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**Vandana Sharma**  
M.A. II Clinical Psychology Sir  
Parshurambhau College Pune,  
Maharashtra, India

## **The effect of chanting Gayatri Mantra on anger expression and psycho-physiological state of the youth**

**Vandana Sharma**

### **Abstract**

Mental health is a major concern today and Indian society is not so far behind this. India has a long history of spiritual practices such as chanting i.e. rhythmical repetition of a song, word, prayer or sound. These ancient spiritual practices are helpful in dealing with life's mental health issues. The aim of this study is to assess the effect of chanting Gayatri Mantra on anger expression and psycho-physiological state of the youth. The sample size is 30 in each group i.e. control and experimental group of age 18-25 years. Tools used in this research were State Trait Anger Expression Inventory (STAXI 2) (Spielberger 1999) [6], Psycho-physiological State Inventory (PPSI) (Sanjay Vohra 1990) [5]. Pre test and post test were conducted prior and post intervention program of 21 days and the result obtained on both the test by experimental and control group were assessed to see the effect and benefits of chanting Gayatri mantra. In this study it was found that chanting Gayatri Mantra for 15 minutes helps in reducing state anger, trait anger, anger expression out and increases inward control of anger as well as improves the psycho-physiological state.

**Keywords:** Chanting, Gayatri Mantra, anger expression, psycho-physiological state, youth

### **Introduction**

Chanting is one of the most ancient practice in spiritual science. It is basically a rhythmical repetition of a song, word, prayer or sound. According to spiritual science chanting influences the mind, body and soul in a very positive manner as it calms the mind and opens the heart.

Chanting boosts energy level, immunity system and helps to regulate hypothalamus the control center of emotions and also helps to calm down the amygdala the anger center of the brain thus anxiety and anger starts to disappear through chanting. Specially chanting Sanskrit mantras is considered effective in boosting mental and physical health. Gayatri mantra is one of the most prominent mantra in hindu religion revered from rigveda. Its meaning is "may the almighty god illuminates our intellect to lead us along the righteous path". (2010) Chanting Gayatri Mantra means reciting Gayatri Mantra in repetition for a particular duration. Gayatri Mantra revered from the rigveda and as per the spiritual science it is believed that chanting Gayatri mantra provides wisdom and peace to the mind and cleanses, energizes the mind and body. Gayatri mantra consists of 24 Sanskrit syllables i.e. 8 syllables in 3 lines. (Shri Rajhans, 2018) [2] As it is a prominent Sanskrit mantra. It is believed like other sanskrit mantras recitation of Gayatri mantra effects cognitive functions of the brain. According to APA anger is an emotion characterised by antagonism toward someone or something you feel has deliberately done you wrong. Anger is one of those universal emotions along with sadness, joy and fear. Basically there are 3 ways of expressing anger i.e. Active, passive, aggressive. Among which passively expressing one's anger is considered a healthy way of anger expression. It is believed that those who practice chanting generally expresses their anger passively or in a healthy way as compared to others. According to Spielberger there are two types of anger as-

1. State Anger – Defined by a psychobiological emotional state marked by subjective feelings that vary in intensity from mild irritation to fury or rage. It is accompanied by muscular tension or arousal of neuroendocrine and autonomic nervous system.
2. Trait Anger – It is the anger defined in terms of individual differences in the disposition to perceive a wide range of situations as annoying or frustrating and by the tendency to respond to such situations with elevation in state anger. Individuals with high trait anger experiences state anger with high intensity than those with low trait anger. Spielberger also stated about anger expression and anger control as – Anger Expression – It is a way in which a person expresses anger. It has its two components.

**Corresponding Author:**  
**Vandana Sharma**  
M.A. II Clinical Psychology Sir  
Parshurambhau College Pune,  
Maharashtra, India

**Which are as Follows**

1. Anger expression out - Expressing anger towards other person.
2. Anger expression in – Directing anger inward or suppressing angry feelings.

**Anger control – It is a way of controlling one’s anger. Its two components are as follows**

1. Anger control out – Controlling angry feelings by preventing expression of anger towards other.
2. Anger control in – Control of suppressed angry feelings by calming down or cooling off when angry.

**Methodology**

**Sample**

The research includes 60 participants i.e. 30 participants in experimental group and 30 participants in control group. There were two groups of participants between the age of 18-25 years. Experimental group consisted of 30 participants including both girls and boys and control group consisted of both girls and boys. Group 1 i.e. experimental group were given an intervention program of chanting gayatri mantra.

**Instruments**

Two measures were used in this study are:

**State Trait Anger Expression Inventory (STAXI 2)** developed by Charles Spielberger (1999) [6] is a self report questionnaire consists of 57 items measuring 6 domains of anger: State Anger, Trait Anger, Anger Expression In, Anger Expression Out, Anger Control In, Anger Control Out and responses are based on 4 point scale. The internal reliability of the test is 0.73-0.76. Norms are for adolescents, adults. The construct validity of the test is high supported by correlations with personality traits of inmates that play a key role in inmate misconduct (e.g. aggressiveness). Scoring of the test is based on 4 point likert scale.

**Psycho-Physiological State Inventory (PPSI)** developed by Sanjay Vohra (1990) [5] It consists of 92 items measuring 2 domains: Physiological, Psychological and responses are based on 4 point scale ranging from ‘Often’ to ‘Never’. The split-half reliability of the test is .87 and test retest reliability of the test is .75. The test has discriminant validity. Scoring of the test is done by converting the raw scores into sten score.

**Procedure**

The objective of the study is to find the effect of chanting Gayatri Mantra on anger expression and psycho - physiological state of the youth. This is a quasiexperimental study design. 60 participants aged between 18-25 years were selected from Nilay education group pune. Both males and females irrespective of the socioeconomic status were included in the study. After collecting the pre test data of control and experimental group. No intervention was given to the control group. Intervention program was started with the experimental group. Initially in the first session all the participants were introduced to the history, importance, benefits of chanting, meaning and proper pronunciation of Gayatri Mantra, by the researcher as its necessary to know the proper meaning and pronunciation in chanting. Further the intervention program was started by instructing the

participants to close their eyes be relaxed, sit in a comfortable position by keeping their back straight and then after 2 minutes of deep breathing session the audio was played and participants were requested to synchronized the gayatri mantra with audio. The participants chanted Gayatri Mantra for 15 minutes. After 15 minutes of chanting the participants were asked to be seated in the same position for 2 minutes and then after 2 minutes the participants were instructed to rub their palms together place it on the face and open the eyes whenever they feel comfortable. Thus in this way daily 15 minutes Gayatri Mantra chanting was done for 21 days. Later post test data was collected from control and experimental group after the completion of the intervention program. Obtained results were analyzed using SPSS package.

**Result and Discussion**

**Table 1:** Experimental Group Pre Test - Post Test Data

Variables	Mean		SD	
	Experimental Group		Experimental Group	
	Pre	Post	Pre	Post
Physiological	32.27	68.03	61.341	43.557
Psychological	31.47	72.07	63.995	43.470
Psychophysiological	63.73	140.10	113.279	71.443
State Anger (S-ANG)	24.30	18.63	7.905	3.783
Feeling Angry (S-ANG/F)	8.67	6.73	2.155	1.741
Verbal Anger (S-ANG/V)	7.97	5.83	3.232	1.234
Physical anger (S-ANG/P)	7.67	6.07	3.517	1.741
Trait Anger (T-ANG)	19.83	17.10	4.942	3.448
Anger Temperament (T-ANG/T)	7.30	6.80	2.493	1.990
Anger Reaction (T-ANG/R)	9.13	7.30	1.961	1.535
Anger Expression Out (AX-O)	16.13	15.40	3.767	2.762
Anger Expression In (AX-I)	18.23	18.53	3.234	3.048
Anger Control Out (AC-O)	23.53	23.33	4.273	4.011
Anger Control In (AC-I)	23.17	29.63	3.495	1.752
Anger Expression Index (AX INDEX)	35.67	28.97	10.515	7.976

The above table shows that there is a decrease in the post test scores of experimental group on State Anger, S-ANG/F, S-ANG/V, S-ANG/P, T-ANG, T-ANG/T, T-ANG/R, AX O, AC-O, AX Index as compared to the pre test scores. Whereas there is an increase in the post test scores on AX-I, AC-I, Physiological, Psychological, Psycho-physiological state as compared to the pre test scores.

**Table 2:** Control Group Pre Test – Post Test Data

Variables	Mean		SD	
	Control group		Control group	
	Pre	Post	Pre	Post
Physiological	29.60	28.23	54.996	53.144
Psychological	18.63	16.10	59.576	58.766
Psychophysiological	48.23	44.33	102.481	99.501
State Anger (S-ANG)	20.57	20.87	7.463	7.291
Feeling Angry (S-ANG/F)	6.73	6.83	2.100	2.036
Verbal Anger (S-ANG/V)	6.83	6.90	3.007	2.987
Physical anger (S-ANG/P)	7.00	7.13	3.248	3.192
Trait Anger (T-ANG)	19.20	19.57	4.552	4.352
Anger Temperament (T-ANG/T)	7.13	7.20	2.177	2.107
Anger Reaction (T-ANG/R)	9.07	9.30	2.180	2.054
Anger Expression Out (AX-O)	15.03	15.87	3.577	3.980
Anger Expression In (AX-I)	19.40	19.93	4.280	4.102
Anger Control Out (AC-O)	20.47	20.73	3.730	3.695
Anger Control In (AC-I)	20.90	19.83	3.708	3.931
Anger Expression Index (AX INDEX)	41.07	43.23	7.320	7.955

The above table shows that there is an increase in the post test scores of control group on State Anger, S-ANG/F, S-ANG/V, S-ANG/P, T-ANG, T-ANG/T, T-ANG/R, AX-O, AX-I, AC-O, AX Index as compared to the pre test scores. Whereas there is a decrease in the post test scores on AC-I, Physiological, Psychological, Psycho-physiological state as compared to the pre test scores.

**Table 3:** Experimental Group Descriptive Statistics for difference scores

Variables	Mean	Median	Mode	SD
State anger	-5.666	-5.000	-5.00	5.274
Feeling angry	-1.933	-2.000	-2.00	1.638
Verbal anger	-2.133	-2.000	.00	2.374
Physical anger	-1.600	-1.000	.00	2.094
Trait anger	-2.733	-3.000	.00	2.405
Angry temperament	-.500	.000	.00	1.106
Angry reaction	-1.833	-2.000	-3.00	1.555
Anger expression out	-.733	.000	.00	2.083
Anger expression in	.300	.000	.00	1.684
Anger control out	-.200	.000	.00	.805
Anger control in	6.466	6.000	6.00	2.775
Anger expression Index	-6.700	-6.000	-5.00	4.473
Physiological	35.766	29.500	.00	36.825
Psychological	40.600	27.000	.00	40.212
Psycho-Physiological	76.366	62.000	30.00	68.003

The above table shows that there is a decrease in the post test scores of experimental group on State Anger, S-ANG/F, S-ANG/V, S-ANG/P, T-ANG, T-ANG/T, T-ANG/R, AX-O, AC-O, AX Index as compared to the pre test scores. Whereas there is an increase in the post test scores on AX-I, AC-I, Physiological, Psychological, Psycho-physiological state as compared to the pre test scores.

**Table 4:** Control Group Descriptive Statistics for difference scores

Variables	Mean	Median	Mode	SD
State anger	.300	.000	.00	.702
Feeling angry	.100	.000	.00	.305
Verbal anger	.066	.000	.00	.253
Physical anger	.133	.000	.00	.345
Trait anger	.366	.000	.00	.764
Angry temperament	0.66	.000	.00	.365
Angry reaction	.233	.000	.00	.626
Anger expression out	.833	1.000	.00	.874
Anger expression in	.533	.000	.00	.681
Anger control out	.266	.000	.00	.639
Anger control in	-1.066	-1.000	-2.00	1.229
Anger expression Index	2.166	2.000	3.00	1.641
Physiological	-1.366	.000	.00	9.375
Psychological	-2.533	-2.000	.00	3.421
Psycho-Physiological	-3.900	-1.000	.00	9.480

The above table shows that there is an increase in the post test scores of control group on State Anger, S-ANG/F, S-ANG/V, S-ANG/P, T-ANG, T-ANG/T, T-ANG/R, AX-O, AX-I, AC-O, AX Index as compared to the pre test scores. Whereas there is a decrease in the post test scores on AC-I, Physiological, Psychological, Psycho-physiological state as compared to the pre test scores.

The normality of the test was checked using Kolmogorov Smirnov test and the result of the test showed that the data distribution is not normal. Therefore for computing the change in scores obtained by experimental and control group on pre test and post test non parametric Mann – Whitney U test is used for inferential analysis.

**Table 5:** Mann-Whitney U Test

	Mann-Whitney U	Asymp. Sig. (2-tailed)
Physiological	83.5	.000**
Psychological	52.5	.000**
Psychophysiological	38	.000**
State Anger	75	.000**
Feeling Angry	94.5	.000**
Verbal Anger	154	.000**
Physical Anger	182	.000**
Trait Anger	96	.000**
Anger Temperament	319	.002**
Anger Reaction	117	.000**
Anger expression out	191	.000**
Anger expression In	446.5	.956
Anger control Out	336	.004**
Anger control In	12	.000**
Anger Expression Index	40.5	.000**

\*\*Significant at 0.01 level of significance.

From the above table it can be seen that the result obtained by using ‘ Mann – Whitney U test’ shows that there is a significant difference in the scores obtained on physiological, psychological, Psycho-physiological, S-ANG, S-ANG/F, S-ANG/V, S-ANG/P, T-ANG,T-ANG/T, T-ANG/R, AX-O, AC-I, AC-O,AX-Index between both the groups. But there is no significant difference in the scores obtained on AX-I between both the groups.

The result shows that there is a significant difference in the scores obtained on physiological, psychological, Psycho-physiological, S-ANG, S-ANG/F, S-ANG/V, S-ANG/P, T-ANG,T-ANG/T, T-ANG/R, AX-O, AC-O, AC-I, AX-Index between both the groups but there is no significant difference in the scores obtained on AX-I between both the groups. It is clear from the obtained result that chanting Gayatri mantra improves the psycho-physiological health as well as it helps in reducing one’s aggression (Tripathy, 2018)<sup>[7]</sup> and enable to control anger in a healthy way i.e. by relaxing, deep breathing, calming rather than suppressing one’s angry feelings. Through chanting a person is able to deal with the frustrating situation in a healthy manner which lays a positive impact on his/her mental and physical health. Chanting also gives a sense of positivity, cheerfulness, peace to the chanters (Lolla, 2018)<sup>[4]</sup>. Meditation increases internal control of anger (Amutio, Franco, Carmen, Fuentes *et al.* 2015)<sup>[1]</sup> which is helpful in dealing with the distressful situation.

**Conclusion**

After the data analysis following conclusions were drawn :- From the result of the study it can be stated that There is a significant difference in the scores obtained on physiological, psychological, Psycho-physiological, S-ANG, S-ANG/F, S-ANG/V, S-ANG/P, T-ANG, T-ANG/T, T-ANG/R, AX-O, AC-O, AC-I, AX-Index from pre test to post test in experimental groups, while no significant results were found in the scores obtained on AX-I from pre test to post test in experimental group.

**Limitations**

1. The research is conducted on a small sample, there are limitations to the generalization of the results of the study.
2. The sample was selected on the basis of age and gender and other factors such as socio-economic status, marital

status, level of stress, level of anger were not taken into consideration while selecting the sample.

3. The intervention program was conducted for a short period of time i.e only for 21 days.

### **Recommendations for further study**

1. A similar study can be conducted on a larger sample.
2. Similar study can be conducted on people with high stress, high anxiety, high anger and proper effects of chanting can be seen.
3. There is a good scope for studies on relevant topics such as Om chanting, mindfulness meditation.
4. A similar study can be conducted for a longer period of time about 1-6 months. So that the effects can be observed in detail.
5. Further study can be done by taking relevant dependent variable into consideration such as stress level, anxiety, mood.

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