



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2024: 9(1): 381-383

© 2024 Yoga

[www.theyogicjournal.com](http://www.theyogicjournal.com)

Received: 02-01-2024

Accepted: 06-02-2024

**Dr. Ajay Kumar Chaudhary**  
Professor & Head, Department  
of Psychology, Government  
Meera Girls' College, Udaipur,  
Rajasthan, India

**Alok Kumar,**  
Research Scholar, University  
Yog Centre, Mohanlal Sukhadia  
University, Rajasthan, India

## Impact of Om meditation on perception of personal stress sources among college students

**Dr. Ajay Kumar Chaudhary and Alok Kumar**

**DOI:** <https://doi.org/10.22271/yogic.2024.v9.i1f.1581>

### Abstract

The research investigates the impact of Om Meditation on perception of personal stress among college students, recognizing the prevalent stressors in academic life. Stress, originating from uncertainties and societal pressures, presents a significant challenge to students' well-being and performance. Om Meditation, deeply rooted in Hindu tradition and yoga practices, emerges as a potential stress management tool. The study employs the Personal Stress Source Inventory (PSSI) by Arun Kumar Singh, Ashish Kumar Singh and Arpana Singh which is used for measuring stress levels before and after Om Meditation sessions. The sample consist of 30 college students from colleges of Amroha district of Uttar Pradesh selected through convenient sampling. The training session are designed to span over 1 week, with sessions lasting 30 minutes to 1 hour each. Results indicate a significant reduction in perception of personal stress levels post-meditation, as evidenced by statistical analysis. The study concludes that Om Meditation offers a promising approach to alleviate personal stress among college students, fostering relaxation, mindfulness, emotional regulation, and resilience. The findings underscore the importance of integrating meditation practices into stress management strategies for enhanced well-being among students.

**Keywords:** Om meditation, college students, stress management, mindfulness, emotional regulation, perception of personal sources of stress

### Introduction

College life is one of the most important and memorable experience of adolescence life. In today's fast life students are facing many challenges and problems. In the competitive world of education, students are exposed to various stress factors like fear of failure, low scores in exams, pressure from parents to perform well. These all factors can prevent students from performing to their full calibre. Students' life leads a period of stress, when a number of major adjustments have to be made in home, college and social aspects of their lives (Jain, 2018) <sup>[1]</sup>.

Stress has become an inherent and unresolved aspect of human life. The stress is a great challenge to the mind and body. Stress stems from confronting the unknown, from insecurity. Therefore, unrealistic and vague expectations can be a source of considerable stress to students. Meditation is most useful in controlling and treating stress in the present day scenario. Om is having immense importance in Hindu tradition as well as in all yoga techniques. Every yoga technique begins with pronouncing the Om.

According to Upanishads, Mantra is the name or symbol of God. It is the combination of three letters, namely, A, U, and M and it is the syllable of the past, the present, and the future. With the practice Om chanting, one can achieve a state of deeply calm, silence, and serenity. "OM" (AUM) chanting is such a traditional practice which has beneficial physical complications. Om meditation offers a promising tool for managing the stress that may be associated with the challenges of emerging adulthood (Pudir and Chouhan, 2023) <sup>[4]</sup>.

In today's haphazard life, stress has become an evitable part of life. Om meditation not only reduce the stress among students but also strengthen the positive aspect of human personality, enhances the qualities of students and also helps in developing the society.

Result of studies done by Kalavalli *et al.* (2022) <sup>[2]</sup> and Kaur and Bajwa (2018) <sup>[3]</sup> showed that

### Corresponding Author:

**Dr. Ajay Kumar Chaudhary**  
Professor & Head, Department  
of Psychology, Government  
Meera Girls' College, Udaipur,  
Rajasthan, India

Om meditation was effective in reducing the stress level among college students. Verma and Bhatt (2022) [5] studied the effect of Om chanting on anxiety and stress level of Individuals. The study was conducted on 12 subjects of age group (20-30) years and Intervention was given for 20 days 30 min daily in Brahma Varchasav Shodh Sansthan. Result showed the significant decrease in stress level and anxiety level of subjects.

Looking over the reviews it can be said that the OM meditation may have effect on personal stress. Therefore, the present research is undertaken with following objective.

### Objective

To study the effect of Om Meditation on Personal Source of Stress Perception of college students.

### Sample

The sample consist of 30 college students from colleges of Amroha district of Uttar Pradesh selected through convenient sampling.

### Tool Description

Personal Stress Source Inventory constructed Arun Kumar Singh, Ashish Kumar Singh and Arpana Singh is used. It consists of 35 items. The respondent has to tick on seldom/sometimes/frequently. The scoring of Personal Stress Source Inventory is very simple. Every item marked as 'Seldom' by testee is given a score of 1, marked as 'Sometimes' is given a score of 2 and marked as 'Frequently' a score of 3. Unmarked items are given a score of zero. Subsequently, scores earned by testee on every marked item are added together to yield a total score. Higher the score, the higher is the magnitude of personal stress. Likewise, lower the score, lower is the magnitude of personal stress. The maximum score on PSSI is 105. The test-retest reliability (14 days gap) is found 0.79 likewise internal consistency reliability by odd-even method was found 0.78. This inventory possess content validity with coefficient of concordance (10 judges) was found 0.62. The inventory has no time limit but generally it takes nearly 15 minutes to complete the responses.

### Procedure of Data Collection

The students were contacted at their respective place of study and the purpose of the research is communicated to them after their agreement in participation in 1 week training programme for personal stress reduction through Om meditation. They were given the PSSI before and after the one weeks of intervention. The proper rapport was established before the training and data collection.

### Training Procedure

The training program is designed to span over one week, lasting 30 minutes to 1 hour each. Additionally, participants are encouraged to dedicate 10-20 minutes per day to personal meditation practice outside of the structured sessions. The sessions includes the following key points considered for Om Meditation training.

Here's a condensed one-week training program focusing on Om chanting and meditation for anxiety reduction:

#### Day 1: Introduction to Om Meditation

- Brief introduction to Om meditation and its significance in various spiritual traditions.
- Exploring the science behind meditation and its effects

on the mind and body.

- Myth-busting session to clarify common misconceptions about meditation.
- Guided Om chanting session to introduce participants to the practice.

#### Day 2: Fundamentals of Om Meditation

- Learning proper meditation posture and breathing techniques.
- Understanding how chanting Om impacts mental focus and relaxation.
- Practicing mindful awareness of thoughts, emotions, and bodily sensations during meditation.
- Guided meditation session incorporating Om chanting.

#### Day 3: Stress Management Techniques

- Identifying personal stressors and triggers.
- Introducing stress coping strategies tailored to college students, including dealing with academic pressure and social expectations.
- Practicing mindfulness and relaxation techniques to manage stress.
- Guided meditation session focusing on stress reduction and relaxation.

#### Day 4: Om Chanting Practice Sessions

- Extended guided meditation session led by experienced instructors.
- Gradually increasing the duration of Om chanting and meditation.
- Providing opportunities for self-reflection and sharing experiences with peers.

#### Day 5: Mindfulness in Daily Life

- Integrating mindfulness into daily college activities such as studying, social interactions, and leisure time.
- Cultivating present-moment awareness and non-judgmental acceptance throughout the day.
- Exploring how mindfulness can enhance focus, productivity, and emotional resilience.

#### Day 6: Self-Care and Well-being

- Emphasizing the importance of self-care practices, including sleep, nutrition, and exercise.
- Encouraging participants to prioritize their mental and emotional health.
- Providing resources for accessing counselling services and other support systems.

#### Day 7: Monitoring Progress and Integration

- Assessing participants' meditation practice and stress levels.
- Encouraging open communication and feedback to tailor the program to individual needs.
- Equipping participants with the skills to continue practicing Om meditation independently.
- Providing ongoing support through online resources and community events.

Throughout the week, each day's session includes a combination of Om chanting and meditation, gradually building participants' skills and understanding of the practice while addressing anxiety and stress. The scores obtained at the time of pre and post-testing are compared through paired

‘t’ test. The results are presented below:

**Results and Discussion**

**Table 1:** Comparison of Personal Stress Source before and after Om meditation

	Pre Test	Post Test
Mean	81.233	65.967
S.D.	8.866	11.211
Standard Error	1.619	2.047
Mean Difference	15.267	
‘t’	12.799	
p value	0.000	

The above table shows that mean scores on Personal Stress Source at the time of pre-testing is 81.233 and at the time of post testing it was 65.967. The mean difference was found 15.267 and the ‘t’ score was 12.799 which is significant at 0.01 level. It infers that there is significant difference between personal stress scores at the time of pre and post testing of Om meditation. Furthermore, the mean scores shows that there is significant reduction in personal stress. It clearly indicates that there is significant effect of Om meditation in reduction of personal stress of college students.

The mean score is divided by total possible personal stress score and then after multiplication by 100 the mean score is converted into personal stress score which is presented in Table2

**Table 2:** Comparison of Personal Stress (in Percent)

	Pre Test	Post Test
Personal Stress in percentage	77.37	62.83

The personal stress of college students is 77.37 percent at the time of pre-testing of Om meditation Session while it is reduced to 62.83 percent after Om meditation Session. It clearly indicates that there is effect of Om meditation on reducing perception of personal stress of college students.

Om meditation has the profound effect of decreasing the perception of personal source through its impact on consciousness and awareness. By focusing on the repetition of the sacred sound "Om," practitioners expand their awareness beyond the limitations of the individual self. This expansion fosters a sense of connection to something greater, whether it be the universe, divine consciousness, or a collective energy, thereby diminishing the perception of personal source. Moreover, Om meditation facilitates the transcendence of the ego, allowing individuals to let go of attachments to their sense of identity and separateness. As practitioners immerse themselves in the vibration of "Om," they gradually shift from an ego-centric perspective to a more inclusive understanding of reality, where the boundaries between self and other blur. Through experiences of deep meditation, individuals may encounter moments of transcendence, where the boundaries of the self-dissolve, and a sense of boundless awareness emerges. In these transcendent states, the perception of personal source diminishes as individuals connect to a deeper, universal source of existence. Overall, Om meditation offers a pathway to experiencing unity and oneness with the universe, leading to a profound shift in one's understanding of self and reality.

It is important to note that the effectiveness of Om meditation in reducing personal stress may vary from person to person. Some individuals may find it highly beneficial, while others may prefer different meditation techniques or stress

management strategies. It can complement other stress-reducing techniques and healthy lifestyle choices.

**Conclusion**

Om Meditation Training Program offers college students a comprehensive framework for managing stress, fostering mindfulness, and promoting overall well-being. Through the practice of Om meditation, students gain valuable tools for navigating the challenges of academic life while cultivating a balanced and fulfilling college experience. By integrating ancient wisdom with modern scientific understanding, this program empowers students to harness the transformative power of meditation in reducing stress and enhancing their quality of life.

**References**

1. Jain, G. Academic Stress amongst Students: A Review of Literature. *Prestige E-Journal of Management and Research*. 2018;5:58-67.
2. Kalavalli M, Kanniammal C, Mahendra J, Jayakumar M. Effect of Yoga on Perceived Academic Stress among Undergraduate Nursing Students in the Selected Colleges. *Journal of Pharmaceutical Negative Results*. 2022;13:132-135.
3. Kaur S, Kaur AB. Impact of Yoga Therapy on Stress Level among Nursing Students. *International Journal of Health Sciences Research*. 2018;8:42-47.
4. Pundir A, Chauhan A. Positive Effects of ‘AUM’ Chanting on Mental Health Well-Being. *Traditional Medicine*. 2023;4:15.
5. Verma, Bhatt NC. Effects of Om Mantra Chanting on Anxiety Level of Young Adults. *International Research Journal of Modernization in Engineering Technology and Science*. 2022;4:921-928.