



IMPACT OF OM- CHANTING ON SELF-ESTEEM A CAUSE OF SUICIDAL IDEATION

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1. Introduction

1.1 Om- chanting

Om chanting is the continuous chanting of om – mantra with the attention on high and low pitch. The energy associate with om is the unmanifest god principle. The unmanifest energy of God is the same energy used to create a lot the entire. Manifest universe as a result lot of energy is generated when one chants Om. Om is comprised of 3 sounds: Ah, Oooooh, Mmmmmm.

OM: Om is considering the monarch of all mantra. All beejmantras and all mantra originated from it. Its representative of the supreme god principle (parabralman). Om is the most prominent symbol of Hinduism. The om symbol signifies divinity and the oneness of all the creative of God. Om present the never ending brahman, where all form of life exists. A: represent the creator, U: represent the preserver, M: represent the destructor. Ann pizer may 25, (2006) “Om is very simple chant with the complex meaning. Often chanted 3 times at the start and finish of a yoga session, om is the whole universe closed in to a single sound.” Bhagvad Geeta by vibrating the sacred syllable om, the supreme combination of letter, if one thing of the ultimate personality of God head and quiets his body, he will certainly reach the highest state of ‘stateless’ eternity.

Power of om chanting: when one chant om, he creates with in oneself a vibration that attunes sympathy with the cosmic vibration and he start thinking universally. The momentary silence between each chant become payable. mind more beautiful the opposites of sound and silence unity. The single thought ‘OM’ is sated, there is no other thought. This is the state of trance, where the mind and intellect are transcended as the individual self-merge with the infinite self. Dr.leser lasario dedicated his 25 years of study to effect of vocal vibration in human body and his work concluded with an absolute scientific rigor , that of vowels during exhales cause a vibratory auto massage of internal organs. These vibration reaches the deepest tissues and nervous cell.

Om chanting produce effect direct effect in mind and body. Om makes its way in to minds intercepting the flow of thoughts.

1.2 Self-esteem

Self-esteem definitely embraces a crucial place in psychology, often considered a basis of emotional well-being and personal growth. Stemming from the Greek word for "reverence for self," it sums up an individual's overall assessment of their own worth and value. It's not just a short-lived emotion but rather an important aspect of one's personality, shaping attitudes and behaviours across several life domains. As part of the broader concept of self-concept, self-esteem plays a pivotal role in how individuals remark themselves and

interact with the world around them. It isn't static; instead, it evolves over time, influenced by understandings, relationships, and social contexts.

The development of self-esteem can be traced back to early childhood, with significant ties to the parent-child relationship, particularly with the mother during the developmental years. Positive experiences and nurturing interactions during this period lay the groundwork for a healthy sense of self-esteem, which continues to evolve throughout life.

In modern society, self-esteem is often addressed as a remedy for many challenges individuals face, from mental health issues to social integration. However, it's important to note that while high self-esteem can bring abundant benefits, an overly inflated sense of self-worth can also lead to problems such as self-admiration or a lack of empathy. Branden's (1969) self-esteem as a basic human need, it makes an essential contribution to the life process, is indispensable normal and healthy life and develop a value of survival.

Therefore, understanding and nurturing healthy self-esteem is a crucial aspect of personal growth and psychological well-being.

High self-esteem: high self-esteem means confident, happy, high motivated and have a right attitude to succeed.

Low self-esteem: low self-esteem means poor self-image, feed negative thinking and cause to believe in criticism by others.

2. Review of literature

Kalyani, B. G. et.al;(2011) this study was following the practice of Om-chanting six month finding shows level of systolic and diastolic pressure, pulse rate, depression, anxiety and stress are significantly reduced. MMSE scores enhanced significantly. Inbaraj, G., et.al;(2022) The finding showed that an interim chanting of OM (5 min) might improve parasympathetic nervous system movement and indorse relaxation and influence calmness. Naidu, K. L. et.al;(2014) this finding shows valuable impact of Om-chanting on memory. Pandey, N. et.al;(2023) this recent neuro-scientific investigation signifying- spiritual practices have constructive effects on brain operational; tenets of ancient system have re-emerged & evidencing helpful in numerous ways.

3. Research methodology

3.1. Objective of the study

To find the outcome of om-chanting on self-esteem.

3.2 Variable of the study

3.3 Dependent variable

Self-esteem: self-esteem is often addressed as a remedy for many challenges

3.4. Independent variable

Om- chanting: Om is very simple chant with the multifaceted meaning.

3.5. The procedure of om chanting is as follow:

Participants was selected then inform them about my work. Pre-test has been filled by the participants. The practice of 25 mint om-chanting was done on the daily biases. This practice was continuous repeat near about two months. After two-month post-test was done.

3.6. Hypothesis

Directional hypothesis was formulated. The hypothesis is as follow:

H₁ : Om- chanting significantly increase the level of self-esteem.

3.7. Sampling Method

Quota sampling method was used to select the sample. The current study is conducting the total number of samples 30 with the age group 15-19 year.

3.8. Tools

Name of test – self-esteem inventory

Made by - M.S Prasad and J.P Thakur (1977)

(Psychology Department, University of Bihar, Muzaffarpur, Bihar)

Item number-30

Reliability - 0.82 and 0.78

Out of the thirty items, seventeen are socially desirable and thirteen are socially undesirable. The items which are socially desirable would get 7 scores if answered completely true and 1 if answered completely false. Other intermediate answers would get scores accordingly. The socially desirable items would be scored in the opposite manner, i.e., the completely false point would get seven scores and completely true would get one score.

4. Statistical Analysis and Result

The statistical analysis was done through the t- test method. Finding shows om-chanting significantly increased the level of self-esteem.

4.1. Result Table

Table No:4.1

	Mean	S. D	r	S.E.d	t-test	Level of significance
Pre-test	127.70	10.40	1.8	1.70	3.84	0.01
Post-test	130	12.50				

5. Discussion and interpretation

The finding shows there is effect of om-chanting on self-esteem. The statistical analysis of pre and post scores outcome is that there is positive effect of om- chanting on self-esteem. Significant of level of study is 0.01 which shows that directional hypothesis Om-chanting significantly increase the level of self-esteem is accepted. Few finding also support the result

Of study. Gambhir (2016) Om-chanting show positive impact on physical, mental and emotional health. Acharya Vishwas (2020) Om chanting helps to improve the concentration, memory, self-esteem and risk-taking ability.

Outcome of finding shows that purity concentration of mind affects the self-confidence of individuals. Besides this person will be get the success in their life and improve the quality of his/ her own life.

The finding in the favour of society. Practice of Om chanting can be creating happiness and harmony in the life. low self-esteem is also increased. Furthermore, strong self-esteem develops the sense of satisfaction.

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