



A STUDY OF EFFECT OF RECITATION OF OM ON THE MENTAL FATIGUE OF THE STUDENT TEACHERS

Sangita Shirode, Ph. D.

Associate Professor, S.N.D.T. College of Education, Pune



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Introduction:

In the yoga 'Om' recitation is an important activity. The vibrations due to Om recitation increases the efficiency of cells and the concerned organs.

Om word includes pronunciation of A, U, & M together. The first pronunciation A creates the vibrations, which affect on the spinal cord to increase its efficiency. The second pronunciation U creates the vibrations in the throat and affects the Thyroid Glands, while the last pronunciation M, brings the vibrations to the brain, thereby activating the brain centre, as a result of which, the efficiency and function of a brain increases. Therefore, the effect of Om chanting increases the concentration, memory, receiving power of brain and ultimately decreases the level of fatigue.

Researcher of this study is a teacher educator in the S.N.D.T. College of Education for Women's, Karve Road, Pune. She found that many times during teaching academic sessions and performing practical work her student-teachers, as they are female, are very pale, tired very early,. Some of them are house wives also and they have to take care of their family members, to do the household activities and also to attend the college regularly and to complete all activities within the scheduled time. But while doing all these activities there is a lot of stress on them, they found disturbed physically and mentally too.

Researcher read and experienced herself the power of meditation, particularly the chanting of Om. The Om or Aum is very simple but powerful Mantra, it harmonizes the physical forces with the emotional forces with the intellectual forces. When this happens, a person feels like a complete being - mentally and physically.

So she decided to implement the chanting of Om on her students to strengthen physical, mental and intellectual capacity of student teachers.

To assess the effect of recitation of Omkara, to strengthen the physical and mental capacity, she chose following topic for her study.

Statement of the Problem:

To study the effect of recitation of OM on the mental fatigue of the student teachers of the S.N.D.T. College of Education, Pune

Objectives of the Study:

1. To arrange proper training of recitation of OM for student teachers.
2. To see the impact of recitation of OM on the mental fatigue of the student teacher.

- **Methodology:**

a. Research Method: Experimental

b. Design: Pretest posttest single group design is selected for the study.

c. Sample: 34 female student teachers from the S.N.D. T. College of Education for women, Karve Road, Pune, batch 2012-13, are included in the experiment as a sample of the experiment.

d. Data Collection tool: Psychological experiment of mental fatigue. This experiment is already included in the B.Ed. curriculum as a practical work.

- **Discussion:**

Psychological experiment related to mental fatigue was conducted on 24th of August 2012 as a pre test. Then the proper and scientific training of recitation of Omkara was given to the student teachers. Researcher asked to chant AUM/OM according to following manner.

Systematic Method of Chanting OM/Aum:

The OM is to be chanted in a most comfortable posture.

The OM is to be chanted during exhalation after deep inhalation. The OM is composed of two vowels A,U & one alphabet M. The total timing of 10 seconds for chanting of one AUM is divided as follows:

A - 2 seconds

u - 3 seconds

M - 5 seconds

A - Is to be pronounced for 2 seconds with open lips

U - Is to be pronounced for 3 seconds while partially closing the lips.

M - Is to be pronounced for 5 seconds while lips completely closed.

Complete 1 repetition of AUM is as follows.

1. Deep inhalation in 5 seconds.

2. Exhaling pronounce A for 2 seconds with lips open.
3. Exhaling pronounce U for 3 seconds with lips partially closed.
4. Exhaling pronounce M for 5 seconds with lips completely closed.

This complete repetition takes 15 seconds and it can be repeated for as many times as you want. You may find it difficult to inhale in 5 seconds and exhale in 10 seconds initially, so you have to adjust the timing as per your capacity in the beginning. But keep in mind that you have to achieve the ideal timings. If you follow the instructions given in the practice session, you'll be able to chant AUM/Om properly and get all the benefits of AUM/Om.

Posted by Dr. Aparna S. Pattewar at 8:27 PM

Labels: Power of OM/AUM chanting

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In this training researcher herself showed them how to chant Omkara. She purposely made her students to hear a recorded cassette of Chanting of Omkara and asked to recite according to that. She decided to take three repetitions. She asked to follow chanting on holidays at their homes also.

Researcher read that there are many schools of thought on the methods of chanting. But she also read that a Mantra chanted correctly or incorrectly, knowingly or unknowingly, carefully or carelessly, is sure to bear the desired result for physical and mental well being. She also read that the glory of Mantra chanting cannot be established through reasoning and intellect. It can be experienced or realized only through devotion, faith and constant repetition of the Mantra. So she asked her students to chant OM with full devotion and faith.

Researcher had taken daily practice of OM chanting in the Paripath. As this process is very slow and requires lot of patience and unfailing faith she decided to continue her study throughout a year but decided to assess impact after each two months.

Same psychological experiment was implemented again as a post test. Post test was conducted on 27th October 2012.

Procedure of Experiment:

To see the impact of chanting of Omkara researcher chose the psychological experiment related to Mental Fatigue from B.Ed. syllabus as a pre and post test. Researcher compared the mental work done by students in each minute during pre and posttest. Students had to complete 15 minutes mental work continuously. Work completed in one minute is recorded with particular sign.

For testing the mental fatigue researcher applied simple arithmetic calculation test. She provided a number sheet and asked to do the group of first four numbers. Asked to multiply first number by second number. Instead of taking whole answer consider only units place of that multiplication. Multiply unit's place number and third place number from the group. Then again take unit place number of previous multiplication, multiply unit's place number and fourth place number from the group and write the unit's place number in front of fourth number. This completes one multiplication. In this way students have to do multiplication continuously till 15 minutes. After each minute experimenter rang the bell, Students have to make remark after each minute's work. One multiplication is completed after writing unit's place number in front of fourth number from the group. Then neglect first number from the group of previous group and made group of next four numbers and process goes continuously. Multiplication (work) completed in a minute is counted as a single work. Procedure of one multiplication is given further. It was complicated mental process.

Procedure of one Multiplication			
2	}	Multiply first number by second number from the group of four	$2*8=16$
8		Multiply unit's place number and third place number	$6*7=42$
7	}	} Multiply unit's place number and fourth place number from the group	$2*9=18$
9			
4 --- 6	}	} Neglect first no. Make group of next four nos. from the group. Continue the procedure	
6----2			Count the No.of multiplications in one min. In case of zero consider one at unit's place

After pre and post test data was analyzed.

Analysis of data :

Researcher counted number of work done by each student in each minute. She compared the work done by each student in pre and post test. Also she counted error done by each student in pre and post test. Also asked to share their experiences while performing experiment at both times. With the help of that researcher done qualitative and quantitative analysis.

Quantitative analysis:

After data analysis it is found that work done by student teacher in the post test in each minute is more than previous one. Also mistakes are less in the post test. Following table shows total work of 15 minutes done by each student in pre test and post test.

No .	Name of the student	Work done in Test in 15 minutes		No.	Name of the student	Work done in Test in 15 minutes	
		Pre	Post			Pre	Post
1	Kulkarni Sayli	63	79	18	Malgave H.	13	66
2	Pathak Pratima	45	48	19	Naik Roshani	44	96
3	Thorat Ashwini	49	73	20	Deogoji Archana	93	129
4	Sahastrabudhhe Dipali	45	55	21	Gaikwad Manisha	55	74
5	Pawar Kanchan	24	78	22	Gunjal Sonal	76	107
6	Bharne Shilpa	37	83	23	Karde Pallavi	66	100
7	Sangolkar Varsha	66	81	24	Chopade Shital	31	34
8	Panmand Swati	86	122	25	Dimbale Sarika	37	50
9	Kadam Sandhya	89	140	26	Mali Chhaya	38	84
10	Bhalerao Archana	62	84	27	Bardeo Rupali	47	135
11	Bharmal Sangita	41	108	28	Jadhav Shital	38	71
12	Patil Nilam	67	99	29	Bairagi Sapana	43	58
13	. Kumthekar A	53	94	30	Honrao Dipti	43	92
14	Shelar Harshada	60	63	31	Ghane Hirabai	43	74
15	Yadav Lata	67	103	32	Nale Shital	46	74
16	Jadhav Kavita	78	83	33	Bagrao Pradnya	43	112
17	Sapkale Jyoti	56	68	34	Dashpute Sujata	46	105

Qualitative Analysis :

For qualitative analysis researcher asked following questions to the student teachers.

1. What do you feel while performing experiment at second time?
2. What is the speed of your work?
3. How many mistakes committed by you at the first time and second time?
4. Share the experiences while performing experiments on both times.
5. Which time do you feel mentally tired ? At the time of Pre test or post test?

All 34 students replied the above questions . While performing first time most of the student teachers replied that they

- Felt tired .
- Found work was very tedious.
- Could not able to concentrate on work
- Committed lot of mistakes due to lack of concentration.
- Done less work
- Mental fatigue was found.

While performing experiment at the second time student teachers

- Felt enthusiastic,
- Felt fresh.
- Could be able to concentrate
- Accuracy occurred due to concentration.
- Speed of work has increased
- Occurred very few mistakes.
- Felt to continue more and more work
- Do not found mental fatigue.
- **Conclusion :**

From this experiment it is concluded that recitation of Omkara affects on mental fatigue. Recitation of Omkara helps everyone to increase efficiency during complicated mental processes.

- **Recommendations :**

1. Om chanting causes a very calm effect, which relaxes our mind and body. It is easy and the first stage of meditation, which aims at drawing our attention away from all other tensions that have occupied our mind. So every learner should chant Om every day.
2. In school learners have to perform various and complex mental processes, they feel tired quickly so to increase mental efficiency of each learner everyone has to chant Om everyday.
3. In schools during daily assembly (Paripath,), *Om chanting* should be included as a prime activity.

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