

The Effect of Om Chanting and Bhramri Pranayama on the Children's Academic Anxiety and Stress Level

Rakesh Datir^{*1}, Kritika Thakur², & Khagapati Meher³

¹Ph.D Scholar, Yog Vibhag- Nirwan Vishwavidyalaya, Jaipur, Rajasthan, India

²Ph.D Scholar, Yog Vibhag- Nirwan Vishwavidyalaya, Jaipur, Rajasthan, India

³Ph.D Scholar, Psychology Department-Dev Sanskriti Vishwavidhyalaya, Haridwar, Uttarakhand, India

Received 18-07-2022	Abstract: The aim of the present study was to The Effect of Om Chanting and Bhramri Pranayama on the Children's Academic Anxiety and Stress Level. A sample of 30 subjects (adolescent students in age group of 12-15 years) was taken. Quota sampling technique was used for selection of the sample. Stress scale developed by M. Singh and Academic Anxiety level AASC (Hindi Version) constructed & standardized by Dr. A.K. Singh & Dr. A. Sen Gupta was used to measure the stress level and Academic Anxiety of participants. t-test was used to analyses the obtained data. Daily practicing Om chanting and Bhramri Pranayama, the level of Stress and anxiety among children goes down. When a man exposes to the Stress and anxiety, his breathing rate and breathing pattern changes and heart beat also increases. Through Pranayama, the breathing cycle can be cured. Pranayama not only control breathing pattern, but also enhances prana in the body, and helps in maintaining the physical, mental, social and spiritual health, means person remains holistically healthy.	Keywords: Om chanting, Bhramri Pranayam, Academic Anxiety, Mental Stress
Accepted 24-07-2022		
Published 30-07-2022		

Copyright © 2022 The Author(s): This work is licensed under a Creative Commons Attribution-Non Commercial 4.0 (CC BY-NC 4.0) International License.

INTRODUCTION

Stress and anxiety in children and teenagers are just as prevalent as in adults. Stressed out and negligent parents, high expectations in academic or other performances, abused or deprived childhood, growing up tensions and demand for familial responsibility are the main causes of childhood and teen Stress. Stressed children show signs of emotional disabilities, aggressive behavior, shyness, social phobia and often lack interest in otherwise enjoyable activities. Research tells us that children, who are forced to live on prematurely adult levels, sometimes become oppositional to following the parents' rules (or those of society). Such children tend to respond to Stressors with aggression and indignation. Stress can cause headaches, irritable bowel syndrome, eating disorder, allergies, insomnia, backaches, frequent cold and fatigue to diseases such as hypertension, asthma, diabetes, heart ailments and even cancer. In fact, Sanjay Chugh, a leading Indian psychologist, says that 70 percent to 90 percent of adults visit primary care physicians for Stress-related problems.

Methods of coping with Stress are aplenty. The most significant or sensible way out is a change in lifestyle. Relaxation techniques such as meditation, physical exercises, listening to soothing music, deep breathing, various natural and alternative methods, personal growth techniques, visualization and massage are some of the most effective of the known non-invasive Stress busters.

Objectives

- To find out the effects of Om chanting Bhramri Pranayam and on the Children Academic Anxiety.
- To find out the effects of Om chanting and Bhramri Pranayam on the Stress.

Hypothesis

In this research two hypothesis are used which are as follow-

- "The practice of Om chanting and bhramri Pranayama will decrease the Academic Anxiety level in children's."
- "The practice of Om chanting and bhramri Pranayama will decrease the Stress level in children's."

MATERIAL & METHOD

Sample

The sample of 30 students covered for the purpose of the present study belongs to age group 12-15 years. The Subjects have selected by using quota sampling technique.

Tools

- For data collection of the Stress level, "Stress scale" (Hindi version) is used, constructed and standardized by Dr. M. Singh. It consists of 40 statements.
- For the data collection of Academic Anxiety level AASC (Hindi Version) is used which is constructed & standardized by Dr. A.K. Singh & Dr. A. Sen Gupta. It consists of 20 items.

Variable

Om Chanting, Bhramri Pranayam as a Independent variable & Academic Anxiety, Stress as a dependent variable in present study.

Procedure Applied For Data Collection

For collection of data the questionnaires was administered for pre data to students then, the practice of Om Chanting & Bhramri Pranayama was given to students selected for one month and again the questionnaires was administered for post data collection .

Yogic Intervention

- Time duration for yogic practice – 30 days
- The exposure time for the yogic practice- 15 minutes

- Prayer- 3 minutes
- Practice of Om chanting- 5 minutes
- Practice of Bramri Pranayama- 5 minutes
- Shantipath- 2 minutes

Techniques of statistical Analysis:

For the analysis of data t- test is used for un-correlative group.

RESULT

Hypothesis -1

The practice of Om chanting and bhramri Pranayama will decrease children's Academic Anxiety.

Table NO. - 1

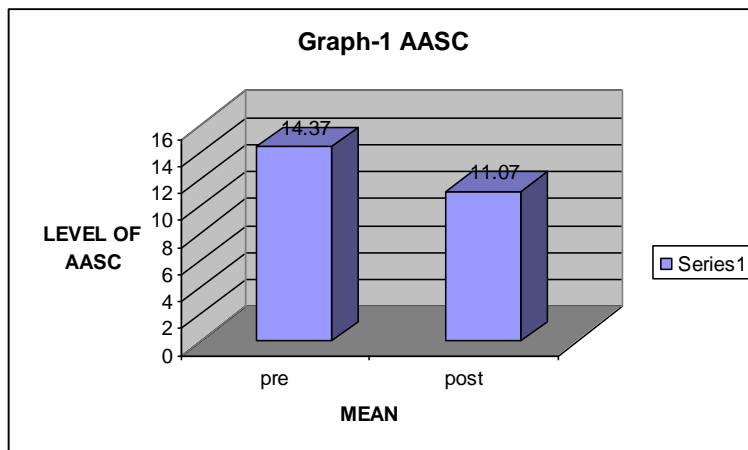
AASC	Mean	sd	r	df	t- value	Significance level
Pre	14.37	1.73	0.54	29	10.13	0.01
Post	11.07	1.98				

Table- 1 shows the pre mean value 14.37 and post mean value 11.07 and calculated t- value = 10.13 for exceed the critical t-value= 2.76 for df 29 at $p < 0.01$.

Hence the directional hypothesis "The practice of Om chanting and bhramri Pranayama

will decrease the Academic Anxiety level in children's." has been accepted.

This implies that the observed significant difference between pre and post mean of Academic Anxiety in subject is due to the effect of Om chanting and bhramri Pranayama.



Hypothesis 2

The practice of Om chanting and bhramri Pranayama will decrease the Stress level in children's.

Table NO. - 2

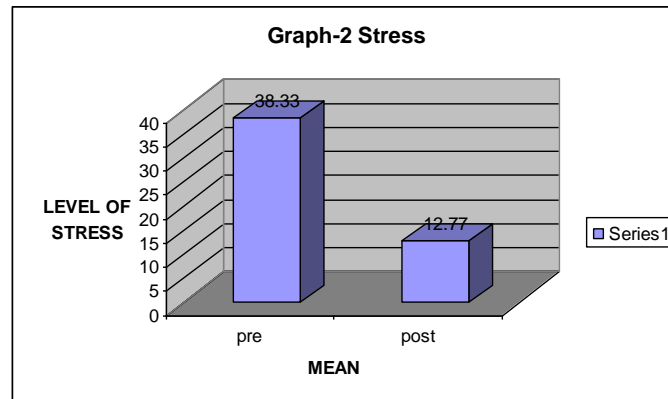
Stress	Mean	sd	r	df	t- value	Significance level
Pre	38.33	8.31	0.41	29	16.98	0.01
Post	12.77	6.69				

Table- 2 shows the pre mean value 38.33 and post mean value 12.77 and calculated t- value =

16.98 for exceed the critical t-value= 2.76 for df 29 at $p < 0.01$.

Hence the directional hypothesis "The practice of Om chanting and bhramri Pranayama will decrease the Stress level in children's." has been accepted.

This implies that the observed significant difference between pre and post mean of Stress level in subject is due to the effect of Om chanting and bhramri Pranayama.



DISCUSSION AND INTERPRETATION

Bhati & Bhati (2012) suggested that medically, it has been established that chronic symptoms of anxiety and Stress can crumble our body's immune system. Irrespective of the nature of the causes of Stress—real or perceived—our subconscious mind reacts with the same body response by releasing Stress hormones equal to the degree of our fear, worry or sense of threat. It brings about changes in the body's biochemical state with extra epinephrine and other adrenal steroids such as hydrocortisone in the bloodstream. It also induces increased palpitation and blood pressure in the body with mental manifestations such as anger, fear, worry or aggression. In short, Stress creates anomalies in our body's homeostasis. When the extra chemicals in our bloodstream don't get used up or the Stress situation persists, it makes our body prone to mental and physical illnesses.

Stressed out individuals carry a great deal of physical tension in their bodies. The benefits of yoga postures (asana), breathing (Pranayama), and meditation (dhyana) include increased body awareness, release of muscular tension and increased coordination between mind-and body. It helps in better management of Stress and ensures an overall feeling of well being.

According ancient tradition-
"Chale Votam Chalam Chittum nishchale
nishehalam bhavet
Yogi sthanutvampnoti toto vayum
nirodhayet"
[H.P.II-2]

So long as breathing is continued and the air is moving in and out of the body the mind remains unstable when the breath is stopped, the activity of the mind is also controlled and it becomes standstill. Thus a yogi attains a complete motion less state of chitta (Consciousness) one should therefore restrain one's breath. By practicing Pranayama the ability: to perceive, to know the reality, is intensified. The mind is trained and made capable for the process of dharana.

The ancient therapeutic traditions as well as modern medical research speaks about the intimate relationship between our breathing patterns and our physical, emotional, mental, and spiritual health. They have shown how natural healthy respiration not only increases longevity and supports our overall well-being and self-development, but also helps in medical conditions such as asthma, poor digestion, insomnia, low energy, high blood pressure, anxiety, panic attacks, heart ailments, and many other problems.

Bhalala (2014) suggested that with each inhalation, oxygen (pure air) enters into our body and triggers off the transformation of nutrients into fuel. With each exhalation carbon dioxide (toxic air) is eliminated from our body. Presence of oxygen purifies the blood streams and helps invigorate each cell. Sufficient amount of oxygen is required to maintain the vitality of our body organs.

In normal conditions the body follows a natural breathing pattern that is slow and regulated. Under Stress when the body shows symptoms such as tightening of muscles, distractions, anxiety, hyperactivity and angry

reactions et al, breathing becomes quick and shallow. One tends to hold one's breath, frequently. With restricted breathing inflow of oxygen is restricted. Lungs are unable to exhale the stale airs and residual toxins build up inside the body. Under Stress the stiff muscles restrict the circulation of blood. So, even less oxygen comes in and fewer toxins are removed. It affects the healthy regeneration of cells. Medical studies show that the oxygen-starved cells are the major contributing factors in cancer, immunity deficiency, heart disease and strokes. Breathing also affects our state of mind and consequently makes our thinking either confused or clear.

When breathing is slow, deep and full, the lungs work more; the diaphragm moves well, the intercostals, back and abdominal muscle work, drawing in extra oxygen to the blood stream. Increased oxygenation purifies blood and stimulates healthy functioning of cells, glands and muscles.

Hence, a regulated and mindful breathing pattern has been held vital to maintaining the highest level of physical health by yoga. Another positive result of conscious breathing is its calming effect on the emotions, reducing fear and anxiety in the nervous system. Regulated and mindful breathing, dynamic movement of the head, shoulders and arms during the practice of breathing and meditation promote concentration and relaxation.

CONCLUSION

From the above discussion we can say that by daily practicing Om chanting and Bhramri Pranayama, the level of Stress and anxiety among children goes down. When a man exposes to the Stress and anxiety, his breathing rate and breathing pattern changes and heart beat also increases. Through Pranayama, the breathing cycle can be cured. Pranayama not only control breathing pattern, but also enhances prana in the body, and helps in maintaining the physical, mental, social and spiritual health, means person remains holistically healthy. As mind and body are very much affected by each other, we have an example like, If a person is mentally disturbed, he also be physically not fit and vice versa. Stress and Anxiety can cause all mental disorders in the human beings.

Finally we can say that Om chanting and Bhramari Pranayama, the level of Stress and Academic Anxiety declines.

REFERENCES

1. Pradīpikā, H. (n.d.). Chapter Two verse 2. <https://yogastudies.org/hyp/hyp-chapter-2-verse-2/>
2. Singh, M. (2002). *Stress Scale*. Institute Research and Test Development: Mumbai.
3. Singh, A.K. & Gupta, A. (1984). *Academic Anxiety Scale for Children*. National Psychological Corporation: Agra.
4. Bhati, A.K., & Bhati, M.S. (2012). Anxiety and Stress are the Part of Every Day Life. *Aarhat Multidisciplinary International Education Research Journal (AMIERJ)*, 1,200-214.
5. Bhalala, J. N. (2014). Stress Manage by Yoga.