



## The Study of the Efficacy of One Month A-U-M Chanting on Stress and Anxiety for Working Professionals

**Divya Gireesh\* and Rashmi A Bapat**

*Department of Women's Health, India*

**\*Corresponding Author:** Divya Gireesh, Department of Women's Health, India.

**DOI:** 10.31080/ASWH.2024.06.0605

**Received:** January 29, 2024

**Published:** July 24, 2024

© All rights are reserved by **Divya Gireesh and Rashmi A Bapat**.

### Abstract

This study is aimed to investigate effects of A-U-M chanting on perceived stress, state anxiety and trait anxiety on a sample of working professionals. The study employed a pretest-posttest design with a control group. Participants were divided into two group (Intervention and Control group) based on convenience sampling. The intervention group were engaged in one month A-U-M chanting intervention whereas the participants from control group followed daily regular routine. Measurements of perceived stress, state anxiety and trait anxiety were measured before and after the intervention period for both intervention and control group. The findings revealed a significant reduction in perceived stress, trait anxiety and state anxiety in the intervention group compared to the control group. These results suggest that A-U-M chanting can be an effective practice for stress and anxiety reduction in working professionals.

**Keywords:** A-U-M Chanting; Stress; Anxiety; Mantra Chanting; Working Professionals

### Introduction

According to the GOQii India Fit Report 22-23's Stress and Mental Health Study conducted among 10,000+ Indians, the current workplace environment and financial instability have become the top two major factors affecting stress levels among Indians. The COVID-19 pandemic is also a reason for increased psychological stress. Studies shows that there would be immense short-term and long-term impact of the continuing COVID-19 pandemic on mental health of people [12]. In a review of COVID-19 and its effects on mental health reported that 'symptoms of anxiety and depression (16-28 %) and self-reported stress (8 %) are common psychological reactions to the pandemic' [10].

Mental health issues are on the rise globally, with depression, anxiety and stress levels increasing among people in different age groups [8]. Anxiety is the deadly silent killer affecting one and all, young or old, and rich or poor [4].

The practice of chanting "OM" (AUM) is a traditional way and can be beneficial in many complications like it can relieve from Depression, Anxiety, Stress, Psychiatric Disorders, Psychosomatic Disorder, Hypothyroidism and it is helpful to build Cognition, Social Cohesion, Memory Enhancement, in Improved Lung function-

ing [9]. AUM is mantra or vibration, it's both a sound and a symbol rich in meaning and depth and when pronounced correctly it is actually AUM, is a sacred sound of the divine. It is a mysterious expression of the infinity, timelessness, eternity and wisdom [6].

The present study was planned to evaluate the effects of one month A-U-M chanting intervention on perceived stress, trait anxiety and state anxiety of working professionals. The research questions addressed in this study were as follows:

- Does participation in one month A-U-M chanting intervention lead to reduction in perceived stress among working professionals?
- Does participation in one month A-U-M chanting intervention lead to reduction in state and trait anxiety among working professionals?

### Method

#### Participants

60 people who are working in various organizations from neighbouring community enrolled for the study by providing pre assessment tests. They were divided into intervention group (n = 30) and control group (n = 30).

Procedure

Participants in the intervention group attended 30-minute session for 30 days continuously. The intervention consists of loosen-

ing exercises (neck exercises, shoulder rotation, elbow exercises, wrist rotation, ankle movements); pranayama (Nadisuddhi); A-U-M chanting (108 times). Participants in the control group followed their daily regular routine.

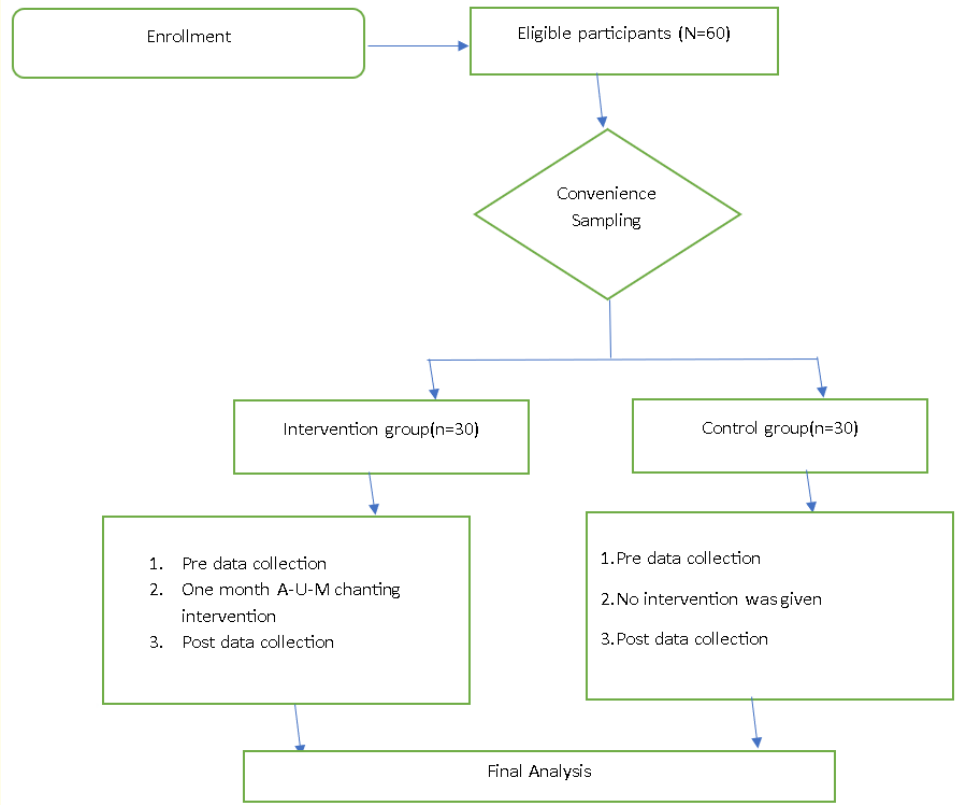


Figure 1

Measures

Cohen’s perceived stress scale (PSS)

Perceived Stress Scale was developed by Cohen., *et al.* (Cohen, Kamarch and Mermelstein, 1983) is a popular tool for measuring psychological stress. Widely used to assess stress levels in young people and adults aged 12 and above. The Perceived Stress Scale (PSS-10) is a 10-item questionnaire. It is a self-reported questionnaire that was designed to measure the degree to which situations in one’s life are appraised as stressful. It evaluates the degree to which an individual has perceived life as unpredictable, uncontrollable and overloading over the previous month. The scale also includes a number of direct queries about current levels of experienced stress.

State trait anxiety inventory (STAI)

The STAI was developed by psychologists Charles Spielberger, R. L. Gorsuch and R. E. Lushene. STAI is a psychological inventory consisting of 40 self report items on 4- point Likert scale. The STAI measures two types of anxiety- State anxiety and Trait anxiety. The goal in creating the inventory was to create a set of questions that could be applied towards differentiating between the temporary condition of ‘state anxiety’ and more general and long-standing quality of ‘trait anxiety’.

Data analysis

Data were analysed using Microsoft Excel 2019. Independent sample t-test was conducted to compare the pretest scores between the intervention and control group. Independent sample t-test was conducted to compare the post-test scores between the intervention and control group. Paired sample t-tests were conducted to examine the changes in perceived stress, trait anxiety and state anxiety within each group.

Results

Preliminary analysis revealed no significant differences between the intervention and control groups in terms of demographic characteristics or pretest scores on the outcome measures. The results of the paired sample t-test showed a significant reduction in perceived stress (p = 0. 0095), trait anxiety (p = 0. 0028) and state anxiety (p = 0.0026) among participants in the yoga intervention group.

Furthermore, the results of the independent sample t-test indicated that the post-test scores on perceived stress (p = 0. 001) and state anxiety (p = 0. 015) were significantly reduced in the intervention group compared to the control group. However, no significant change in trait anxiety (p = 0. 295) was observed.

	Intervention Group				Control Group				Between group	
Perceived Stress Scale	Before	After	P-Value	% change	Before	After	P-Value	% change	P-Value (Before)	P-Value (After)
	22.9 ± 1.77	21.3 ± 3.13	0.0095	6.99	23.37 ± 2.11	23.83 ± 2.46	0.124	-1.2	0.357	0.001

Table 1

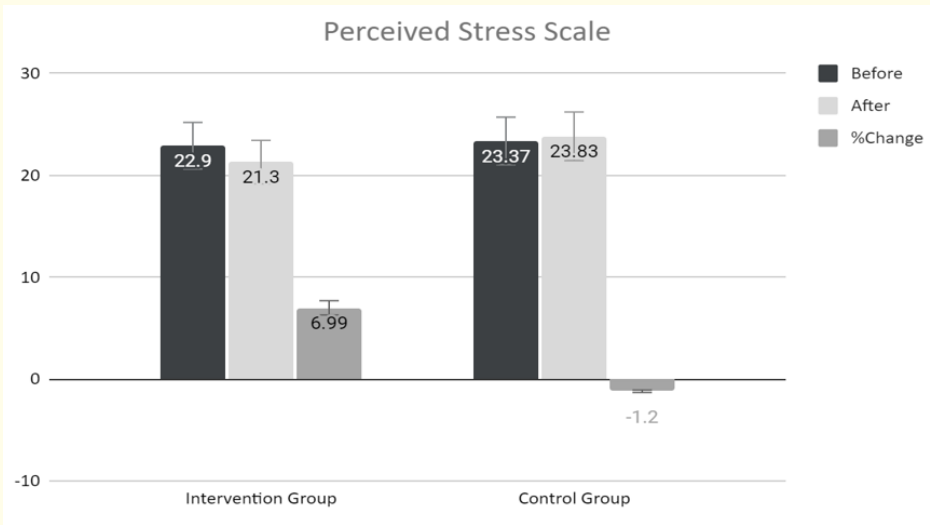


Figure 2

	Intervention Group				Control Group				Between group	
State Trait Anxiety Inventory-Trait (STAI-T)	Before	After	P-Value	% change	Before	After	P-Value	% change	P-value (Before)	P-value (After)
	48.33 ± 7.32	46.37 ± 7.31	0.0028	4.07	47.57 ± 5.83	48.17 ± 5.8	0.125	-1.26	0.655	0.295

Table 2

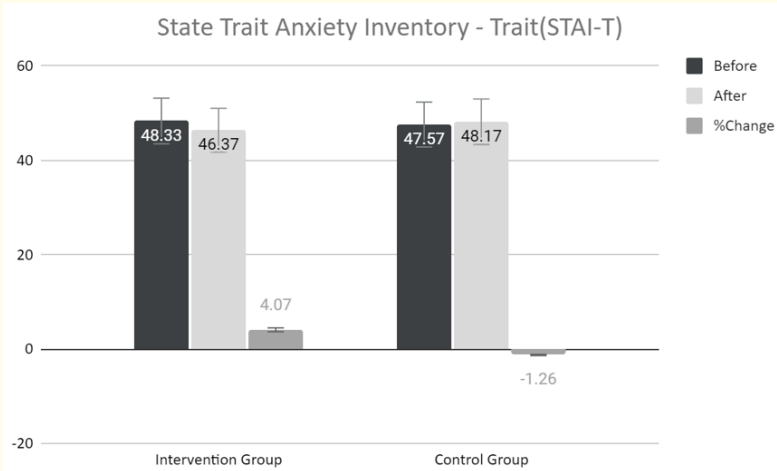


Figure 3

	Intervention Group				Control Group				Between group	
State Trait Anxiety Inventory- State (STAI-S)	Before	After	P-Value	% change	Before	After	P-Value	% change	P-value (Before)	P-value (After)
	46.3 ± 6.5	44.27 ± 6.5	0.0026	4.39	47.67 ± 5.95	48.33 ± 6.13	0.089	-1.4	0.399	0.015

Table 3

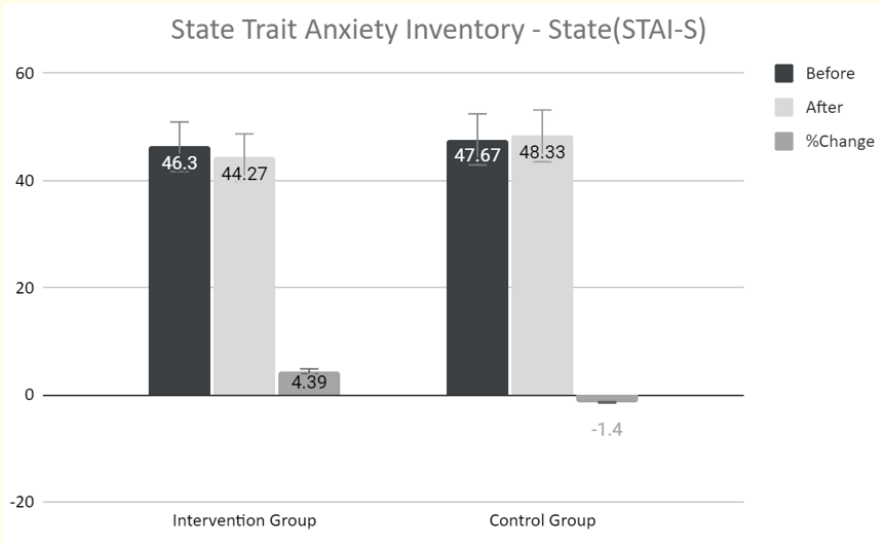


Figure 4

Discussion

This study was to examine whether the intervention of A-U-M chanting is effective in reducing the perceived stress, state and trait anxiety in working professionals. The following questionnaires were used. Perceived Stress Scale (PSS) for perceived stress, State Trait Anxiety Inventory-Trait (STAI-T) for trait anxiety and State Trait Anxiety Inventory – State (STAI-S) for state anxiety to observe the changes.

In this study, AUM chanting has a positive impact on perceived stress of professionals as it was reduced in intervention group from pre to post after intervention but perceived stress of control group not reduced from pre to post over the same time. Various studies found aligned with our study where AUM chanting showed significant reduction in stress of corporate executives [13], asymptomatic COVID-19 patients [1] or elderly women with hypertension [7].

This study also shows A-U-M chanting has a positive impact on trait anxiety of professionals as it was reduced in intervention group from pre to post after intervention but trait anxiety of control group not reduced from pre to post over the same time.

Also, A-U-M chanting has a positive impact on state anxiety of professionals as it was reduced in intervention group from pre to post after intervention but state anxiety of control group not reduced from pre to post over the same time.

Various studies found aligned with our study where AUM chanting showed significant reduction in anxiety [2,11].

This study showed a positive result among working professionals regarding their perceived stress, trait anxiety and state anxiety. As we found in the ancient literature review, by repeating AUM one can gain a direct experience of consciousness beyond time

and space and attain freedom from ignorance, false identification, attachment, aversion, and fear of death. Three sounds A-U-M are identical with the three states of waking, dreaming and sleeping. The fourth aspect is the soundless aspect of AUM. It is not utterable and is not comprehended through the senses or by the mind. It is the silence. With the cessation of all phenomena, even of bliss, this soundless aspect becomes known. The neurohemodynamic correlates of AUM chanting indicate limbic deactivation [5]. As we go on chanting AUM chanting the mind becomes calm. When the mind becomes calm, the body relaxes, and the breath becomes even soother and slower. Within minutes your mind and body become begin to relax, negative thoughts wipe away that heals a person with more energy, strength and focus. The electrical activity presents throughout the body and is a by-product of the activity within every living cell changes. It is all due to biofeedback. Concentrating on AUM chanting and continuously doing it slowly shifts our attention. AUM chanting is a brain stabilizer, by practicing it one can enter deeper and deeper into the own natural state, which is also an energy medicine for human being under stress. Various problems have been faced by the humans due to their professional activities. Meditation is essential for human beings to come out of these problems. AUM is a spiritual mantra, important to obtain peace and calm. The entire mental pressure has been taken away by chanting AUM mantra. Consciousness has been improved by the repetition of AUM mantra [3].

Conclusion

In conclusion the A-U-M chanting project has explored the profound impact. Through in-depth research and participant engagement, it proves that A-U-M chanting is very safe and feasible practice for working professionals to reduce stress and anxiety. As we conclude this endeavour the vibrations of A-U-M continues to resonate, fostering a sense of harmony and interconnectedness in the participants.

Bibliography

1. Archana R. "Effect of OM chanting on management of stress and quality of life in COVID-19 patients". *Global Literature on Novel Corona Virus-2019* (2021).
2. Bapat RA., et al. "The effect of one month yoga intervention on perceived stress and anxiety in pregnant women". *Journal of Women's Health Issues Care* 5 (2016): 4.
3. Bhatele M and Solanki PS. "Effect of OM carol on certain diseases: A survey". *International Journal of Modern Engineering and Management Research* 7.3 (2019): 20-24.
4. Dev K. "The effect of OM chanting on anxiety of adolescents". *International Journal of Creative Research Thoughts (IJCRT)* 1 (2013): 1-7
5. Kalyani BG., et al. "Neurohemodynamic correlates of 'OM' chanting: A pilot functional magnetic resonance imaging study". *International Journal of Yoga* 4.1 (2011): 3-6.
6. Metri K., et al. "Pre-post study of efficacy of AUM chanting on insomnia in elderly urban female population of Thane city". *International Journal of Women's Health Care and Gynecology* 2.1 (2020): 114.
7. Mishra A. "Sound healing for well-being: OM chanting's effect on mental health and cognition in elderly women with hypertension". *International Journal of Anatomy and Physiology* 4.7 (2023): 01-06.
8. Pundir A and Chauhan A. "Positive effects of AUM chanting on mental health well- being". *Traditional Medicine* 4.2 (2023): 15.
9. Rajput JM and Girase JM. "A comprehensive review on chanting of sacred sound OM (AUM) as a healing practice". *International Journal of Pharmaceutical Research and Applications* 7.2 (2022): 1748-1753.
10. Rajkumar RP. "Covid-19 and mental health: A review of the existing literature". *Asian Journal of psychiatry* 52 (2020).
11. Rankhambe HB and Pande S. "Effect of AUM chanting on anxiety in bus drivers". *National Journal of Physiology, Pharmacy and Pharmacology* 10.12 (2020): 1138-1141.
12. Tandon R. "Covid-19 and mental health: Preserving humanity, maintaining sanity and promoting health". *Asian Journal of psychiatry* 51 (2020).
13. Zala S and Maheshwari V. "Effectiveness of yoga intervention to reduce perceived stress among corporate executives". *Global Journal of Social Sciences* 5.2 (2020): 1-5.