

EFFECT OF YOGIC PRACTICES SUPPLEMENTED WITH MANTRA CHANTING ON LONELINESS AMONG CHILDREN FROM DIVIDED FAMILIES

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ABSTRACT

The purpose of the study was to find out the effect of yogic practices supplemented with mantra chanting on loneliness among children from divided families. To achieve the purpose of the study, forty (n=40) children were selected from divided families in Chennai, Tamilnadu state, India. The age of subjects ranged from 12 to 16 years. All of the subjects were informed about the study's purpose and given their permission to participate until the end of the trial and testing period. Praveen Kumar Jha Loneliness questionnaire was used. Experimental group underwent yogic practices supplemented with mantra chanting and control group was not exposed to any specific training and conditioning programme. The experimental treatment was administered for duration of 12 weeks and the number of session per week was confined to three alternative days and each session lasted for 60 minutes. The significant differences between the means of experimental group and control group for the pre-test and post-test scores were determined by paired 't' test and Analysis of co-variance. The level of significance was fixed at 0.05 level of confidence. Loneliness of experimental group showed significant difference when compared to control group. Loneliness of the children was reduced up to significant level for experimental group when compared to control group.

KEYWORDS: Yogic Practices, Mantra Chanting, Loneliness, Children.

INTRODUCTION

The aim of the yogi is to be able to perceive the world in its true light and to accept that truth in its entirety (Swami Devaprasad, 1998). Every society in the world has a religious tradition governed by a set of religious beliefs. It has various well-established methods to remain in the path of spirituality and attain the ultimate goal of life. Out of the various established methods, recitation of *Mantra (japa)* every day or during meditation is believed to improve physical and mental health. The term *Mantra* comes from Sanskrit root words 'man' that means mind and 'tra' means a vehicle, meaning an instrument that takes the mind from the state of activity to silence. Recitation of *Mantra* (repetition of sacred words or phrase) has been a universal practice and considered as a method to slow down the thoughts and attain one-pointed concentration (Jai, 2017).

STATEMENT OF THE PROBLEM

The purpose of the study was to find out the effect of yogic practices supplemented with mantra chanting on loneliness among children from divided families.

HYPOTHESIS

It was hypothesized that there would be significant difference among yogic practices supplemented with mantra chanting on loneliness among children from divided families.

SIGNIFICANCE OF THE STUDY

1. The study may help to provide a systematic approach to yogic practices with comparative advantages of mantra chanting which in turn is useful to assess the improvement in the children from divided families.
2. The study may be useful for children from divided families as yogic practices serves as a guide to demonstrate the importance in the overall development of children.

DELIMITATIONS

1. The study was confined to the 40 children from divided families in Chennai, Tamilnadu.
2. The age group of the subjects ranged from 12 to 16 years only.
3. The study was done for a period of 12 weeks only.

LIMITATIONS

1. No effort was made in order to control the effect of environmental changes during the testing and training period. However, dry weather prevailed mostly.
2. Though the subjects were motivated verbally, no attempt was made to differentiate their motivation level during the testing and training period.

SELECTION OF SUBJECTS

To achieve the purpose of the study, forty (n=40) children were selected from divided families in Chennai, Tamilnadu state, India. The age of subjects ranged from 12 to 16 years. All of the subjects were informed about the study's purpose and given their permission to participate until the end of the trial and testing period.

SELECTION OF VARIABLES

Praveen Kumar Jha Loneliness questionnaire was used.

EXPERIMENTAL DESIGN

Experimental group underwent yogic practices supplemented with mantra chanting and control group was not exposed to any specific training and conditioning programme. The experimental treatment was administered for duration of 12 weeks and the number of session per week was confined to three alternative days and each session lasted 60 minutes.

STATISTICAL TECHNIQUES

The significant differences between the means of experimental group and control group for the pre-test and post-test scores were determined by paired 't' test and Analysis of co-variance. The level of significance was fixed at 0.05 level of confidence.

RESULTS

TABLE – I
THE SUMMARY OF MEAN AND DEPENDENT 't' - TEST FOR THE PRE AND POST TESTS ON LONELINESS OF YOGIC PRACTICES SUPPLEMENTED WITH MANTRA CHANTING AND CONTROL GROUPS

	YPSMCG	CG
Pre-test mean	124.10	127.55
Post-test mean	90.65	124.95

't'-test	14.67*	1.01
Magnitude of Improvement	26.95%	2.03%

* *Significant at .05 level.*

(Loneliness scores in numbers)

(Table value required for significance at .05 level for 't'-test with df 19 is 2.09)

From table I the value of dependent 't' test, on loneliness between the pre and post test means of yogic practices supplemented with mantra chanting group was 14.67. Since the obtained 't'-test value of the experimental group are greater than the table value 2.09 with df 19 at 0.05 level of confidence it is concluded that yogic practices supplemented with mantra chanting group had registered significant improvement on loneliness and in case of control group the obtained 't' value 1.01 is failed to reach the significant level. From the table it is also observed that the magnitude of improvement (MI) of loneliness due to the influence of yogic practices supplemented with mantra chanting group and control group were 26.95% and 2.03% respectively. It indicates that the yogic practices supplemented with mantra chanting had registered better percentage of improvement in loneliness.

TABLE – II
ANALYSIS OF COVARIANCE ON LONELINESS OF YOGIC PRACTICES
SUPPLEMENTED WITH MANTRA CHANTING AND
CONTROL GROUPS

	YPSMCG	CG	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	124.10	127.55	BG	119.025	1	119.02	1.06
			WG	4250.750	38	111.86	
Post Test Mean	90.65	124.94	BG	11764.900	1	11764.90	210.33*
			WG	2125.500	38	55.93	
Adjusted Post Mean	91.04	124.55	BG	10928.158	1	10928.15	212.05*
			WG	1906.767	37	51.53	

* *Significant at .05 level of confidence*

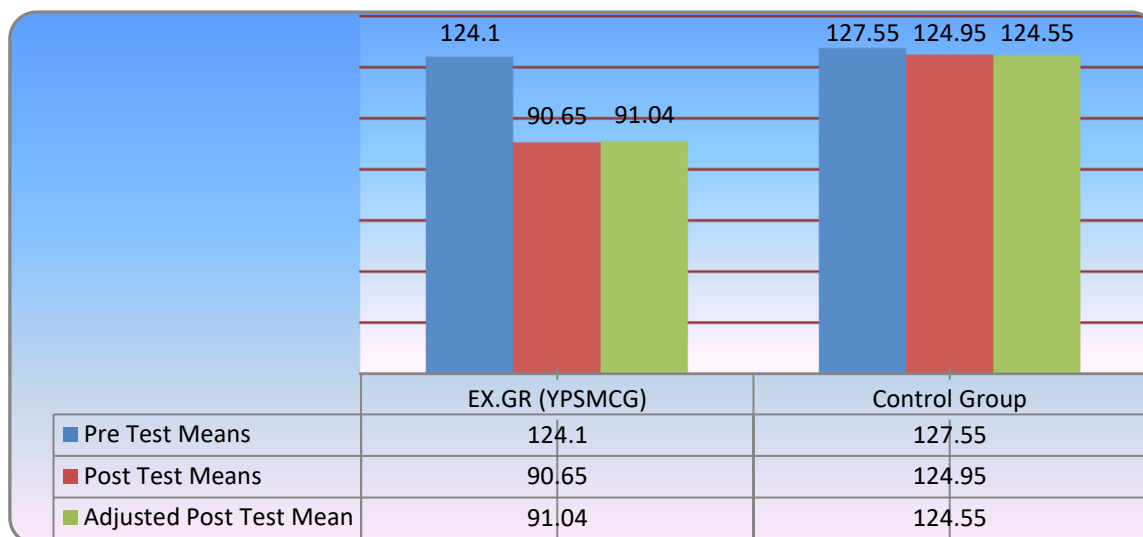
(The table value required for Significant at .05 level with df 1 and 37 is 4.10)

Table II shows that the adjusted post test mean value of loneliness for yogic practices supplemented with mantra chanting group and control group were 91.04 and 124.55 respectively. The obtained F-ratio for the pre-test was 1.06 and the table F-ratio was 4.09. Hence the pre-test mean F-ratio was insignificant at 0.05 level of confidence for the degree of freedom 1 and 38. The obtained F-ratio for the post-test was 210.33 and the table F-ratio was 4.09. Hence the post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 38. The obtained F-ratio of 212.05 for the adjusted post test mean is

more than the table value of 4.10 for df 1 and 37 required for significance at 0.05 level of confidence.

The results of the study indicates that there are significant differences among the adjusted post test means of yogic practices supplemented with mantra chanting group and control group on the development of loneliness.

FIGURE-I
MEAN VALUES OF YOGIC PRACTICES SUPPLEMENTED WITH MANTRA CHANTING AND CONTROL GROUPS ON LONELINESS



CONCLUSION

1. Loneliness of the children from divided family was reduced up to significant level for experimental group when compared to control group due to yogic practices supplemented with mantra chanting.

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