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A clinical study to assess the impact of Gayatri Mantra chanting and Silence Practice on Quality of Life in University Students

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Abstract

Background: Modern times are the era of materialism, Man's tendency is becoming indulgent as a result of which human beings' minds become victims of narrow decisions, and physical and mental unrest, imbalance, and instability are arising in life. Today's youth is the future of tomorrow's country and the next generation will be based on their conduct and thoughts. Many spiritual principles have been propounded in yogic texts. Who believe that by using these, personality can be improved.

Aim: The objective of the presented research work is to study the effect of yoga on the quality-of-life level in university students.

Methodology: A total of 120 participants have been selected, 60 higher-level students were selected in the first experimental group and 60 higher-level students were selected in the control group. In the research, group practice of Gayatri Mantra chanting and silence was conducted for 30 to 45 minutes for 60 days.

Conclusion: A significant difference was found at 0.05 level among the students of the experimental group. Hence, the collective practice of Gayatri Mantra chanting and silence was found to have a positive effect on the quality of life.

Keywords: Gayatri mantra, yoga, chanting, silence mediation

Introduction

One of the oldest practices in spiritual science is chanting. Essentially, it is the rhythmic recitation of a phrase, song, invocation, or sound. Spiritual research claims that chanting has a highly positive effect on the mind, body, and soul since it opens the heart and heals the mind [1]. Chanting helps to reduce anxiety and anger by boosting immunity, boosting energy levels, and regulating the hypothalamus, the brain's emotional control centre. It also helps to quiet down the amygdala, which is responsible for anger. It is believed that specifically repeating Sanskrit mantras can improve both mental and physical well-being. The Gayatri mantra, which is adored in the Rigveda, is one of the most well-known mantras in Hinduism [2].

According to Swami Vivekananda, youth is the most valuable asset of the country, He is the source of infinite energy, He is the source of infinite energy if the infinite energy of youth is given the right direction, and then new dimensions can be found for public welfare. According to Johnson (2010). Quality of life can be defined as subjective well-being it reflects a person's hopes and expectations and their differences, Human adaptability is such that life expectations are usually adjusted to lie within the realm of what is possible for the individual. This enables those who have difficult life circumstances to maintain a reasonable life quality. According to Centre Denmark (2005). In quality-of-life research, one often differentiates between subjective and objective quality of life. Typical quality of life is about feeling good and being satisfied with things [3]. The objective quality of life is about meeting social and cultural demands for material wealth, social status, and material well-being [4].

Dimensions of quality of life: Quality of life represents the components of personal well-being. Mainly emotional, positive, and negative impacts and life satisfaction are important [5].

On this basis, the dimensions of quality of life have also been kept [6].

The four main dimensions are physical, mental, emotional, and spiritual [7].

The general level of quality of life among university students

- Expectations of the future are usually adjusted.
- Satisfied with one's material wealth and social conditions [2].
- Objective thinking about meeting social and cultural demands for material well-being.
- Remains full of positive thoughts and satisfied with life [8].
- Good feelings and high mood.
- High levels of life satisfaction [9].

Reasons for lack of quality of life among university students

- Insanity and emotional instability [10].
- Due to physical and mental illness.
- Due to negative thinking [11].
- Dissatisfaction
- Due to family, social, economic poor or low status.

Symptoms of poor quality of life in university students [12]

- Being pessimistic about life and the future.
- Lack of adjustment to challenges [13].
- Low self-esteem, sad feelings, and low mood.
- Being influenced by negative thinking, as a result, symptoms of anxiety start appearing.
- There may be a decline in all dimensions of quality of life [14].
- Dissatisfied with things in general.
- Deviation from purpose.

Objective

1. To study the theoretical aspect of silent practice.
2. Studying the theoretical aspect of Gayatri Mantra

chanting.

3. To find out the level of quality of life in the students of the experimental group.
4. To find out the level of quality of life in the students of the control group.

Hypothesis

1. There will be no significant difference in the level of quality of life between the pre-and post-conditions of the university students of the experimental group.
2. There will be no significant difference in the level of quality of life between the pre-and post-conditions of the university students of the control group.

Methodology

In the presented research study, on the quality-of-life level, the sample was selected from Soban Singh Jeena University, Almora, Almora district of Uttarakhand state, whose age was between 17-25 years. Under which simple random sampling method of higher- and higher-level students was used under probability for the selection process. Initially, 80 students were asked to fill the questionnaire. A total of 120 quality of life applications have been selected. 60 higher level students were selected in the first experimental group and 60 higher level students were selected in the second control group.

In the presented research study, a collective practice of Gayatri Mantra chanting and silence was conducted for 30 to 45 minutes for a period of 60 days. This included 10 minutes of physical exercises, 1-2 minutes of Om chanting, and 30 minutes of complete silence, followed by a 5-minute questionnaire session. Subsequently, they were engaged in Gayatri Mantra chanting and silence practices for another 2 months. Afterward, re-evaluation was conducted using the same method with all groups, and the final data were collected. The objective of this research work is to study the effect of yoga on the quality of life among university students.

Results and Explanation

Table 1: Results of quality of life before and after experimental and control group

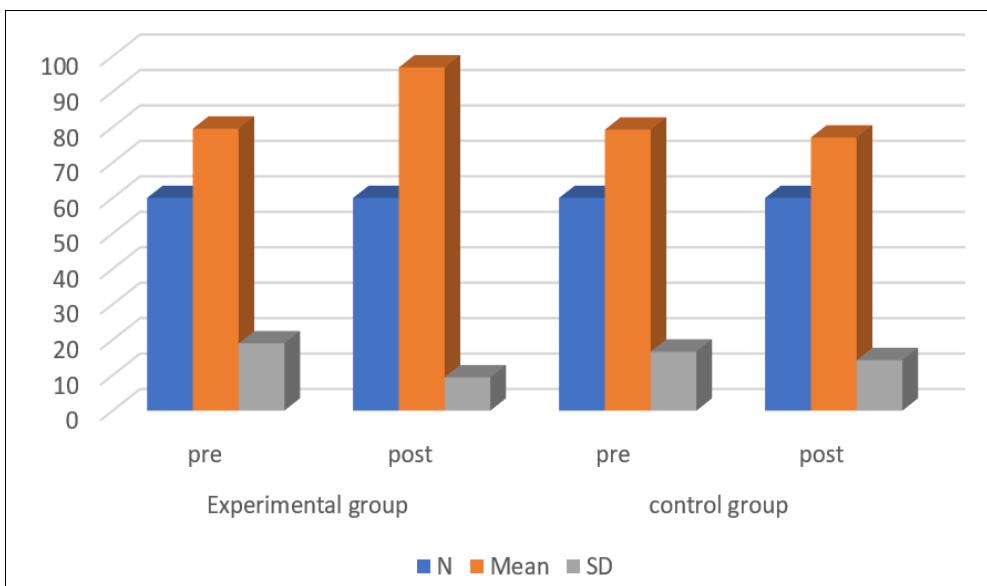
Student Group	Pre & Post	(N)	Mean	SD	Correlation Coefficient (r)	Standard error of the mean (SED)	T-Value	Significance Level (0.05)
Experimental group	pre	60	79.55	18.99	0.44	2.20	7.84	Significant
	post	60	96.83	9.41				
Control group	pre	60	79.28	16.66	0.88	1.05	1.96	Non-significant
	post	60	77.05	14.25				
DF=58								

In the present research, the effect of Gayatri chanting and silent meditation on the quality of life of university level students was seen. A research design of 120 students was prepared. The hypotheses were tested at the 5% level. The results of the test are shown in Table 1. In the students of experimental group, the mean level of quality of life before and after Gayatri chanting and silent meditation is 79.55 and 96.83 and the correlation coefficient is 0.44 to find out the significance between the two mean values, the t-value

obtained is 7.84 which is significant at 0.05 level. And the mean value of quality-of-life level in pre and post condition among the students of control group is 79.28 and 77.05, and the correlation coefficient is 0.88. To find out the significance between the two mean values, the t-value obtained is 1.96 which is not significant at 0.05 level. Hence null hypothesis 1 is rejected. Thus, it is clear that the quality of life of the group doing Gayatri chanting and silent meditation has increased.

Table 2: Result of the quality of life of the total student group after the experimental and control group.

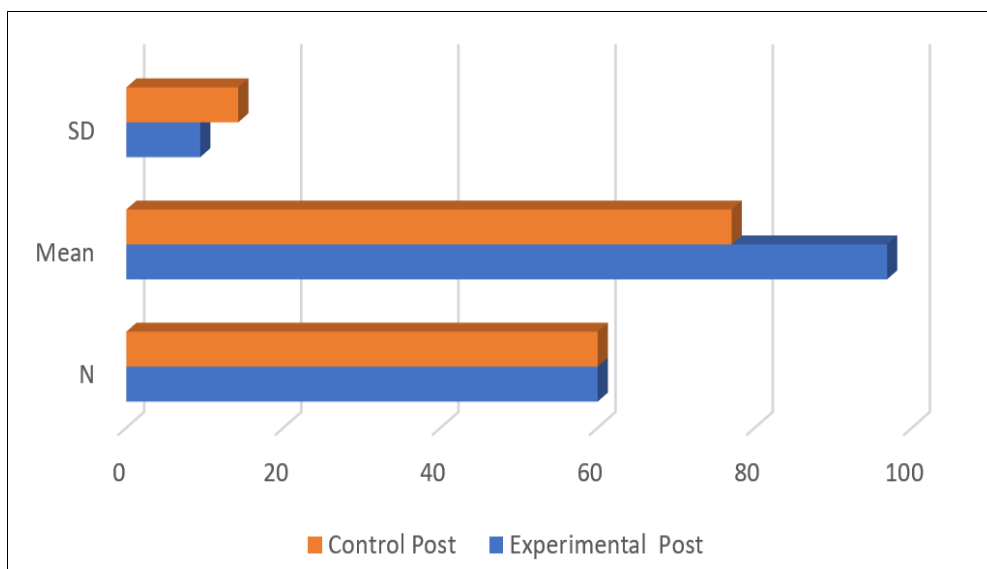
Students group	Post	N	Mean	SD	Standard error of the mean	T-Value	Significance level (0.05)
Experimental group	post	60	96.83	9.41	2.20	8.96	Significant
Control group	post	60	77.05	14.25			
DF= 58							



Graph 1: Show graph of pre and post-data of experimental and control group on quality of life of university students

According to the data shown in Table: 2, the mean level of quality of life after Gayatri chanting and silent meditation among the students of experimental group is 96.83. Whereas the mean of quality-of-life level in the post-treatment situation among the students of the control group is 77.05, and t-value

has been obtained 8.96 and p-value has been obtained .004 which is significant at 0.05 level. Their significance difference is displayed in Table: 2. Therefore, null hypothesis 1 is rejected.



Graph 2: Show graph of pre experimental and control group status on the quality of life level of university students

After the examination, a meaningful difference in the quality of life was found among university students. While in the controlled group, no significant difference was found in the quality of life. There could be several reasons for this, such as economic, social, and familial circumstances. It might also be because these students were not involved in practices like Gayatri mantra recitation and silent meditation.

Discussion

There are many possible reasons affecting the mental level of students, ^[15] financial stress, ^[8] unemployment and inadequate sleep, unnecessary family and social pressure ^[14]. Negative thinking causes physical and mental diseases ^[16]. With the use of silence, people become highly intelligent and have high thoughts ^[17]. While chanting Gayatri Manolaya, the more the mind becomes empty, the less will be negative thinking which is possible for the development of dimensions of quality of

life ^[18]. And it is the creator of a person's good character, the statement of Maharishi Swatmaram is true that Yoga is a form of shelter for people suffering from all kinds of sorrows. That is, our physical, mental, ideological, social, and spiritual development is possible only through Yoga. Maharishi Patanjali has said - that Siddhis are achieved through the rituals of the previous birth, medicines, chanting of mantras, penance, and Samadhi. That is, through these, we achieve our highest state physically and mentally.

Conclusion

In summary, this study offers insightful information about the possible advantages of silent meditation and Gayatri Mantra chanting for improving college students' quality of life ^[19]. Through their attention to stress, anxiety, and general well-being, these traditional traditions present viable paths forward for fostering mental health within academic environments ^[20].

To investigate the long-term impacts and best practices for implementing these interventions, more study is necessary. In the experimental group of university students, a significant difference was found in the level of quality of life between pre and post-conditions. No significant difference was found in the level of quality of life between pre and post in the control group of university students.

Suggestion

There are several potential reasons that affect the mental state of students, such as financial stress, unemployment, and inadequate sleep, as well as unnecessary family and social pressures. Negative thinking leads to physical and mental illnesses, whereas the practice of silence helps individuals attain higher thoughts and a higher level of consciousness. Similarly, chanting the Gayatri mantra reduces negative thinking as much as the mind becomes empty. This is conducive to the development of the dimensions of life quality. Also, it shapes the optimal character of an individual. The statement of Maharishi Swatmarama that yoga is a refuge for those suffering from all kinds of sorrows is true. That is, only through yoga can our physical, mental, intellectual, social, and spiritual development be possible [21]. Maharishi Patanjali said that by the practice of medicine, mantra chanting, penance, and meditation, one can achieve success from past life impressions, meaning that they achieve their highest state physically and mentally" [22].

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