, who says that matter is nothing but energy reduced to the point of invisibility.

2. Objectives of the Study

- The first objective of study was to find out significant difference among pre-test and post test of three different group i.e. Pran Dharana, Om Chanting and control group.
- Second objective of the study was to find out significant difference among adjusted post test means of three different group i.e. Pran Dharana, Om Chanting and control group.
- Another objective of the study to assess which treatment group was more effective to reduce the anxiety level college students.

3. Material and Methods

For this study forty five (male) students (Age, 20±2.2) of B.A. 2nd year were randomly selected as subjects from Lalata Singh Degree College Adalahat Mirzapur. Only those

subjects were selected who participated in sports and games in school or college level. The follow up period was limited to two months. The subjects were divided into three groups i.e. two experimental and one control group, One Experimental group were followed Pran Dharana and other experimental group Om Chanting and the control group did not participate in the training programme. The training programme was given in evening time between 4P.M. to 5P.M. Three days were considered (Monday, Wednesday and Friday) in whole week. First two week pran dharana and Om chanting exposed only five minutes. Time was gradually increases as well as week increases. Anxiety was measured by sports anxiety Questionnaire developed by Renier Martin.

Design of the Study- Pre-test Post test randomization group design was used for the study. Total 03 groups of students of Adarsh inter college Adalahat Mirzapur was selected.

IV (Yoga Programme)				DV (Anxiety Level)
R	O ₁	Pran Dharana	O ₂	
R	O ₃	OM Chanting	O ₄	
R	O ₅	Control Group	O ₆	

4. Results, Discussion and Conclusions

The statistical analysis of data collected on forty five subjects belonging to three groups i.e. two experimental groups and one control group. To find out the effect of Pran Dharana, Om Chanting on selected psychological variable has been presented in the table-1.

Table 1: Analysis of Variance of Anxiety of Pre-Test and Post-Test Means of Two Experimental and One Control Group

		Sum of Squares	df	Mean Square	F	Sig.
Pre test anxiety	Between Groups	1.644	2	0.822	0.221	0.803
	Within Groups	156.133	42	3.717		
	Total	157.778	44			
Post test anxiety	Between Groups	96.133	2	48.067	20.628	0
	Within Groups	97.867	42	2.33		
	Total	194	44			

$F_{.05}(2, 42) = 3.22$ at .05 level of significance

Table-1 revealed that insignificant difference was found among pre-test means of three groups because calculated F-value was .221 less than the tabulated value at (2, 42) degree of freedom 3.22 at .05 level of significance and also revealed that significant difference was found among post-test means because calculated F-value 20.62 was greater than the tabulated value 3.22 at .05 level of significance.

Table 2: Analysis of Co-Variance of Anxiety of Adjusted Post -test Means of Two Experimental and One Control Group

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Treatment	94.065	2	47.032	19.798	0
Error	97.4	41	2.376		
Total	13199	45			
Corrected Total	194	44			

$F_{.05}(2, 41) = 3.22$ *Significant at 0.05 level.

The table -2 revealed that significant difference was found because calculated value of F of post adjusted means was 19.798 found greater than the tabulated value at 2,41 df. At .05 level of significance. Post hoc test was used to find out that which group was more effective to reduce the anxiety level.

Table 3: Pair wise Comparison of Post Adjusted Means of three Treatment group

(I) Treatment group	(J) Treatment group	Mean Difference (I-J)	Sig. ^a
pran dharana	Om chanting	.056	.922
	control	-3.052*	.000
Om chanting	Pran Dharana	-.056	.922
	control	-3.108*	.000
control	Pran Dharana	3.052*	.000
	Om Chanting	3.108*	.000

Table -3 revealed that significant difference was found between Pran Dharana and control group because significant value .000 was less than the p value .05. It also revealed that insignificant difference was found between Pran Dharana and Om Chanting because significant value .922 was greater than the p value .05. It also revealed that significant difference was found Om chanting and Control group because significant value .000 was less than the p value .05.

5. Discussion of Findings

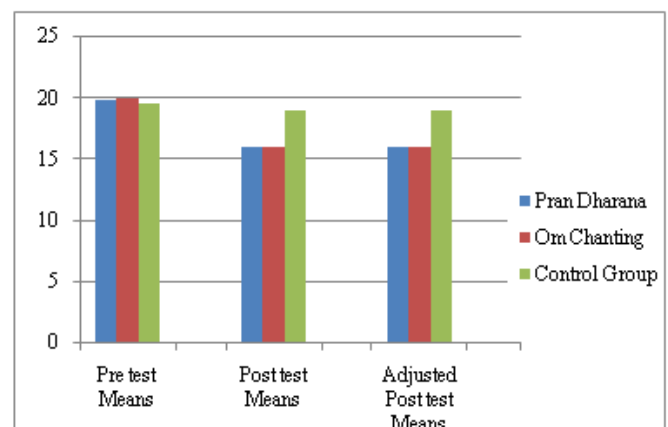


Figure 1: Graphical Representation of Means of Anxiety of Male Students

Insignificant difference was found between the adjusted means of the Pran Dharana and Om Chanting in relation to anxiety this might be due to that both technique of yoga is

related to meditation only difference is that in Om chanting meditation was done through the mantra in breathing process but in case of Pran Dharana pran is hold in body which is difficult for individual so om chanting Om Chanting was the best treatment to reduce the anxiety level of college students in comparison to Pran Dharana. Chung SC1, Brooks MM, Rai M has investigated the effect of Sahaja yoga meditation on quality of life, anxiety, and blood pressure control. Sixty-seven (67) participants in the meditation group and 62 participants in the control group completed the study. The two groups were comparable in demographic and clinical characteristics. At baseline, the meditation group had higher quality of life ($p < 0.001$) than controls but similar anxiety level ($p = 0.74$) to controls. Within-group pre- versus post-treatment comparisons showed significant improvement in quality of life, anxiety, and blood pressure in the meditation group ($p < 0.001$), while in controls, quality of life deteriorated and there was no improvement in blood pressure. The improvement in quality of life, anxiety reduction, and blood pressure control was greater in the meditation group. The beneficial effect of meditation remained significant after adjusting for confounders and concluded that Meditation treatment was associated with significant improvements in quality of life, anxiety reduction, and blood pressure control, the present study was supported by the study conducted Chung SC1, Brooks MM, Rai M.

6. Conclusions

- 1) Insignificant difference was found between the adjusted means of the Pran Dharana and Om Chanting.
- 2) Significant difference was found between the adjusted means of Pran Dharana and Control group.
- 3) Significant difference was found between the adjusted means of Om Chanting and Control group.
- 4) Om Chanting was the best treatment to reduce the anxiety level of college students in comparison to Pran Dharana.

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Author Profile

Dr. Moradhvaj Singh, has completed BPED. from Christian College Lucknow and did my MPED. from Banaras Hindu University in 2008. He did his MPhil from Laxmibi University Gwalior and also completed Phd. from Banaras Hindu University; my area of specialization is Sports Biomechanics and Yoga. He is Diploma in Yoga from Banaras Hindu University and so he did his research in the field of Yoga especially in meditative technique. He got 3rd prize in poster presentation in commonwealth conference.