



# A Study on the Effect of combined Mantra Chant & Pranayama Practices at the level of Self Confidence in Widow Women of rural regions

**Prerna**

Researcher, S.G.R.R.U., Dehradun Uttarakhand, India.

Email: rawatmahi990@gmail.com

**Abstract:** In 21<sup>st</sup> century what we called modern-techno and advance era, where technology, information and development becoming a most important part of human life. These all facilities are available like 24/7 for urban areas but what about the rural areas where still all people are depends on the natural sources and lived with a limited things. They face many struggles, problems and unawareness things. For livelihood most of the people turn on their agriculture & cattle farms. Poverty, uneducated, lack of sources, unhealthy and others factors make them backward and unwholesome as compare to urban and despite especially; women are suffered more than other. It's seems the countryside where women tolerate everything since Childhood. From born to death women cannot live with freedom to own thoughts, own culture, own society, own family, even their own life in rural areas and some cases if unfortunately after marriage they become widow that's mean now their life are totally hell, why? For these all issues main root was found that is lack of self confidence. This study aims to explore the effect of mantra chant and pranayama of widow women's confidence where 30 women conducted (15 experimental and 15 control group) for sample. Their age was between 30 to 40 years. For one month of pranayama and mantra chant session was oversee under the researcher. After the intervention it is found that the result and conclusion was significant and positive.

**Key Words:** Self-Confidence, Pranayama, Mantra Chant and Widow Women.

## 1. INTRODUCTION:

Many international events, conference, development and so on research projects works and talks on women's issues and declared about them security, rights and many perspective things but still women are not secure in own thoughts. Behind that the reason is mentality. In urban areas women are equal to men in every field, but in rural areas women are treated like serve and nothing. They don't have any right to live with equality. Since Childhood being a daughter, being a sister they work for their family and after marriage being a daughter in law, being a wife, being a mother she work for everyone even for a society because they depend on someone. Physically, mentally, socially, and emotionally they endure everything without their permission. Gradually they become habitual and set their mind that it is the base of life. For whole life they live with limitations, restrictions, and dependency. The main thing is that they are capable for every single thing but the surrounded area, family environment and upbringings make them back just because of lack of confidence. Therefore, in little one especially for girls should make a well and powerful own confidence.

## 2. NEED TO CHOOSE THIS TOPIC:

In previous research study researcher found a big difference between the life of married and widow women. (Prerna, 2022). During the data collection and after analysis almost all widow women were suffering insecurity and their confidence level was very low. One day at that place which was chosen for the research study where was conducted a night programme that is called Ramleela. Happen is what there I saw law of segregation and second thing for sitting chairs are available to men and women are sitting in the ground, after that women are participating in a large way as compare and chairs seat are almost vacant but still women have not that confidence they use chair for sitting. That time I decided to choose this topic for study where a combination of pranayama and mantra chant was selected as a therapy



or can say as a medication because in a physical way they are nearly perfect and fine so just easy going things were included for 30 day's session.

### 2.1.. SELF CONFIDENCE:

Self Confidence is a priceless and classic quality of human being. It creates your overall Holistic Health, your life's purpose and realization, without confidence a person feel like burden on earth. According to Leib Lazarow- "*a person who has good confidence in themselves can gain the confidence of others*". In this world a person can achieve anything with the help of certain confidence. It is a situational not an absolute. It has different level to get bring off any situations. Self confidence is a primary addition of life because when the basic foundation will be strong then the whole building will be captured all area. The tag line of self confidence is "*I can do it, I've an ability to do that or this*".

Dr Albert Bandura, is a research psychologist first who used the term "*self-confidence*" from self efficacy. Generally, it is a kind of predictor to perform the people's task and finding. Self confidence generates a positive attitude towards oneself to others. It is a power, trust and skills to face the responsibilities of life. A confident person know very well that how to deal with situation, when to control or how to understand. It designs concentrate, energetic and development for all essential perceptions. Sometimes people have everything but still confused and worried about own-self just because of low confidence. Low confidence produced people depressive, hopeless, negative and unhappiness beyond the life because it's live with unrealistic and fear to face failure while well and good confidence build-up again and again realistic of success which hidden behind the failure.

### 2.2. A FLICK OF RURAL WIDOW WOMEN:

Abusing, poverty, unhygienic, violence, uneducated, sex-discrimination, misbehaviour, poor nutrient, unawareness and dependency these all are the root factor with that surrounded Girls upbringing in their family. NCRB 2002, report says every year 5 to 9 percent increment happen in women violence. In rural area the status of women is not effectually admitted. India is largest in population in world where 135crore people lived. From that 65% lives in rural and total 48% constitute of women. They play main role for their family:

- For economic condition and transformation they play catalytic role, 30.03% of rural women are involve in economic activities.
- For social they play their role as a worker.
- Financially they engaged in agriculture.
- For family they birth a child after that no nutrient, no hygienic and no health care provide them.
- In rural 33% women are comes under the below poverty line which shows their overall development.
- NFHS- 3<sup>rd</sup> round's report declared that 37.2% women are suffer from violence which main cause is lack of education. In childhood they are untouched to study while the boys were taking their education and behind the reason is lack of confidence.
- If some women are went to school for higher education but in the mid they dropped why? Just because of family violence and other.
- In rural area traditional and by ancient decided parameters like age, social class, gender, status and lifestyle creates many unwanted issues. For example: age for marriage, caste, family background, social involvement etc...
- UN human development report (1996) said- in India's rural area nearly 65% women are illiterate, from that 24% are on labour work.

### 2.3. MANTRA CHANT:

In our Vedic culture the 'Mantra Vijnana' developed by the Rishi who had endowed with the universe communication. Mantra Vijnana is a science of cosmic power of sound. The rhythm, amplitude, intensity, accent and mode of pronounce create endless waving and positive energy. Based on scientifically research it is measure that mantra chant sound carried out from outer to inner world means towards the peace. Their origin from Vedas where every mantra has meaning and aware to human's chakras. The long term regular vibrations of mantra japa generate all comic energy to your subtle body and consciousness. When a group sounds together in a way the sublime vibration generate eternal sound of whole body towards universe that is mean universe is like a soul which we feel all comes from the vibes of universe. The spiritual sadhanas, nada sadhanas, vedic mantra, chanting and many secrets sounds are hidden by the nature which we can feel in the initial stages of meditation. All the branches of mantra chant and sadhana related to yoga with deep realization.



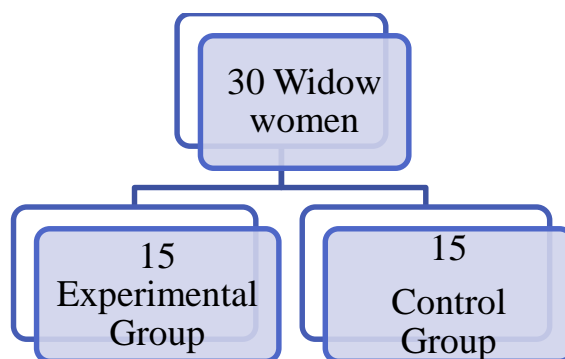
#### 2.4. PRANAYAMA:

It is the normal practice of breathing taking. In Sanskrit “prana” means energy of life and “yama” means control. So the meaning of pranayama is how to control your breathing techniques. In Patanjali Yoga Sutra said- “*Tasmin sati shvasa prashvayoh gati vichhedah pranayamah*”. (2.49). *To regulates the breathing so as it make slow, calm and subtle.*

In daily routine people has so much burden of work and all due to this stressor, depressor, tensions and other physical aspects can relate our physical body which create obstacles to whole health. Without any neglecting it is depend our breathing system gradually which become more shallow and stilted. After this habit we reduce the flow of prana and breath. Today we are forgetting that how breathe and that is the root cause of all life’s disorders. Pranayama (the way that we think, move, act, or breathe) is the cure for all problems.

#### 3. RESEARCH METHODOLOGY:

**3.1. SAMPLE:** 30 widow women were selected from block Gairsain-Chamoli, Uttarakhand whose age ranged between 30 to 40 years with the help of survey method for the sample of this study. They were divided into two groups, one is experimental (15) and another is control group (15).



#### 3.2. SELECTION OF VARIABLES:

Dependent variable: Mantra Chant and Pranayama

Independent variable: Self confidence

Control variable: Age between 30 to 40 years and Widow Women.

#### 3.3. TOOL OF THE STUDY::

For the measure of dependent variable on widow women used ASCI developed by Dr. Rekha Agnihotri. 56 questions are mention in this scale for measuring self confidence in the Hindi language with the answer of ‘yes’ and ‘no’.

#### 3.4. INTERVENTION:

S. no	Combined (Mantra Japa & Pranayama)	Timing
1.	Om Chanting	5min
2.	Gayatri Mantra Chanting	5min
3.	Patanjali Yoga Mantra Chanting	5min
4.	Anulom-Vilom Pranayama	10min
5.	Bhramri Pranayama	10min
6.	Ujjayi Pranayama	5min

#### 4. STATISTICAL ANALYSIS:

Group	N	Pre (mean±sd)	Post (mean ±sd)	Lower value	Upper Value	t-value	df	Level of sign
Experimental	15	67.68±3.36	52.96±5.11	10.617	13.823	12.464	14	>0.005
Control	15	70.28±5.18	69.12±5.29	0.912	2.408	1.226	14	



\*\* (Result observed at 0.005 level of significance) exp. t value is 12.464 and cont. t-value is 1.226; there is a Significant change at 0.005 levels in the self-confidence of widow women subjects. Difference between experimental and control group's t-value shows that result was significant at the level of 0.005.

## 5. DISCUSSION AND CONCLUSION:

The practices of mantra chant and pranayama is the basic root for result. Many previous studies showed that the effect of yoga and meditation gives positive result. It can be discussed on the base of self confidence in widow women that:-

- Mantra chant is the super and easy going weapon was used by women and they felt very conclusiveness and productive for their own life.
- Sharma, K and Ranjan, R in 2017 was present the women's insecurity and inferiority level.
- Purna in 2022 compared between married and widow's self confidence.
- Sunita, S found in their study that Bhramri pranayama decreases the level of stress among female.
- Rastogi, M and Kishore, K in 2015 concluded that Bhramri pranayama increase level of self confidence.
- Muralirajan, K explored in their research that pranayama and meditation grow up the self confidence in players. (2019).

Research suggest that long term intervention of mantra chanting and practices of pranayama makes you more active, hopefulness and positive towards your life's perception. Side by side being a human it is your responsibility to make & achieve your holistic health as well as your goal.

## REFERENCES:

1. Agnihotri, R. (1987). Manual For Agnihotri's Self-Confidence Inventory (ASCI). Agra: National Psychological Corporation.
2. International Institute for Population Sciences. 1998-99. National Family Health Survey (NFHS-3) India.
3. Mishra, J. 2000. Women and Human Rights. Chapter5. Kalpaz Publications, New Delhi.
4. Muralirajan. K & Priya, T. (2019). Effect Of Combined Pranayama and Meditation Practices on Self Confidence Among Hockey Players. Indian Journal of Applied Research. Volume-9 | Issue-11.
5. Patanjali Yoga Sutra.
6. Rao, V. (1997). Wife- Beating in Rural South India: A Qualitative And Econometric Analysis. Social Science and Medicine.
7. Rastogi, M & Kishore, K. (2015). A Study of the Effect of Surya Namaskar and Bhramari Pranayama on Self Confidence. International Journal of Yoga and Allied Sciences (ISSN: 2278 – 5159) Volume: 4, Issue:1.
8. Sharma, K., Ranjan, R. (2017). A Comparative study of Inferiority and Insecurity in Married Women and Widow Women. Paripex - Indian Journal of Research Vol: 6, Issue-6.
9. Sahu, B. (2003). Contextualizing Domestic Violence from Women's Perspective: A Study in A Slum Community in Orissa. IIPS, M.Phil Dissertation (Unpublished).
10. Trivedi, J.K. (2009). Psychological Aspects of Widowhood And Divorce NCBI, Literature, Pubmed Central (PMC).
11. United Nations Children's Fund (Unicef). (2000). Domestic Violence Against
12. Women and Girls. Innocenti Digest No. 6. Innocenti Resh Centre, Florence, Italy
13. Visaria, L. (1999). Violence against Women in India: Evidence from Rural Gujarat in Domestic Violence in India 1: A Summary Report of Three Studies. Washington DC: International Centre for Research on Women and the Centre for Development and Population Activities.
14. Wikipedia, The Free Encyclopedia, Update (2011), Women In India, [www.Wikipedia.Com](http://www.Wikipedia.Com).