

Effect Of Yogic Practices With And Without AUM Chanting On Depression And Anxiety Parameters Among College Women

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Abstract

The purpose of the study was to find out the effect of yogic practices with and without AUM chanting on Depression and Anxiety among College women. To facilitate the study, 45 subjects were selected at random from Chennai city only. Their age were ranged between 17-23 years old. They were assigned into three groups with fifteen subjects each (n=15). Experimental Group - I underwent yogic practices with AUM chanting, Experimental Group II underwent yogic practices without AUM chanting and Group III served as a control group. All the subjects were evaluated on the scale of Depression and Anxiety level prior to the study and immediately after the 12 weeks program. The initial and final scores obtained using the Beck's Depression Inventory on depression and Beck's Anxiety Inventory on anxiety were put into statistical analysis using Analysis of Covariance (ANCOVA) to find out the significant mean differences. It was concluded that yogic practices with and without AUM chanting significantly had impacted the Depression and Anxiety among the College women. Moreover yogic practices with AUM chanting significantly influenced better than the yogic practices without AUM chanting on Depression and Anxiety among the College women

Keywords: *Yogic Practices, AUM chanting, Depression and Anxiety.*

Introduction

Yoga is the science of right living and as such is intended to be incorporated in daily life. It works on all aspects of the person, the physical, vital, mental, emotional, psychic and

spiritual. Yoga aims at bringing the different bodily functions into perfect coordination so that they work for the good of the whole body (**Swami Satyananda Saraswati, 2013**). The word 'Yoga' is derived from the Sanskrit root 'yuj' which means to bind, join, attach and yoke, to direct and concentrate the attention in order to use it for meditation. Yoga, therefore, is the art which brings an incoherent and scattered mind to a reflective and coherent state. It is the communion of the human soul with Divinity (**B.K.S. Iyengar, 1993**). Yogasanas should be made aware of the basic philosophy underlying these disciplines. There is an in-built resilience in the way our body functions to various and varying environments, both natural and human. One of the five things necessary to keep an automobile in good condition is cooling the engine when it gets hot. The same principle applied to the human body also. When man is inflamed with anger, there is a desire to strike the person who caused the anger, and all the muscles are ready to act. In order to regulate and balance the work of the body and mind, it is necessary to learn to economize the energy produced by our body, which is the main purpose of learning how to relax (**Swami Vishnu Devananda, 1988**).

Depression

Depression is an illness marked by feelings of sadness, worthlessness, or hopelessness, as well as problems concentrating and remembering details.

Anxiety

The term anxiety refers to feelings of worry, nervousness, apprehension, or fear commonly experienced by people when faced with something they view as challenging - a test, speaking in public, performing in public, a job interview, divorce, lay off, or any number of other stress-inducing events.

Psychological factors affecting the college women

Depression and anxiety are prevalent problems in colleges across the country. Universities and colleges also have seen an increase in students seeking services for anxiety disorders. Before adolescence, depression is rare and occurs at about the same rate in girls and boys. However, with the onset of puberty, a girl's risk of developing depression increases dramatically to twice that of boys. Some experts believe that the increased chance of

depression in women may be related to changes in hormone levels that occur throughout a woman's life. A lack of sleep, poor eating habits, and not enough exercise are a recipe for depression among college students.

Methodology

The purpose of the study was to find out the effects of yogic practices with and without AUM chanting on depression and anxiety parameters among college women. To facilitate the study, 45 subjects were selected at random from Chennai city only. Their age were ranged between 17-23 years old. They were assigned into three groups, each of 15 subjects, as yoga with AUM chanting group, yoga without AUM chanting group, and the control group. All the subjects were evaluated prior to and immediately after the 12 weeks treatment in progression to depression and anxiety among college women. The initial and final scores obtained from the Beck's depression on Depression and Beck's Anxiety Inventory on Anxiety were put in to statistical analysis using Analysis of Covariance (ANCOVA) to find out the significant mean differences. Moreover yogic practices with AUM chanting significantly influenced better than the yogic practices without AUM chanting on Depression and Anxiety among the college women.

Table - 1: Yogic Practices with AUM Training Schedule

S.NO	Name of the Practices	4 to 8 weeks (40 min)	5 to 8 weeks (50 min)	9 to 12 weeks (60 min)
1	Loosening Exercise	05min	05 min	05 min
2	Asanas	20min	25 min	30 min
3	AUM chanting	10 min	15 min	20 min
4	Savasana	05min	05 min	05 min

Table - 2: Yogic Practices without AUM Training Schedule

S.NO	Name of the Practices	1 to 4 weeks (40 min)	5 to 8 weeks (50 min)	9 to 12 weeks (60 min)
1	Loosening Exercise	10min	10 min	10 min
2	Asanas	20min	30 min	40 min
4	Savasana	10 min	10 min	10 min

Results and discussions

The statistical analysis comparing the initial and the final means of depression and anxiety of yogic practices with AUM chanting group and the yogic practices without AUM chanting group and the control group were presented below.

Table - 3: Computation of Analysis of Covariance of Depression and Anxiety

Test	Yogic Practices with AUM chanting Group	Yogic Practices without AUM chanting Group	Control Group	S O V	df	SS	MS	‘F’ ratio
Depression								
Pre	22.33	22.53	22.13	B	2	1.2	0.6	0.19
				W	42	134.8	3.21	
Post	5.6	13.93	22.73	B	2	2202.18	1101.09	186.88
				W	42	247.47	5.89	
Adjusted	5.6	13.79	22.88	B	2	2234.95	1117.48	255.95
				W	41	179.00	4.37	
Anxiety								
Pre	27.47	27.27	28.53	B	2	13.91	6.96	0.57
				W	42	514.4	12.25	
Post	13.13	22.73	29.47	B	2	2021.38	1010.69	82.84
				W	42	512.4	12.2	
Adjusted	13.34	23.09	28.90	B	2	1831.76	915.88	154.66
				W	41	242.80	5.92	

**Significant at .05 level of confidence*

(The table value required for significance at .05 level of confidence for 2 and 42 (df) =3.21, 2 and 41 (df) =3.22.).

As shown in Table 3, the obtained pre test means on Depression and anxiety of the yogic practices with AUM chanting group was 22.33 and 27.47, the yogic practices without AUM chanting group was 22.53 and 27.27 and the control group was 22.13 and 28.53 respectively. The obtained pre test 'F' value was 0.19 and 0.57 and the required table 'F' value was 3.21 to be significant at 0.05 levels, which proved that there were no significant differences among initial scores of the subjects.

The obtained post test means on Depression and anxiety of the yogic practices with AUM chanting group was 5.6 and 13.13, the yogic practices without AUM chanting group was 13.93 and 22.73 and the control group was 22.73 and 29.47 respectively. The obtained post test 'F' value was 186.88 and 82.84 and the required table 'F' value was 3.21 at 0.05 levels, which proved that there were significant differences among post test scores of the subjects.

Taking into consideration of the pre test means and post test means, the adjusted post test means were determined and the analysis of covariance was done. The obtained 'F' value 255.95 and 154.66 which were greater than the required 'F' value of 3.22 at 0.05 levels, and hence it was accepted that there were significant differences among the experimental groups.

Since the significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's Confidence Interval test. The results were presented in below Table IV.

Table 4

Yogic Practices with AUM chanting Group	Yogic Practices without AUM chanting Group	Control Group	Mean Difference	CI
Depression				
5.6	13.79		-8.19	1.94
5.6		22.88	17.28	
	13.79	22.88	9.09	
Anxiety				
13.34	23.09		-9.74	2.26
13.34		28.90	15.56	
	23.09	28.90	5.82	

The post hoc analysis of the obtained ordered adjusted means proved that there were significant differences existed between the yogic practices with AUM chanting group and the control group on depression and anxiety (MD: 17.28 & 15.56). There were significant differences between the yogic practices without AUM chanting group and the control group on depression and anxiety (MD: 9.09 & 5.82). There were significant differences between the yogic practices with AUM chanting group and the yogic practices without AUM chanting group on depression and anxiety (MD: -8.19 & -9.74).

Discussions on findings on depression

The results presented in Table - 3 proved that the obtained 'F' value on the pre test scores was lower than the required 'F' value and the improvement were not significant. The obtained 'F' value on adjusted mean value was 255.95 which was greater than the required 'F' value to be significant at 0.05 levels. Hence, it was proved that 12-weeks treatment through yogic practices with AUM chanting group and yogic practices without AUM chanting group significantly altered the College women on depression level. Since there was significant results obtained post hoc analysis was done and it was found that yogic practices with AUM chanting group and yogic practices without AUM chanting group significantly

had decrease on depression than the control group. And also result of the study found that the yogic practice with AUM chanting group was better than yogic practices without AUM chanting group in reducing the depression level.

Javnbakht, M., Hejazi Kenari, R., and Ghasemi, M., (2009), conducted a study on the “Effects of yoga on depression and anxiety of women”. Yoga has often been perceived as a method of stress management tool that can assist in alleviating depression and anxiety disorders. This study sought to evaluate the influence of yoga in relieving symptoms of depression and anxiety in women who were referred to a yoga clinic. The study involved a convenience sample of women who were referred to a yoga clinic from July 2006 to July 2007. All new cases were evaluated on admission using a personal information questionnaire well as Beck and Spielberger tests. Participants were randomly assigned into an experimental and a control group. The experimental group (n=34) participated in twice weekly yoga classes of 90 min duration for two months. The control group (n=31) was assigned to a waiting list and did not receive yoga. Both groups were evaluated again after the two-month study period. The average prevalence of depression in the experimental group pre and post Yoga intervention was 12.82 ± 7.9 and 10.79 ± 6.04 respectively, a statistically insignificant decrease ($p=0.13$). However, when the experimental group was compared to the control group, women who participated in yoga classes showed a significant decrease in state anxiety ($p=0.03$) and trait anxiety ($p<0.001$). Participation in a two-month yoga class can lead to significant reduction in perceived levels of anxiety in women who suffer from anxiety disorders. This study suggests that yoga can be considered as a complementary therapy or an alternative method for medical therapy in the treatment of anxiety disorders.

The same was done by **Manjula Suri, Namita Saini and Shipra Gupta (2016),** investigated the “Exploring the Physiological Effects of Yoga: A State of the Art Review”. The objective of this study is to review the results of selected articles regarding the physiological effects of Yoga and Diet counseling. According to B.K.S. Iyengar, yoga is an ancient Indian science which includes all aspects of one's being, from health to self-realization. Yoga is self-management of life, which includes changes in diet, mental attitude and the practice of specific techniques such as yoga asanas (postures), breathing practices (pranayamas), meditation, to attain the highest level of consciousness. There is an increase in scientific research on yoga, but we do find very few reviews regarding yogic practices and diet counseling in health and disease. Keeping this in mind, review of relevant articles was

done to evaluate the physiological effects of yogic practices and diet counseling. Review found that there were considerable health benefits, including improved sleep pattern, cognition, body mass index, reproductive health, respiration, blood pressure, joint disorders, diabetes and recovery from and treatment of addiction. It reduced stress, anxiety, depression, chronic pain, cardiovascular and cancer risk. Yoga also influenced overall well-being, quality of life, autonomic function and immunity. Therefore Yoga and Diet counseling is a novel emerging clinical discipline of mind-body medicine which is increasingly used worldwide under alternative medicine.

Discussions on findings on anxiety

The results presented in Table-III proved that the obtained 'F' value on the pre test scores was less than the required 'F' value and the improvement were not significant. The obtained 'F' Value on adjusted mean value was 154.66 which was greater than the required 'F' value to be significant at 0.05 levels. Hence, it was proved that 12 weeks treatment through yogic practices with AUM chanting group and yogic practices without AUM chanting group significantly altered college women anxiety level. Since there was significant results obtained post hoc analysis was done and it was found that yogic practices with AUM chanting group and yogic practices without AUM chanting group significantly had improvements on anxiety than the control group.

The improvements between the yogic practices with AUM chanting and yogic practices without AUM chanting, it was found that yogic practices with AUM chanting group was better than yogic practices without AUM chanting group in decreasing the anxiety level.

Research has shown the vast mental and physical health benefits associated with yoga. **Chung et al., (2012)** conducted a study of Meditation treatment was associated with significant improvements in quality of life, anxiety reduction, and blood pressure control. At baseline, the meditation group had higher quality of life ($p < 0.001$) than control. The research concluded that there was an improvement due to meditation in quality of life, anxiety reduction, and blood pressure control and **Narendra Singh & Sanjay Singh (2016)**, conducted a study on the effect of yoga practices on the level of anxiety among college students. The study was much focused onto determine the to find the intensity of yoga practice in minutes and the duration of yoga experience in months, which would relate with

the level of anxiety and health among college students. The results suggested that the duration of yoga practice in months decreases the level of anxiety.

Conclusions

The purpose of the study was to find out the effects of yogic practices with and without AUM chanting on Depression and Anxiety among college women. It was concluded that yogic practices with and without AUM chanting significantly had impacted on Depression and anxiety than the control group among the college women. But the more influential group which impacted Depression and anxiety among the college women is the group which practiced yogic practices with AUM chanting group.

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