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EFFECT OF OMKAR MEDITATION ON PSYCHOLOGICAL FACTOR OF D.Y.Ed STUDENTS

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Abstract

The present study was conducted on college students. The total sample was 30 D.Y.Ed class and it was comprised from Degree college of Physical Education Yoga Department Students. Out of 30 students 20 were girls & 10 were boys, and 12 students were from rural and 22 students were selected from urban area randomly. The Omkar Meditation is a primary part of Omkar Meditation technique. Hence, Omkar Meditation was imparted daily one hour and for one month regularly, mainly for increasing concentration which will be resulting in increasing the Personality of the college students. Before and after conducting the Omkar Intervention Programme pretest scores and post test score of all subjects were obtained.

Key Terms: Omkar Meditation, Personality, Diploma in Yoga Education.

Introduction

Today's age is known as age of information & technology as well as of power. The whole world is coming together through the internet, television and telephone as well as mobiles. These things are becoming essential parts of our daily life. The internet is identifying as a super highway of the information process such as obtaining and transforming the information through various sources. Emails, SMS, Website, Webpage, and Download are the words that are extremely used in our daily life. The internet has made it possible for people all over the world to communicate with one another effectively and inexpensively. No human being has remained unaffected by the information technology. Today mobile and television also affects our life positively and negatively also. Today so many options have appeared to people as well as students to change their personality traits quickly. All these things are not bad but the student could not understand the proper purpose and use of these particular things respectively.

Hence, various college students have been playing with the mobile handset, video games either house or shops. Some college students are becoming addict of the video games and mobile also. They extremely listening songs and playing games on mobile hours to hours instead of studying and reading. They are extremely waste their time to chat on facebook unnecessarily. Basically these things are tools; their applicability depended on purpose of the users. So many college students are suffering from the different stressors. In short, today tremendous opportunities are available to raise imbalance in the personality of college students. Due to above reasons their academic performance is seems to be decreasing speedily. The majority of college students are experiencing frustration and confusion in taking decisions while passing through their college life. Today everyone is being agreed with mind and body, both is essential in all human activities. The 'anapana' is an initial part of the Vipassana Meditation which is most famous tradition of meditation in ancient India. The Omkar technique provides knowledge to us

about our mind and body phenomena. Omkar means the objectively observation of one's own respiration. The focus of Omkar Meditation technique is on observation of natural respiration to make our mind sharp and peaceful. A good student is one who does not harm others by mental, vocal or actions, who help others, who has mastery over the study skills and respect to others. The Omkar Meditation provides an appropriate opportunity for the students to be aware about their mind and body phenomena with all hidden abilities and understood their complexities. Thus, the main objective of the present research was to investigate the effect of Omkar Meditation on increasing concentration thereby resulting personality changes of college students.

Basic Concept of Omkar Meditation

One has to choose a place where constant worship is done, get up early in the morning, complete ones routine, and after having taken a bath should sit in the lotus position to practice. There are four various forms of Omkar: *Krusva*, *Dirgha*, *Plutah* and *Apyayana*, from which *Plutah*, the third is explained: Inhale and chant Omkar while it has to linger like taking a gulp of water or swallowing it. Hence, the breath can mix with the natural energy existing in and around us and the mind will settle in peace. We will be moving towards success if we practice this without fail every day. One has to practice Omkar for twenty times, daily. Then the number of times we recite it has to increase from gradually. Omkar! Its various meanings! The great energy of Omkar, Meditation, Mantra, *Gayathri*, *Pranayama* and *Japa*, is a sound thinking , which unites all these various concepts under one roof – Omkar. One who has the quest for self realization advances towards the final goal of the soul. Sri Vidya Meditation is mainly based on mind concentration, *pranayama*, mantra and *japa*. It is not an easy task to regulate the mind stream. One who practices meditation using various techniques may fail in mind concentration but Sri Vidya Omkar meditation, which is an integral path, never fails! The chanting of Omkar itself will result in the concentration of mind. Whenever we chant Omkar it is equal to a complete *pranayama*. Om is a great mantra by itself. Omkar *japa* becomes a complete meditation. Here on after Omkar will take care of you. As soon as you awaken in the morning you can chant Omkar 21 times and while you are going to sleep you can chant the same. Now you are in the total protection of Omkar.

Personality:

The term personality meant overt, observable behavior. However, it is a narrow meaning of personality. Personality does not only comprise overt behavior, but also covert behavior. According to Ryckman R. (2004) “personality is a dynamic and organized set of characteristics possessed by a person that uniquely influences his or her cognitions, motivations, and behaviors in various situations”. Similarly, G.W. Allport (1961) has studied various definitions of personality, and ultimately he proposed a comprehensive definition; which is accepted even today. “Personality is the dynamic organization within the individual of those psychophysical systems that determine his characteristic behavior and thought”. In this definition there are three key terms: psychophysical systems, characteristic behavior and thought, and dynamic organization. Theorists emphasize different aspects of personality and disagree with its organization, development, and manifestation in behavior. One of the most influential theoretical systems is the psychoanalytic theory of Sigmund Freud and his followers. Freud believed that unconscious processes direct a great part of a person's behavior. Although a person is unaware of

these impulses and drives, they strive to emphasize themselves. Another influential theory of personality is derived from behaviorism. This view represented by thinkers such as the American psychologist B.F. Skinner gave primary emphasis on learning. Skinner sees human behavior as determined largely by its consequences. The behavior if rewarded it will be repeated and if punished it will be less likely to repeat. Further one more theory of personality is self-theory uses the concept of self-actualization. But it assumes that people have two major needs: a need for positive regard by other and a need for self-regard (Rogers, C.R., 1961). Self-theory also assumes that each person has a perceived self and ideal self. If a person does not receive positive regard from others, that individual's self-regard is prejudiced, creating a discrepancy between the ideal self and perceived self. Such disagreement known as dissimilarity makes the person anxious and uncomfortable. One more important theory is related to personality measurement that is trait theory. Trait theorists try to find a limited number of traits and measure them, ordinarily with tests or ratings of behavior. They attempt to describe a person by measuring distinctive characteristics of his behavior.

Methodology

Objectives

- To find out an effect of Omkar Meditation in terms of the Personality changes of Degree college of Physical Education Yoga Department Students.

Hypotheses

- There is no significant difference between Pre-Test and Post-Test scores in terms of personality of the college students.

Design:-In this present study experimental group design was used.

Sample

The total sample of the present study was 30 college students of D.Y.Ed class comprised from Degree college of Physical Education Yoga Department Students was randomly selected. Out of 30 Students, 20 students were females and remaining 10 were males. The age group of sample was 22- 28 years. The mean age of girl's was 24.22, and boy's was 22.34. In order to determine the impact of Omkar Meditation on personality changes of participants they were imparted the practice of Omkar Meditation for three month regularly.

Description Of The Research Tool

NEO-FFI by Costa and McCrae (1992): NEO-Five Factor Inventory is developed by Costa, P.T., & McCrae, R.P., (1991) was used to assess the five factors of personality. This scale consist of sixty items to measure five dimensions of personality i.e., neuroticism, extraversion, openness, agreeableness and conscientiousness. For each domain twelve items having the highest positive and negative loading on corresponding factors were selected as preliminary items. The higher score indicates high agreeableness and low score indicates low level of agreeableness. Validity values are 0.92, 0.90, 0.91, 0.77 and 0.87 for neuroticism, extraversion, openness, agreeableness and conscientiousness domain respectively.

Statistical Analysis

The statistical analysis of the data was carried out in order to test two hypotheses formulated at initial stage of present study. Various unvaried statistical techniques such as mean, standard deviation, and 't' tests were used to analyze obtained data.

Results And Discussion:

The purpose of present study was to find out an effect of Omkar Meditation on the personality of the college students. To fulfill this purpose researchers have imparted the practice of Omkar Meditation at every evening for an hour during one month. Before imparting the practice of Anapana, researcher has taken pre-test score on the personality test NEO-FFI. Then the intervention program of Omkar Meditation was imparted to the student for one month. After completing the intervention program researcher has taken posttest score measurement on the same personality test. Results were analyzed by using the Statistical Package of the Social Sciences for Window (SPSS PC-19 version). Using scores of 30 participants, the following statistical calculations are computed. The descriptive statistics, such as, Mean and SD were calculated, normality's of the data were tested. It was found that almost all the variables were normally distributed. Then the paired sample 't' test was performed to find out any significant differences between pre-test and post-test assessment scores personality variables. The significance level was set as a 0.05. The details table wise results and discussion researcher has given below.

Sr,No	Group	factors	Mean	SD	SE	t
1	Pre test	Neuroticism	56.25	14.62	1.31	11.16*
	Post Test		41.00	11.82	1.06	
2	Pre test	Extroversion	40.96	10.79	0.96	0.37
	Post Test		40.40	12.90	1.15	
3	Pre test	Openness	40.19	12.44	1.11	6.94*
	Post Test		49.65	11.31	1.01	
4	Pre test	Agreeableness	37.34	12.19	1.09	12.73*
	Post Test		52.06	12.60	1.13	
5	Pre test	Conscientiousness	41.05	12.94	1.16	7.43*
	Post Test		50.95	13.00	1.16	

Table showing the difference between pretest and post-test assessment score of personality variable such as Neuroticism. The pre-test mean is 56.25 and 41.00. The calculated 't' value is 11.16 is significant at 0.05 level. The mean and SD values of Neuroticism is significantly decreased in the post-test assessment than the pre-test.

Table showing the difference between pre-test and post- test assessment score of personality factor such as Extroversion. The pre-test mean of Extraversion is 40.96 and 40.40. The calculated 't' value is 0.37 which is not significant at the 0.05 level.

Table showing the difference between pre-test and post-test assessment score of personality factor such as openness. The pre-test mean of openness is 40.19 and 49.65. The

obtained 't' value of Openness is 6.94 which is significant at 0.05 level. Therefore, it interprets the Omkar Meditation has a great impact on the openness.

Table showing the difference between pre-test and post-test assessment score of personality factor such as Agreeableness. The pre-test mean of Agreeableness is 37.34 and 52.06. The obtained 't' value is 12.73 which is significant at 0.05 level. Therefore, it interprets the Omkar Meditation a great positive impact on the Agreeableness.

The above table showing the difference between pre-test and post-test assessment score of personality factor such as Conscientiousness. The pre-test mean of Conscientiousness is 41.05 and 50.95. The obtained 't' value of Conscientiousness is 7.43 which is significant at 0.01 level. Therefore, it interprets the Omkar Meditation has a great impact on the Conscientiousness.

The hypothesis first stating that 'There is no significant different between pre-test and post-test in terms of personality after imparting Omkar Meditation intervention program' was rejected. It was noted that the personality factors such as neuroticism, openness, agreeableness, conscientiousness exceptional to extraversion were increased after imparting Omkar Meditation intervention program. It was noted that the Omkar Meditation has positive impact on the personality development of college students. This result was consistent with the finding of that by other researcher and similar. They found that the overall adjustment and personality organization were higher amongst those practicing Omkar meditators than those do not. They have concluded that the significant improvement in personality factors, alcohol related problems, work environment and productivity after imparting Omkar Meditation.

Basically, Omkar Meditation is psychological introspection through the natural and normal breath. All students must observe noble silence from the beginning of the course until the morning of the last full day. Noble silence means silence of body, speech, and mind. Any form of communication with fellow student, whether by gestures, sign language, written notes, etc., is prohibited. Therefore, there is great opportunity for meditates to become introversion than the extraversion.

Conclusion:

The Omkar Meditation intervention programme had made positively impact on the personality of the college students. The sample size of the present study was very small. The students were considered from yoga faculty. The further study can be conducted on various branch. In the further study gender differences should consider.

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