

## Effect of OM Chanting on Self Efficacy of College Going Students

**Manoj Kumar Pandey**

Associate Professor, Lalbahadur Shashtri, PG College, Mughal Sarai Chandauli India

### Abstract

**Background:** - According to Hindu philosophy, OM is the primordial sound from which the whole universe was created. Aum, also called the Pranava, is the original Word of Power, and is recited as a mantra. **Objectives of the Study:** - 1) The first objective of the study was to characterize the Self Efficacy and Resilience of school going students. 2) The second objective of the study was to find out the effect of OM Chanting on Self Efficacy and Resilience of College Going Students. **Material and Methods:** - For the purpose of these study ninety male students (Age, 17 to 24 year) of UG and PG were randomly selected as subjects from Pt. Kamalapati Tripathi Govt. PG College Chandauli. The follow up period was limited to twelve weeks. The subjects were divided into two groups i.e. one experimental and one control group, pre-test post –test randomization group design was used. One Experimental group was followed Om Chanting and other group was the control group and control group did not participated in the training programme. Self efficacy was measured by the questionnaire constructed by A. K. Shrivastava (1992). To Characterize and to find out the effect of OM Chanting on Self Efficacy, Descriptive Statistics and Dependent T-test was used. **Results:**-Pre and Post test mean and SD of Self Efficacy and Control group were  $23.26 \pm 3.80$ ,  $29.40 \pm 3.43$  and  $25.50 \pm 4.48$ ,  $25.80 \pm 4.27$ . As the calculated 't' value 7.110 was greater than tab t value of 2.045 at .05 level of significance. **Conclusions:-**1) significant difference was found between pre test and post test means of Om Chanting group in relation to self efficacy. 2) significant difference was found between pre test and post test means of Self Efficacy group in relation to self efficacy.

**KEYWORDS:-** Om Chanting, Pranav, Self Efficacy.

### Introduction

Aum, according to Hindu philosophy, is the primordial sound from which the whole universe was created. Aum, also called the Pranava, is the original Word of Power, and is recited as a mantra. A mantra is a series of verbal sounds having inherent sound-power that can produce a particular physical or psychological effect, not just something that has an assigned intellectual meaning. The word mantra derives from the Sanskrit expression 'mananaaththraayathe' which loosely means "a transforming thought"; literally, "that which, when thought, carries one across [the worldly ocean of sorrow]". The power of a mantra lies in its ability to produce an objective, perceptible change in the yogi who repeats it correctly [1]. The vibration that occurs while chanting Om stimulates nerves throughout the body and affects the brain. Researchers observed significant limbic deactivation during Om chanting when compared to observing parts of the brain in a resting state. Similar observations have been seen in treatments used for depression and epilepsy, suggesting that Om chanting could be used in clinical treatments for certain conditions [2]. Self-efficacy as one's belief in one's ability to succeed in specific situations, One's sense of self-efficacy can play a major role in how one approaches goals, tasks, and challenges so research scholar interested to find out the effect of Om Chanting on self efficacy

because self efficacy is directly related to self confidence which is depends on mental toughness.

### Objectives of the Study

- 1) The first objective of the study was to characterize the Self Efficacy and Resilience of school going students.
- 2) The second objective of the study was to find out the effect of OM Chanting on Self Efficacy and Resilience of College Going Students.

### Material and Methods

For the purpose of this study sixty (60) male students (Age, 17 to 24 years) of UG and PG were randomly selected as subjects from Pt. Kamalapatitripati Govt. PG College Chandauli. The follow up period was limited to twelve weeks. The subjects were divided into two groups i.e Om Chanting and Control group, pre-test post –test randomization group design was used [3]. One Experimental group was followed Om Chanting. The control group did not participate in the training programme. Self Efficacy was measured by the questionnaire constructed by A. K. Shrivastava (1992) [4].

### Results, Discussion and Conclusions

Descriptive statistics [5] and Dependent T- test [6] was employed to find out the effect of Om Chanting on self efficacy was also employed. In order to test the hypothesis the level of significance was set at 0.05.

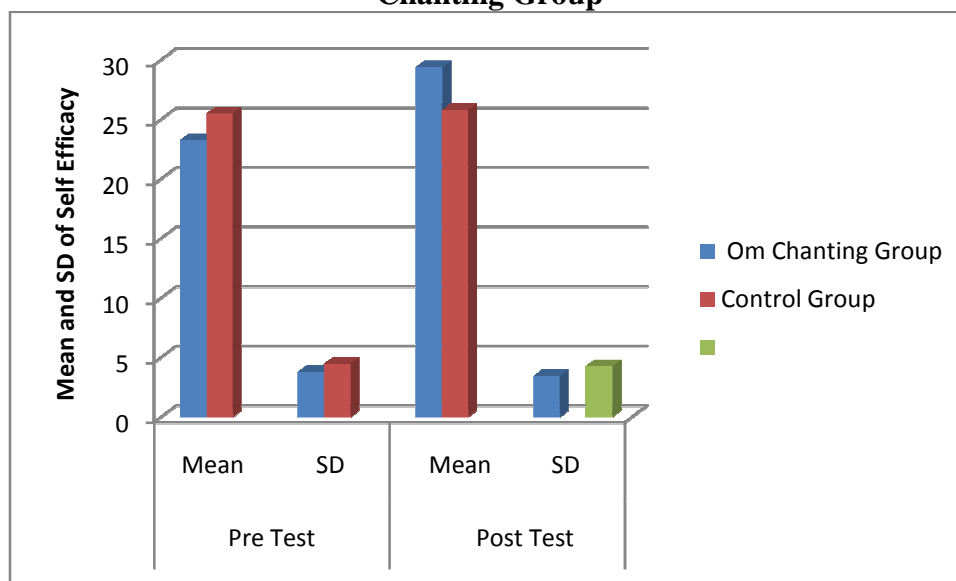
**Table-1**

**Descriptive Statistics of Self Efficacy of College male students**

Groups	Pre Test		Post Test	
	Mean	SD	Mean	SD
Om Chanting Group	23.26	3.80	29.40	3.43
Control Group	25.50	4.48	25.80	4.27

Table -1 revealed that pre test mean, pre test SD, Post test mean, Post test SD two different groups namely; One Experimental group and one control group. The pre test mean & SD of control group was  $25.50 \pm 4.48$ , pre test mean & SD of Om Chanting group was  $23.26 \pm 3.80$ . This table has shown in fig.1

**Fig.1**  
**Graphical Representation of pre-test, post test mean and SD of Control and Om Chanting Group**



**Table-2**

**Significance means differences of pre and post test of control group in relation to Self efficacy**

Variables	Test	Mean	SD	MD	't' ratio
Self Efficacy	Pre test	25.50	4.48561	.30	-2.192*
	Post test	25.80	4.27825		

\*Significance at .05 level. tab  $t_{0.05} (29) = 2.045$

Table – 2 reveals that there was significant difference between the pre and post test means of control group in relation to Self efficacy. As the calculated 't' value 2.192 was greater than tab t value of 2.045 at .05 level of significance.

**Table - 3**

**Significance means differences of pre and post test of Om Chanting group in relation to Self Efficacy**

Variables	Test	Mean	SD	MD	't' ratio
Self Efficacy	Pre test	23.266	3.80502	6.134	7.110*
	Post test	29.400	3.43009		

\*Significance at .05 level. tab  $t_{0.05} (29) = 2.045$

Table - 3 reveals that there was significant difference between the pre and post test means of OM Chanting group in relation to Self efficacy. As the calculated 't' value 7.110 was greater than tab t value of 2.045 at .05 level of significance.

**Discussion of Findings**

**On the basis of the results it was concluded that** significant difference was found between pre test and post test means of Om Chanting group and control group in relation to self efficacy this might be due to that Om Chanting creates positive vibration which enhance mental power that is the cause to identify himself inner power of body i.e. self confidence and in control group might be due to pre and post testing threats and subject may be involved other activities. **Telles S, Desiraju T.(1993)** conducted study on Recording of auditory middle latency evoked potentials during the practice of meditation with the syllable 'OM'. Middle latency auditory

evoked potentials were examined in 7 proficient subjects during the practice of meditation on the syllable 'OM', to determine whether these potentials would differ significantly from those recorded during the baseline state without practicing mediation. Similar records were also obtained in 7 'naive'. Results indicate that the middle latency auditory evoked potentials do change with meditation. However, the variability of the potentials may mask subtle changes. The present study was supported by the study conducted by **Telles S, Desiraju T.(1993)[7]**.

### **Conclusions**

- 1) Significant difference was found between pre test and post test means of Om Chanting group in relation to self efficacy.
- 2) Significant difference was found between pre test and post test means of control group in relation to self efficacy.

### **References**

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