IMPACT OF MANOMAY KOSH SADHANA ON ADOLESCENTS' MENTAL HEALTH

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ABSTRACT

The present study aims to present the effect of manomaya kosh-sadhana given by pt. Shiram Sharma Acharya (founder of all World Gayatri Pariwar) on adolescents' mental health. Meditation, tratak, jap and tanmatra sadhana are part of manomaya kosh-sadhana. The sample consisted of 30 adolescents (male, which are from High Socio Economic status) and age range from 13-19 yrs studied in Swami Satyamitrananda Giri higher secondary school, Haripur Kalan Dist. Dehradune, Uttarakhand. Quota Sampling has been used to collect the sample. Pre-post research design has been used in this study. The practice time was 30 minutes in the morning and the duration of the practice was 90 days (except Sunday and Holidays). After 90 days again the post test has been taken for the experimental group. The result of t-test revealed that the manomaya kosh-sadhana has significant effect at .01 level on mental health of the adolescents. With this study we can conclude that Manomaya kosh sadhana is significantly effective for mental health of adolescents.

KEYWORDS: Manomaya Kosh-Sadhana, Mental Health.

INTRODUCTION

Adolescence is a developmental phase during which several of the mental health disorders of adulthood appear. The monitoring studies conducted during this phase offer a good opportunity to gain a thorough understanding of the development of various mental disorders. Recent longitudinal studies points to complex changes in its organization & function. Jennifer (2008) studied at the University of California-San Francisco analyzed data from a sample of 10,817 participants in the National Longitudinal Study of Adolescent Health. The data included an initial survey in 1995 (mean age of 15.8 years) and follow up survey 7 years later (mean age of 21.5 years). Among individuals suffering from depressive symptoms, young adults reported significantly lower rates of counseling use than adolescents. Overall, 4 percent of young adults reported foregoing mental health care in the past year, despite self-reported mental health needs. Yogi c discipline is an excellent aid in such an education for its attempts to remedy the defects and to cultivate the good in oneself. It brings
discipline into the life of the adolescents, at the level of the physical, mental and spiritual and makes one aware of one's strength as well as of one's weakness.

Yoga means union and the system of yoga unites the spiritual, mental and physical training systems. Yoga is a dynamic, internal experience, which integrates the body, the mind with the self. Yoga is regarded as a science, as well as, a method that allows man to live a harmonious life with spiritual progress.

Through yoga, it is possible to achieve the joining of the lower human nature to the higher spiritual self in such a manner so as to allow the higher self to direct the lower, or union with the self. The mind is strong enough to influence the body in every possible way. Physical exercise alone cannot produce the expected results unless supported by mental discipline. It is not possible to build up a good health, a strong nervous system and the proper functioning of endocrine glands, if the mind is allowed to wander in any direction it likes.

The yogic practices played supreme role in the maintenance of mental health and efficiency has been known to mankind for many centuries. In the modern day, it becomes necessary for us to examine whether our great Science of yoga can in any way help the individuals suffering from different problems of emotional, social and other aspects of behavior (Ramamurthi, 1989). A study by Telles (1995) and Iyengr (1997) argues that integrated yoga practices viz. meditation, pranayama, physical posture and cleaning practices are the most effective in bringing about improvement in attention, concentration and relaxation. They also reported the positive effect on cognitive performance with significant increase in intelligence and memory span (Vani et al., 1997) also reported the same findings.

Yoga offers a great help in improving one's attention and concentration, which ultimately helps in better academic achievements. A study by Ganguly, Bera, and Gharote (2003) shows the positive effect of yoga training programs on the scholastic achievement of the adolescents. They suggested the inclusion of yoga training in the school curriculum; these researchers emphasized the importance of yoga in physical fitness and the academic achievement of the school boys through their findings. Anand, (2003), Ghosh, (2003), Raghuraj, and Telles, (2004) and Bhushan, (2004) found in their studies that depth perception, mental health and physical fitness of the school children significantly improved through yogic practices which eventually contributed to their academic performance.

The package of manomaya kosh sadhana is given by Acharya (1998) who was patron founder of all World Gayatri Pariwar. It is a group of yoga practices which can enhance mental
health, all practices of this sadhana like tratak, jap, mediation and tanmatra sadhana are different yoga practices.

Meditation increases will power, therefore meditation preceded by self-knowledge and it is capable of bestowing total relaxation of all mental tensions, since it helps of perception with regard to the nature of being which is responsible for all the stress and conflict in and around us.

Tratak (TK) is one of the six cleaning processes (Kriyas) mentioned in Hathayoga, Swami Digambarji (2001). Vecente (1984) has studied a total of three month yoga training including tratak on emotion and heart-rhythm. He included Kriyas in his stimulus with a thought that they activate some sensitive areas which are related to ANS.

Mental health refers to the overall well-being of an individual. It is about the balance of the social, physical, spiritual and emotional aspects of life. Mental health generally refers to individual’s thoughts, feelings and actions, particularly when faced with life’s challenges and stresses. World Health organization explains good mental health as is not just the absence of mental health problems. Mental health refers to the full and harmonious functioning of the total personality which gives satisfaction and a sense of fulfilment (Butcher, Carson, Mineka, 2006). According to Nietzel (1998) mental disorders as disturbances of an individual’s behavioral or psychological functioning that are not culturally accepted and that lead to psychological distress, behavior disability and impaired overall functioning.

The Positive feelings and thoughts involved in meditation and etc. yogic practices help the individual to activate or evolve out positive emotions. When intensity of these emotions increase, it directly affects the mental health. Therefore in present study researcher decided to observe the effect of manomaya kosh sadhana on the adolescents' mental health.

**Objectives of the Study:**
To find the impact of manomaya kosh sadhana on the mental health of adolescents.

**Null Hypotheses:** The null hypothesis has been made for the study:
There is no significant difference between practicing group and non practicing group of manomaya kosh sadhana and mental health of the adolescents.

**Variables:**
- **Independent Variable:** Manomaya kosh sadhana (meditation, tratak, jap, tanmatra sadhana)
- **Dependent Variable:** Mental health
Material & Methods:

Research Design: For the present research Pre-Post experimental design was adopted and for sampling, Quota sampling had been used. Total 30 adolescents selected of age 13-19 yrs (male, which are from High Socio Economic status) from Swami satyamitrananda Giri higher secondary school Haripur kalan distt. Deharadun, Uttarakhand. Before starting the practice pre test has been taken for all the subjects. After 90 days of completing the practice again the post test has been taken. To assess the impact of manomaya kosh sadhana on the adolescents' mental health and leadership capacity, Mental Health Battery by A.K. Singh and Alpana Sen Gupta had been applied.

Duration and procedure of the intervention:
The total time of practice was thirty minute in the morning from 7:00 to 7:30 am. Practice starts first with Tratak for two min. The technique of tratak essentially consists of placing of a lighted candle with a steady flame at a distance of 1 meter from the eyes of the subject and at the level of the eyes. The subject was asked to sit in Padmasana and gaze at the flame without blinking the eyes, till tears rolled down the cheeks and immediately after Tratak, Gayatri Mantra Jap for 10 min. and then Roop Tanmatra sadhana for 05 min. in which the practitioner has to thoroughly look at the selected object that is image of Gayatri and try to visualize the image with closed eyes, thereafter meditation for 13 min. had been practiced. The technique of meditaion was performed on the basis of the guideline by pt. Shriram Sharma Acharya. During which person meditates on any God or Guru with the feelings that person enlightened all body with divine light. In meditation both mind and body becomes enlightened with the divinity.

Statistical Analysis:
- t- Test has been used to analysis the data.

Results and Discussion:
Hypothesis - There is no significant difference between practicing group and non practicing group of manomaya kosh sadhana and mental health of the adolescents.
Hypothesis has been rejected at the 0.01 level of significance. This proves the effectiveness of manomaya kosh sadhana on adolescents' mental health.

It is clear that yogic practices of Manomaya kosh sadhana has significant effect on adolescents' mental health because all practices are related to mental activity. Trigant (1953) has stated that steady gaze decreases Central Nervous System (CNS) and Autonomic Nervous system (ANS) activity mainly because of diminution in proprioceptive feedback to the reticular activating system and hence there may be cessation, of imaginal conceptual activity. Gore (2008) found that psychological parameters such as Emotional stability, pleasant-unpleasant feeling and degree of relaxation were studied before and immediately after Tratak. The physiological parameters such as EEG (Alpha), Heart Rate (HR), Respiration Rate (RR), Finger Pulse Volume (PTG), Galvanic Skin Resistance (GSR) were studied before, during and immediately after Tratak. It was observed that the degree of relaxation, the emotional balance and a feeling of pleasantness was increased after Tratak. A shift of autonomic balance from sympathetic to parasympathetic predominance was indicated by the changes in HR, RR, GSR and PTG during and after Tratak respectively. Just like this enhance the concentration through the Roop Tanmatra sadhana.
Actually meditation helps the person to think positively for his life which proves helpful for better Psychological functioning. Instructions in meditation help the person to reconstruct their psyche. This is a type of Cognitive restructuring. This “Cognitive restructuring” is helpful in reducing negative, moody, anxious, tense and depressive feelings.

Physiologically meditation slows down the activity of sympathetic nervous system which helps to increase E.E.G. (Electro encephalogram) and G.S.R. (Desiraju, 1989), Udupa (2000). It indirectly increases mental health and reduces stress. Scientific research has shown that meditation has improving sleep, increasing blood flow to brain making it as a smarter better memory.

According to Gharote (1982) the effect of meditation on personality variables, have shown that the practice is accompanied by decreases in neuroticism, depression, anxiety and irritability and increases in internal self control, self actualization and happiness. Janowiak, (1993) reported that practitioner of meditation gained increased emotional stability. Gaur et.al (2003) revealed that who practiced the preksha meditation for 25 days increased their ego strength, confidence self assurance, spontaneity & they became emotionally more stable, calm, and were able to face their reality and reduced their jealousy etc. All the results indicate that manomaya kosh sadhana leads to a mental relaxation and a pleasant state of mind.

**Findings and Conclusion**

The finding of these study is Manomaya kosh sadhana is significantly effective for mental health of adolescents. So it conclude that if one will practice the Manomaya kosh sadhana then there would be significant improvement of positive feeling, positive attitude, and self-confidence which improves the mental health. So the present study provides some more scientific evidence for Yogic package for the adolescents.

**References**

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