

## EFFECT OF OM MANTRA CHANTING DURING EXAMINATION STRESS IN STUDENTS

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### Abstract

I express my experience and importance of OM mantra chanting through this Paper, its methods and benefits of chanting in stress. I was relatively surprised at how easy and natural it felt to participate in chanting and make happy and relax. The method share with medical students for relieve from high stress which is due to academic, and for get better result without stress. Though, the sound of Om evolves on its own, so it is seen as the sound of the universe, made up of all that it is. As Maharshi Yoganand put it, to chant Om is "to represent all of consciousness."

**Keywords:** Chant Om Mantra, Yoga.

### Preliminary

The Sanskrit word Om is pronounced like "Aum," and is said to represent the three fold division of time (waking state, dreaming state, and deep sleep).or Universal Consciousness. It is considered the sound of creation, representing all that is in creation, and it allows for its practitioners to cultivate energy. This single word produces the sound and vibration which allows you to feel at one with the universe.

It is considered so divine in Hinduism that it is placed before and after every other Mantra. Let see something about Stress is difficult to define because it is so different for each of us.

Stress is one of the body's natural responses to something that is threatening or frightening. It is something that we all experience from time to time. Many aspects of university life have the potential to cause stress, including adjusting to a new living environment, fulfilling academic requirements, developing friendships and preparing for and sitting exams.

Moderate level of stress is a normal phenomenon for students, if such students are to excel in their academic work (Busari, and Uwakwe (2001)<sup>1</sup>. Poor coping strategies and personality types may result in additional stress in certain individuals, leading to negative patterns of behavior and decreased academic performance (Busari and Eniola 2007)<sup>2</sup>. Stress is not necessarily

harmful: mild forms of stress can motivate and energize you.

A little pressure can help us achieve our goals of life. Stress at exam time is normal and can help us focus on achieving our best result. But excessive stress during exams can stop us give our best and much more importantly, impact upon our physical mentally and emotional health.

It's essential to find ways to manage examinations without stress. It isn't about making huge changes, but rather about focusing on the one thing that's always within your control. Yes & Remember, that while examinations are important, they are not the only key to a successful life & future.

Meditation and yoga both have positive effects on physical, as well as mental health. Om mantra chanting, a simple and easy to practice, also comes under the aspect of meditation. The Om mantra chanting boost synthesis some of important Hormones, protein Enzymes and chemicals which helps to relieve stress.

### Material and Methods:

80 students of Chirayu Medical and paramedical, are recruiting for this study those are stressful. They are divided into study group (40) and control group (40). The study group practiced Om meditation daily for 30 minutes in the evening 4:45-5:15pm. Out of 30 minutes, 20 minutes will be spend in Om meditation and remaining 10 minutes will be spend in relaxation (05 minutes preceding the meditation and 5 minutes post

meditation). The control group will not do anything. Subjects will not perform any physical exercises or any type of yogic exercises during the study. The autonomic parameters will record in the both study group and the control group before practicing Om meditation and after practicing Om meditation for three months and the Perceived Stress Scale were used measure stress.

**Objective:** How can reduce the stresses during examinations.

**Variables:**

**Independent Variable:** Om chanting Yoga

**Dependent Variable:** Stress level

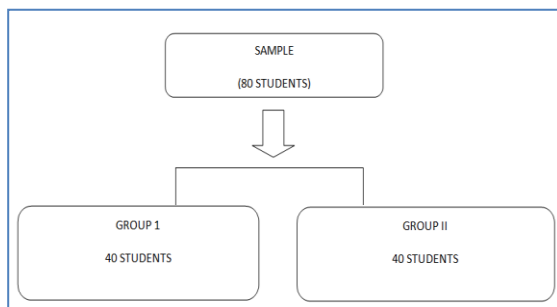
**Relevant Variables:** Age: 18 to 30 years of age

**Sex:** Male & female students

**Marital Status:** Unmarried students

**Education:** Medical & Paramedical Undergraduates students

**Sample:**



**Design:** To study the effect of I.V. on D.V. Double matched group design was used.

**Tools:** Stress was measured by Perceived Stress Scale constructed by Cohen (1983). The scale consists of 10 items. Reliability of the scale was estimated through Cronbach alpha ( $r = .83$ ).

**Procedure:**

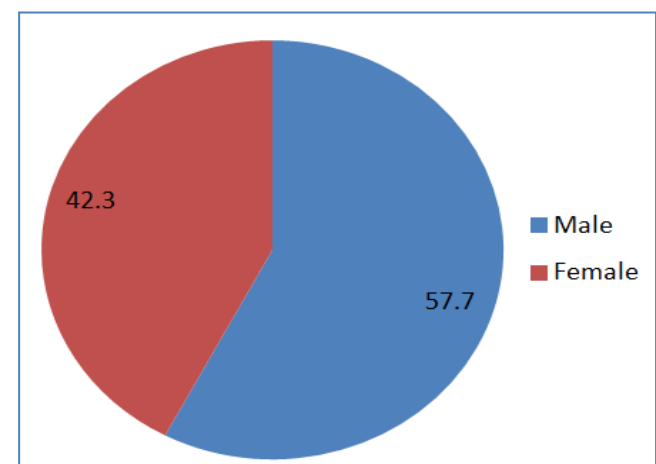
After selecting the subjects on the basis of random sampling the Perceived Stress Scale was administered on each subject. Administration of test was done accordingly to the instructions given in their respective manuals. The completed questionnaire was collected from the subject and they are thanked for their cooperation. The scoring patterns for the test were followed by the test manual. The means and SDs were calculated and t-test was used in order to find out the effect of evaluation system on stress level among university students.

**Statistical analysis:** The results were expressed in terms of Mean  $\pm$  SD. Data was analyzed by SPSS 31.0. Chi Square test was used to compare the values of the groups. P value  $< 0.01$  was considered as significant.

**Result and Discussion: Table: Mean, SD and t-ratio of Stress scores in Continues and Comprehensive Evaluation System**

**Table 1:** Distribution of Subjects according to Age and Sex

Sex	Number of Subjects (%)	Age
Male (Years)	46 (57.7)	18–30
Female (Years)	34 (42.3)	18–30



**Figure 1:** Distribution of Subjects according to Age and Sex

**Table 2:** Mean, SD and P-Value of Stress scores in Continues and Comprehensive Evaluation System

Parameter	Measures	Mean $\pm$ SD	P - Value
STRESS	GROUP I	18.7 $\pm$ 3.23	0.034*
	GROUP II	20.4 $\pm$ 1.86	

\*p  $< 0.05$ , P-Value is significantly associated.

### Discussion

Perceived stress scale, stress levels were measured by using perceived stress scale<sup>[3]</sup>. The PSS was published in 1983,<sup>[4]</sup> and has become one of the most widely used<sup>[5]</sup> psychological instruments for measuring nonspecific perceived stress. It has been used in studies assessing the stressfulness of situations,<sup>[6][7]</sup> the effectiveness of stress-reducing interventions,<sup>[8][9][10][11]</sup> and the extent to which there are associations between psychological stress and psychiatric and physical<sup>[12][13][14]</sup> disorders.

### Conclusion:

On the basis of findings it can be concluded that there is a significant difference in the stress level of students studying and Om Mantra chanting during Examination. Thus, the results of the present study reveal the stress as an important psychological factor which affects the student's achievement. Good scores in exams motivate them and improve their confidence level and mental health also.

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