



PSYCHOLOGICAL IMPACTS OF CHANTING INSTRUMENT THERAPY ON SIMPLIFIED KUNDALINI YOGA

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ABSTRACT

The present study was explored to find out the psychological impacts of chanting instrumental therapy on simplified kundalini yoga. A random sample of 60 college students were assigned as experimental group and control group during the academic year 2017-2018 was selected in Chennai district. Their age ranged from 18 to 23 years and the duration of training was 3 to 6 months. Data was analyzed by using ANCOVA. Results found that the pre-test mean and adjusted post-test mean F-ratio is significant at 0.05 level.

KEY WORD: Chanting Instrument Therapy, Simplified Kundalini Yoga.

INTRODUCTION

Chants are known to have soothing and healing effects on human mind, body and soul leading to calmness. As we sit together in one place, we have different thoughts. But when we start chanting there is one thought and one rhythm in all our minds. Chanting when done in the proper manner, allows all other senses to dissolve into one and allows the mind to sync into itself, Chanting can be considered as the yoga of mind. When chanting can be done at any time and any place, best effects are experienced when the ambience is right.

Chanting vazhgavaiyagam vazhgavalmudan aligns your small mind to sithakash to mahakash universal consciousness. Creating more harmony in your life.

It creates vibrations throughout our body elevates prana the life force energy in the body. More prana essentially means more life force energy flowing through us. More energy translates into more connection with ourselves, more clarity of mind to make decisions more awareness in our relationships essentially a happier you. Before you sit for meditation this will help you go deeper in your journey. Also consider meditating with a group of people has a deeper effect on your meditation experience you should choose a quiet corner to meditate to save yourself from distractions. Chanting adds beauty to meditation we truly need to experience it our self.



When we are coming from out, our mind was clouded with lot of disturbing thoughts. Completely mesmerized by the effect of the chants, I felt something pulling me towards them. As we entered to the yoga hall, the sound intensified as if resonating in every cell of our body. Felt scattered mind calm down as we sat and closed our eyes, we feel mind body and soul become calm and effortlessly slipped into meditation. That is when mantras and chanting can play an important role.

HYPOTHESIS

- There would be psychological impacts of chanting instrumental therapy variables as a result of 3 to 6 months of simplified kundalini yoga practice when compared with the control group.

PERIOD OF STUDY

Experimental group namely college students at the age of 18 to 23 were underwent to the experimental training on 3 to 6 months during the period of 2017 to 2018.

METHODOLOGY

In this study, the procedures followed towards the selection of subjects, experimental design and procedure, selection of variables, selection of tests, instrument reliability, orientation of testing personnel, calibration of instruments, test administration of physiological variables, orientation of subjects, administration of test procedure, collection of data and statistical techniques have been explained.

SELECTION OF SUBJECTS

In the present study, 60 college students were selected by using random sampling technique in Chennai district. 60 students were assigned as experimental group and control group during the academic year 2017-2018. They were the students of M.Sc. Yoga for Human Excellence and their age ranged from 18 to 23 years. The duration of training is 3 to 6 months. All the students were directed to assemble in a multipurpose hall to seek their willingness, to act as subjects. The investigator explained them to the purpose, nature, importance of the experiment and the procedure to be employed to collect data. Further the role of the subjects during the experimentation and the testing procedure were also explained to them in detail. The physical conditions of the subjects were assessed by a qualified medical practitioner and all the subjects were healthy and normal. They were requested to co-operate and participate actively for the same. Chants are known to have soothing and healing effects on human mind, body and soul leading to calmness. As we sit together in one place, we have different thoughts. But when we start chanting there is one thought and one rhythm in all our minds. Chanting when done in the proper manner, allows all other senses to dissolve into one and allows the mind to sync into itself, Chanting can be considered as the yoga of mind. When chanting can be done at any time and any place, best effects are experienced when the ambience is right.

DELIMITATIONS

1. The study was restricted to 60 college students.
2. 60 students were selected for the study, of which thirty was considered as the control group and the remaining thirty as the experimental group I and II.
3. The age of the selected subjects ranged from 18 to 23 years and all of them were healthy and normal.
4. Three to Six months of chanting instrumental music therapy training were given for the experimental group.

DATA ANALYSIS

Table 1: ANCOVA of Mean of Chanting Instrumental Therapy Group I, II and Control Groups on Stress

	YPMG-I	YPMG-II	CG	Source of Variance	Sum of Squares	df	Means Squares	F
Pre-Test Means	123.86	123.53	123.93	Between Groups	1.37	2	0.68	0.49
				Within Groups	58.40	42	1.39	

Post-Test Means	120.80	120.60	124.06	Between Groups	113.64	2	56.82	68.31*
				Within Groups	34.93	42	0.83	
Adjusted Post-Test Means	120.79	120.62	124.04	Between Groups	110.57	2	55.28	66.42*
				Within Groups	34.12	41	0.83	

Table-1 shows that the pre-test means of students with chanting instrumental therapy group-I, II and control groups are 123.86, 123.53 and 123.93 respectively. The obtained F-ratio for the pre-test is 0.49 and the table F-ratio is 3.21. Hence the pre-test mean F-ratio is not significant at 0.05 level for degree of freedom 2 and 42.

The post-test means of the yogic practices with chanting instrumental therapy group-I, II and control groups are 120.80, 120.60 and 124.06 respectively. The obtained F-ratio for the post-test is 68.31 and the table F-ratio is 3.21. Hence the pre-test mean F-ratio is significant at 0.05 level for degree of freedom 2 and 42.

The adjusted post-test means of the yogic practices with music therapy group-I, II and control groups are 12.79, 120.62 and 124.04 respectively. The obtained F-ratio for the adjusted post-test means is 66.42 and the table F-ratio is 3.22. Hence the adjusted post-test mean F-ratio is significant at 0.05 level for degree of freedom 2 and 41.

RECOMMENDATIONS

Similar study may be replicated with longer durations, different training programme of training other than mentioned in the present study. A continuous and regular chanting instrumental therapy programme, in an organized manner, has to be suggested for the occasional participants to obtain desired results in their health related fitness. Further studies can be made with other Musical Instruments like Flute, Mirdhangam, Violin, Guitar etc.

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