



The effect of Antaha Urja Jagran Satra On self confidence level Among P.G. Girls

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ABSTRACT

This study aimed at the finding out the effect of Antaha Urja Jagran Satra(Spiritual Session) on self confidence level among P.G. girls. Twenty participants have been selected from Shantikunj, Hardwar by accidental sampling. The result showed a significant change in the self confidence level of the subjects, at 0.01 level of confidence.

INTRODUCTION

Mental disorder are confronted as sever challenge of this era. For their cure and eradication, a numbers of therapies are famous but none of them are met sufficient. For their total eradication, we should apply the knowledge and art of living established by ancient sages and seers.

For this a number of spiritual programmes (satra) have been conducting in **Shatikunj** per year, which is Gayatari pilgrimage established by *Yug Rishi Pandit Shri Ram Sharma Acharya*. Among them *Antaha Urja Jagran* session is composed of yogic practices like *maun* (silence), *pranayama*, meditation(Koar W.H.,1995), recitation(Edward Weisbend et.al,2007), *trataka*, lectures on art of living, *Nad yoga* etc and runs upto 5 days.

Moreover in this satra, devotee is allowed to maintain silence (recluse), self contemplation (Katcher et.al,1984), self refinement and self improvement.Due to this, practice of 5 days the devotee become able to identify hidden potential and power within and achieves self confidence to orient life style towards new track. Thus this research is conducted to focus the attention of common public about importance of this satra(session) and spiritual life style, to diminish psychological and psycho-physiological problems met in this era at a great challenge.

Self confidence is extremely important in almost every aspect of our lives. *"People who have lack of confidence can find it difficult to become successful. With the realization of ones own potential and self confidence in ones ability, one can build better world (Dalai Lama,2008)"*.Now a days, numbers of people are suffering from various stresses, tension, and anxiety. In this competitive world, the rat race creates tension, which leads to dissatisfaction, emotional immaturity, lack of self confidence etc. For their total eradication, we should apply the knowledge and art of living established by ancient sages and seers.

Method:

1. Tool used

ASCI (Agnihotri's Self Confidence Inventory) questionnaire is used to measure the confidence level.

2. Sampling

Twenty samples (18-25) are selected by accidental sampling method.

3. Procedure

To measure the self confidence level by the ASCI (Agnihotri's Self Confidence Inventory) questionnaire is used at the time of commencing of Antha Urja Jagran Session and at the end of the session.

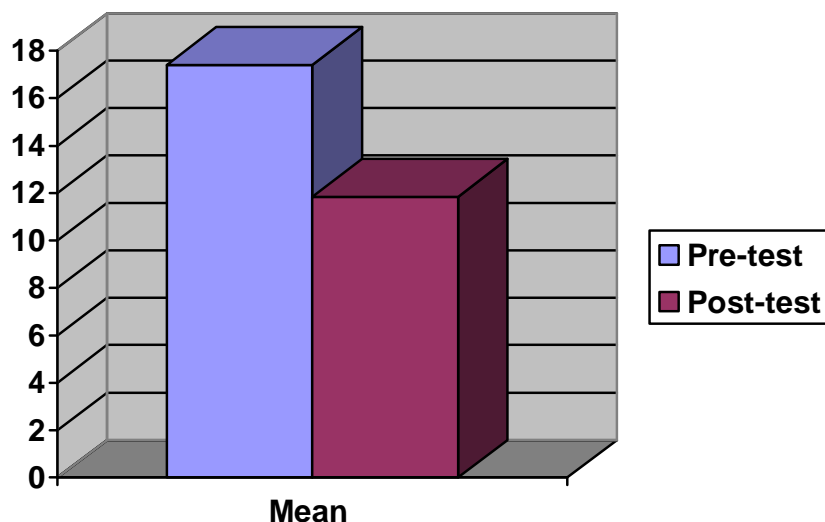
4. Research design

Pre-post design has been used for research.

5. Result and Discussion

Result Table

Test	Mean	sd	N	df	r	t-value	Significant level
Pre-test	17.4	11.88	20	19	0.89	4.8	0.01
Post-test	11.85	8.05					



Above table shows the mean value are 17.4 for pretest and 11.85 for post test. And the t- value is 4.8 at 19 df at 0.01 level of significance. This proves that, result is highly significant and hypothesis has been proved. This result table shows that there is a rise in self confidence level of subjects through Antaha Urja Jagran Satra (Spiritual Session). Many researches have been conducted, which shows that meditation has ability to release the mental disturbances such as stress, anxiety, mania, aggression (Ghufsan, et.al, 2004; Palatania, S. 1992; Kerlinger, 2000) and so on. Meditation practice improves the clarity of thinking and increase in concentration of mind. Prepare the individual for meditation the living of stress free life (Dr. Pandya, 2004).

In the Antaha Urja Jagran Session that programme have been selected which can change the whole thinking system and can develop the physical and mental energy. such as Meditation (vinod, 1985), Asana (vinod, 1991), Pranayama (Rodenback et.al, 1993), Yogic kriyas (Triveni et.al, 1999), chanting of mantra, suitable food, inspiring song and literature reading etc. which orient the life style towards new track with tremendous changes. Pranayama improves the brain activities (Nagendra, 1997). Food is given more importance in Ayurveda and in ancient literature. The imbalance of food affect the body and mind also (Acharya Shri Ram sharma, 1975).

The secret behind is the programmes which are conducted in session which reconstruct the human life and teaches the art of living also.

Thus, through the practice of Antaha Urja Jagran one can recognize his potential and by positive thought's illumination, one can remove negativity and can become self success in life. Many physical & psychological changes (Shell F, 1994) occur due to meditation practice. Over all we can say that Antaha Urja Jagran increases the level of self confidence, through that one can enjoy precious moments of life.

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