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“A STUDY OF THE EFFECT OF AADITYA-HRIDAYA STOTRAM ON ANXIETY AND SELF-CONFIDENCE OF COLLEGE GOING STUDENTS”

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Abstract:

The purpose of the study was to find out the Effect of Aaditya-Hridaya Stotram on Anxiety and Self-confidence of College Going Students”. 30 subjects were taken for this study. The subject was taken from DSVV, Shantikunja, Hardwar. A sample for this study have selected by accidental sampling. Who were available easily was chosen in present study. In these study girls students were taken all were undergraduate and their age group ranging between 17-21 years.

On the basis of the research design I samples have chosen which acts as the experimental group for pre-post test design. The experts used questionnaires of SCAT (Sinha Comprehensive Anxiety Test) Constructed by A.K.P.Sinha (Patna) & L.N.K. Sinha (Patna) in 1995 and ASCI (Agnihitri's Self-Confidence Inventory) Constructed by Rekha Agnihotri (Meerut). Statistical analysis of the present study was used T-test. After showing the result of this project work we may conclude that Adityahridayastotra (Surya Mantra) play a significant role in decreasing anxiety level and improving self confidence. This practice is done by the students. The regular practice shows a significant difference in anxiety level and level of self confidence.

KEY WORDS:

Aaditya-Hridaya Stotram, Anxiety, Self Confidence.

INTRODUCTION

Today on one side we see the technological excellences and related comfort and on other side we see the technological hazards created by this growth. Due to developing technology modern life become so competitive that it has no any ends. Every body wants to become superior to others. Feeling of failure creates fear in them. It is more endemic to the student community. They are losing their self confidence due to which they are unable to achieve their goal.

Self confidence has been found to account for a greater proportion of variance in performance than Anxiety. “(Hardy, 1996). This suggests that the most powerful quality that any person possesses is a high level of self confidence which may act as a protective factor from anxiety.” (Thirmoorthi, C.2005).

Today most of the people suffering from anxiety and stress and has become a common problem of modern progressive affluent society. Anxiety is one of the greatest problems disturbing most human beings. The disease like heart problem, high blood pressure, ulcer, colitis etc the causes of these psychosomatic diseases is anxiety and stress. Due to these people loss their self confidence.

Several researches shows that the relationships between self confidence and anxiety. “According to Weinberg and Gould by negative expectations and concerns about one's ability to perform and therefore, the individual has a negative self-confidence of their performance.”

(Thirmoorthi, C.2005).

To free from these problems there is only a one remedy i.e. spiritual means Mantra, Japa, Meditation, Prayer and Yogic Practices is most effective.

Mantra chanting or Japa is affirmed by the sages a powerful mechanism for intensifying the willpower and self –determination, self –expression. It can thus be regarded as a procedure for strengthening self- control and Psychological improvement along with the development of vigorous and virtuous personality . That is why I have chosen to see the Effect of Aaditya-Hridaya Stotram on Anxiety and Self-confidence of College Going Students”

METHODOLOGY

30 subjects were taken for this study. The subject was taken from DSVV, Shantikunja, Hardwar. A sample for this study have selected by accidental sampling. Who were available easily was chosen in present study. In these study girls students were taken all were undergraduate and their age group ranging between 17-21 years.

On the basis of the research design I samples have chosen which acts as the experimental group for pre-post test design. The experts used questionnaires of SCAT (Sinha Comprehensive Anxiety Test)Constructed by A.K.P.Sinha (Patna) & L.N.K. Sinha (Patna) in 1995 and ASCI (Agnihitri's Self-Confidence Inventory)Constructed by Rekha Agnihotri (Meerut).Statistical analysis of the present study was used T-test.

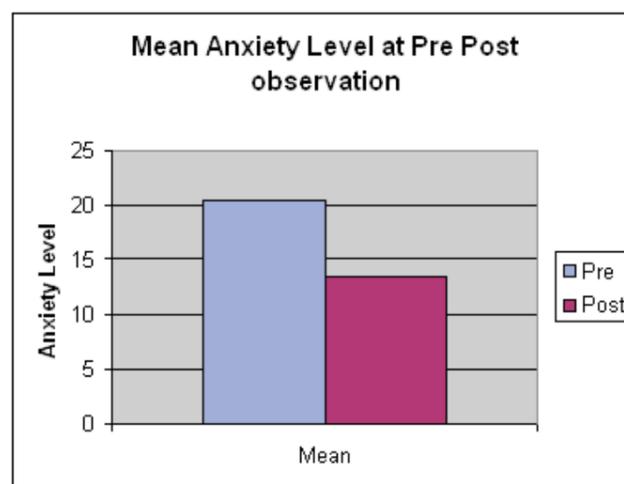
RESULTS AND DISCUSSION

Result table-1

Observation	Mean	N	SD	SED	r	t-Value	Level of significance
Pre	20.53	30	7.09	2.03	0.11	3.51	0.01
Post	13.4	30	4.47				

To be significant the difference for 29df at 0.01 level of significant. The required t- value = 2.756. As the obtained t- value is 3.51. It shows that difference is significant at 0.01 levels. Thus the null hypothesis has been rejected & this study shows statistically significant effect.

Graph--1

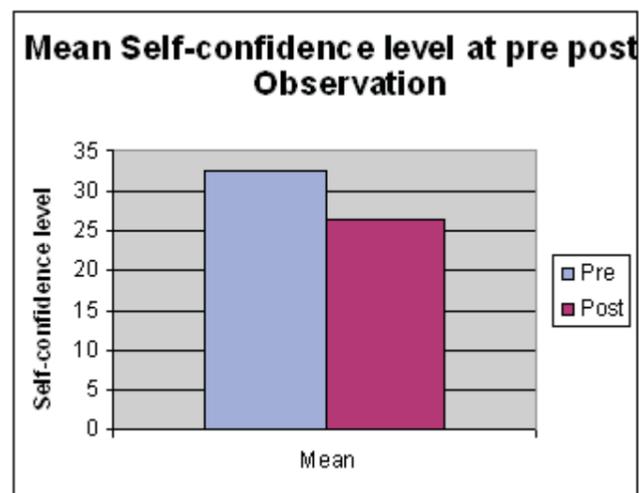


Result table 2

Observation	Mean	N	SD	SED	r	t-Value	Level of significance
Pre	32.5	30	7.50	1.14	0.56	5.38	0.01
Post	26.36	30	5.012				

To be significant the difference for 29df at 0.01 level of significant. The required t value 2.756. As the obtained t- value is 5.38. It shows that the difference is significance at 0.01 level. Thus the null hypothesis has been rejected & this study shows statistically significant effect.

Graph- 2



In the present study “The effect of Aaditya Hridya Stotram on Self confidence and Anxiety” level of college going students have significant effect. Statistically it is found that the level of Anxiety has significant difference among college going students. In the Anxiety test scoring pattern indicate that there is a high score mean Anxiety is high and low score means low Anxiety. Subject obtained high mean score 20.53 in Pre test and 13.4 mean score is Post test. First hypothesis has been rejected at 0.01 level. That shows more difference in the level of Anxiety among college going students. Graph-I shows clearly the Anxiety level. Through the Graph we can easily understand Subjects low score mean that they have low Anxiety.

In second table shows that the level of self confidence has significant difference among the college going students. In it the self confidence inventory scoring pattern indicates that if there is less score mean self confidence is high and high score mean indicate self confidence is low. Subjects obtained high mean score 32.5 in the Pre test and 26.35 in the post test. Second hypothesis has been rejected at 0.01 levels. That shows more difference in the level of self confidence among college going students. Through the Graph we can easily understand that student's low score mean that they are highly confident.

Thus the result shows a statistically significant indicate that the regular practice of Aaditya Hridaya (Surya Mantra) is effective in the reduction of Anxiety and improvement of self confidence.

CONCLUSIONS

After showing the result of this project work we may conclude that Adityahridayastotra (Surya Mantra) play a significant role in decreasing anxiety level and improving self confidence. This practice is done by the students. The regular practice shows a significant difference in anxiety level and level of self confidence. But we can't say that this practice also shows significant result on old age people or extremely

high anxious people and depressed peoples. We know that the flow of thoughts in our brain is on going process. Due to anxiety and stress, we are wasted our energy. But when we concentrate on any point, gradually we start experiencing peace of mind and there after we start getting rid of unwanted thoughts. It helps us in building our confidence, memory and mental health.

One thing that the regular practice of Aditya Hridaya Stotra (Surya Mantra) and repetition of positive and courageous thoughts inspire the person to do some thing in his life. Many physical and psychological changes occur due to continue recitation of mantra. Over all we can say that Aditya Hridaya Stotra (Surya Mantra) increases self confidence, remove disruptive thoughts and eliminate anxiety and increases physical, psychological and spiritual health.

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