



## Effect of Ajapa Japa on Stress

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### ABSTRACT

The objective of present study is to assess the effect of Ajapa Japa on Stress. This research is done by employing simple random sampling to select 20 boys from graduation (1<sup>st</sup> year) of Dev Sanskriti Vishwavidyalaya, Haridwar. The single group pre test-post test experiment was conducted for 20 days with Ajapa Japa regularly in the morning. Stress Scale constructed by Dr. M. Singh (Institute of Research and Test Development, Andheri East, Mumbai) was used to measure the stress level. After statistical analysis, the result reveals that the Ajapa Japa is one of the best tool to manage the stress. This concludes that the Ajapa Japa provides the individual with refreshing experiences, peace and happiness and develop positive thinking, self esteem, smooth and calm mental status with emotional stability and increase the coordination between the mind and the body.

**KEYWORDS:** Stress, Ajapa Japa.

### INTRODUCTION:

Stress originates from the French word 'Retrecir' meaning narrowness, a constriction or the limiting factor of power. The stress people experience should not be necessity treated harmful. An optimum amount of stress can always act as an energizer or motivator or people to apply the effort and complete the work, but a high level of stress can be a serious threat to the personality traits of the individual and cause physiological and social problem. We can define stress as body's non specific response to the demand made on it. Stress is a caused by our reaction to the external environment. Stress provides the means to express talents and energies and pure happiness on the other side, it can also cause exhaustion and illness either physical or psychological. **Lazarus and Folkman (1984)** define Stress as an internal state which can be caused by physical demands on the body or by experimental social situation which are evaluate as potentially harmful uncontrollable or exceeding one resources for coping.

Today life is full of stress as a result of existence in the past, mechanist and competitive way of life. Moreover modernization, urbanization, materialism, competition and ever changing trends to society tend to put stress on individuals of all age groups. Stress now days is bring face by all section of society. Stress has now entered the lives of students and has a devastating and telling effect on their physical, mental, emotion and social aspects of health thereby restricting their development and growth. The stress management is very complex as it involves mind whose control is very difficult. Hence, it is most essential to discipline the mind for an integral and harmonious all round development of a positive personality. In this, the yoga practices can absolutely play a vital role in directing the mind towards creativity and constructive goals. There are many yogic techniques to manage the stress

but one of the finest, easiest and most direct ways to train the health and in turn, regulate the nervous system, relax the body and quiet the mind is through Ajapa Jap.

Ajapa (A + Japa = No + Chant) is the primal Mantra. This chantless Mantra pervades the breath going in and out, the subtle sound 'sah' going in and the subtle sound 'ham' going out (sah=that, ham=I am). It means "that is I am" there that is I am there we identify ourselves with something very vast (near to brahma) to that the expansion of consciousness takes place. The Soham mantra has been called the universal mantra because of the fact that its vibration is absolutely the part of the breath and everybody breaths sooooo.... is sound of inhalation and hummm.... is the sound of exhalation. This is the sound of our own breathing is a primal, elementary source of comfort that has always existed, there is no need to rely on worldly- created words in any languages to use as a mantra.

In "Stress and Its Management by Yoga", **K.N.Udupa** outlines his research on normal, healthy objects and on patients in his clinic. He treated 1007 cases of various stress disorders with a combination practice of asana, pranayama and meditation, he reported "the patient of high blood pressure, diabetes and asthma and who came to us at an early stage showed very good improvement, those who came later their drug requirement were considerably reduced after starting yogic practices". **Goleman (1973)** compared 30 meditators and 30 non meditators in an anxiety arousing situation and found that those who were experienced meditators responded to threat with less subjective anxiety. The review of literature reveals that the yogic practices are the best tools of manage stress. **Bhole(1990)**. **Shet, Radha G. and Pasarkar,Aarti(2009)** found that the adolescents who perform yoga practices reduction in their anxiety and improve mental health. This aspect can be investigated by the present study to assess the effect of Ajapa Japa on Stress level.

**Objective:**

Study the Effect of Ajapa Japa on Stress.

**Hypothesis:**

Directional hypothesis-

There is a significant difference of Ajapa Japa on the level of stress.

**Methods:**

**i. Research Design:**

In the present study, the single group pre-test and post-test design was used.

**ii. Sampling:**

The sample of 20 adolescents boys studying in graduation were taken for the present study from Dev Sanskriti Vishwavidyalaya, Haridwar. The Simple Random sampling has been used for collecting the sample.

**iii. Tools used:**

In the present study the Stress Scale constructed by Dr. M. Singh (Institute of Research and Test Development, Andheri East, Mumbai) was used.

**iv. Intervention:**

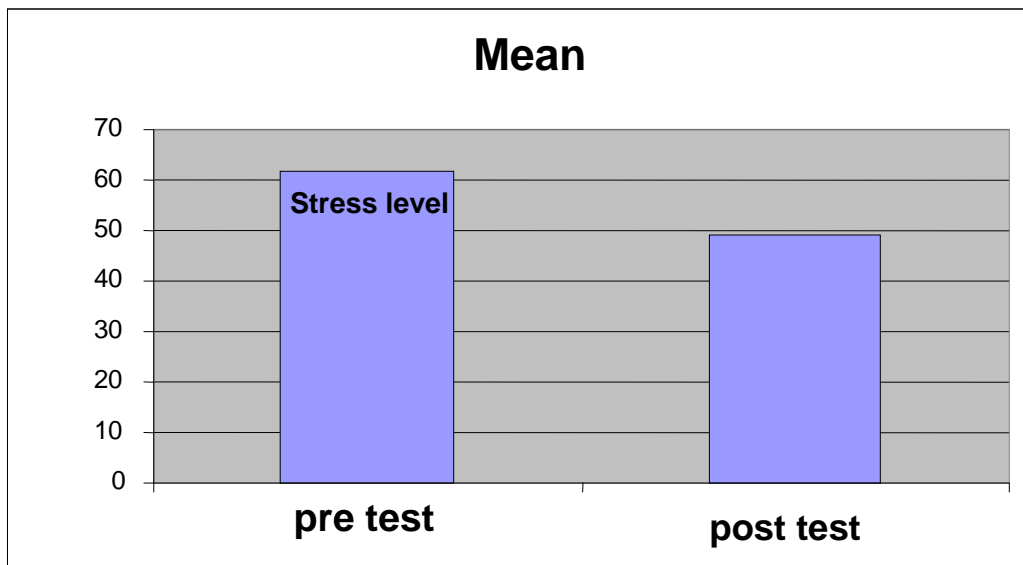
- Sit in a comfortable cross legged pose.
- Close your eyes.
- Place your hands in gyanmudra(gesture of knowledge)
- Focus your mind at the tip of nose.
- Inhale slowly, chanting “SO” mentally.
- Retain the breathe for few seconds.
- Exhale the breathe slowly, chanting “hum” mentally.
- Repeat so and hum breathing meditation for 20 minutes.

**V. Statistical Analysis:** t-test has been used for the results.

**Result and Discussion:**

Group	N	Mean	S.D.	SED	t-value	Level of significance
Pre test	20	61.85	12.59	0.48	3.19	0.01
Post test	20	49.05	11.01			

df= 19                      r= 0.89



The mean of post-test was greater than the mean of pre-test of the adolescent boys. Thus, the result is highly significant at 0.01 level: the result table indicates that the directional hypothesis viz, “there is a significant difference between the level of stress is reduced by the performing Ajapa Japa.

Results of the study supports that the Ajapa Japa plays significant role in stress level reduction. It is also be arrived through the following researches that the Ajapa Jap develop the life face in order to promote energy, increase body awareness and coordination between mind & body.

Swami Vedbharti in his speech “International festival of Yoga, Culture and Spirituality” (Sanskriti Sanchar, 2010, 5<sup>th</sup> edition) said that “your body, breath and mind is always there anywhere in the world. Calm down your emotions replaces the destructed thoughts by one noble thought, practice soham and one day you will get rid of disturbed thoughts and emotions.”

In “Stress and Its Management by Yoga”, K.N. Udupa studied that during the meditation the blood acetylcholine levels increased considerably without causing any change in catecholamines levels. The EEG recording during this period exhibited increased alpha activity, which is associated with an increase in acetylcholine. The changes indicate increased mental tranquility during the period. At the same time, the changes in the catecholamine contents were minimal. Thus, Yogic Meditation may be recommended in all stressful states to the persons. The Ajapa Jap has been regarded as a mean for awareness of truth, fundamental wisdom, it’s show the true relationship of self with god. These provide the individual with peace and happiness and developing positive thinking, self confidence, and emotional stability. These aid to improve concentration and greater clarity of thoughts.

Considerable evidence suggests that the yogic exercises (pranayama and meditation) can reduce the academic stress of secondary level students (Arun kumar and Muchhal, Mahesh kumar, 2009). Result achieved in this work indicates that the Ajapa Jap reduce the stress level of the individual and make them capable to cope from stress in the life.

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