

**EFFECT OF SOHAM SADHANA ON ANXIETY LEVEL****Sumit Kumar<sup>1</sup> and Neetika Chaube<sup>2</sup>**<sup>1</sup>Research Scholar, School of Ancient Indian Wisdom, and Yogic Studies, Shoolini University, India,<sup>2</sup>Master's Degree in yoga**ABSTRACT**

*This is the era of research, due to this lack of awareness suffers from many emotional disturbances like mood swings, lack of confidence, anxiety disorder, lack of concentration, OCD, and many other psychotic problems. In this way, everyone hurts their self-esteem, self-awareness, self-development, and self-actualization. One who suffers all this emotional narrowness cannot get the inner peace of mind So, this is important to study the effect of Soham sadhana that how much it is helpful and effective to deal with mental imbalances and emotional instability. Soham sadhana is not only a breathing practice but spiritual practice also. So, Soham sadhana is the path to experience meditation. The famous psychologists Carson and Butcher said that: - pathological expression of any inherited vulnerability to disease is a person's psycho-social life. The study was designed to examine whether the practice of "Soham Sadhana" has a positive effect on the "Anxiety level". The sample consists of 10 people. The main objective of the study was to see the effect of Soham sadhana on anxiety levels. A meditation training program was designed, and the subjects were exposed to it for four weeks periods. The data were analysed in terms of mean, S.D, and t-test. The result indicates that Soham sadhana is one of the most effective meditating processes, which realizes one's presence. The study has its implications for school administrators, parents, teachers, rehabilitation workers, and someone who wants to know himself.*

*Keywords: - Soham Sadhana, Anxiety, Mental Health, Social Life, Confidence.*

**INTRODUCTION**

Psychological well-being alludes to our intellectual social and passionate prosperity, it is about how we think, feel, and carry on. Emotional well-being likewise incorporates an individual's capacity to appreciate life to accomplish a harmony between life exercises and endeavours to accomplish mental versatility.

Mental issue is a typical event among individuals causing a wellbeing risk, apathy, and absence of physical and mental essentialness. Mental awfulness in rudimentary form may not be perilous however its prolongation causes stress, strain, tension, stress, and loss of enthusiasm forever.

Albeit clinical science has advanced, yet it has neglected to treat individuals experiencing mental and profound issues. Numerous individuals continually go to specialists without giving any indications of physical issue. The greater part of the specialists tries not to analyse their issues and just manage rest including drugs, which are at last destructive.

I think that medication cannot cure mental situations because a medicine cannot give purity of mind and peace of mind. We also find the opening of many gyms, religious institute, training institutions for health management. Which is also not a right approach. Until and unless we purify our minds, there can be no mental peace. We must be aware and careful of our mind state.

The method of Soham Sadhana is a basic method of training to know the genuine sound of nature and to accomplish genuine true serenity and has a cheerful existence. In this way, it is a consistent procedure of mental cleansing through perception and focus.

Soham Sadhana brings the brainwave design into an Alpha express that advances recuperating. The brain turns out to be new, sensitive, and delightful with the standard act of contemplation. This training assists with diminishing uneasiness, improves enthusiastic soundness, increment imagination, and endless satisfaction. It likewise builds up the instinct, gains lucidity, and genuine feelings of serenity. Contemplation hones the psyche by picking up the centre and extends through unwinding and an extended cognizance brings flawlessness. It is a comprehensive way that prompts a feeling of harmony and prosperity. Contemplation makes the specialist mindful of his internal identity. It incorporates the development of the right mentalities and reconditioning of the sensory system. Reflection causes the entire body to empower it to withstand more noteworthy anxiety. Reflection focuses on coordinated and amicable advancement of the considerable number of possibilities of individuals.

**REVIEW LITERATURE**

A few investigations have demonstrated that the act of contemplation has an unequivocal job in the advancement of positive wellbeing, including mental health. Studies conducted by Ganguly, S.K. (2005) found significant improvement in concentration power & reduction stressful condition.

A study of Gambhir, Prakash, Sandeep, and Jyoti (2006) effect of meditation on stress and its related problems. They found significantly lowered level of stress related problems and positive effect on mental health.

Bhogal, R.S. Kulkarni D.D & Bera T.K (2002) took 10 yoga certificate students for meditation for 20 weeks. The results showed that their WBC and cholesterol level become normal.

Emotional wellness portrays a degree of mental prosperity or a nonappearance of a psychological issue. From the point of view of 'positive brain science' or 'comprehensive quality', emotional well-being may incorporate a person's capacity to appreciate life and make a harmony between life exercises and endeavours to accomplish mental versatility. Psychological well-being can likewise be characterized as an outflow of feelings, and as connoting an effective adjustment to a scope of requests. The World Health Organization (WHO) characterizes psychological well-being as “a state of well-being in which the individual realizes his or her own abilities, can cope with normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.” There are various sorts of emotional wellness issues, some of which are normal, for example, sorrow and tension issues, and some not normal, for example, schizophrenia and bipolar issues.

Psychological well-being is a unique condition of interior balance that empowers a person to utilize their capacities in amicability with all-inclusive estimations of society. Essential intellectual and social aptitudes; capacity to perceive, communicate and tweak one's own feelings, just as understand others; adaptability and capacity to adapt to unfriendly life occasions and capacity in social jobs; and amicable connection among body and brain speaks to significant parts of emotional well-being which contribute, to shifting degrees, to the condition of inward harmony

Mental health incorporates a few measurements: confidence, the acknowledgment of one is likely the capacity to keep up satisfying significant connections, and mental prosperity. It is an alteration of individuals to the world and to one another with a limit of adequacy and joy. Psychological wellness is close to a portrayal of scholarly conduct that is socially versatile and permits people to adapt sufficiently to life.

**Sample**

The sample comprised 10 people drawn from Dev sanskriti vishawavidyalaya. The age group of 30 purposively chose participant was 20-22 years.

**Tool**

Sinha’s Comprehensive Anxiety Test (SCAT) standardized & created by A.K.P Sinha, L.N.K Sinha. It was utilized for the evaluation of uneasiness levels. The scale comprises of 90 things in Hindi of five regions. The scale according to the author is highly valid. Every item has two alternative responses ‘yes’ and ‘no’, the subject must close only one alternative response. The scheme of scoring is 1 mark for ‘yes’, 0 marks for ‘no’. The total of the whole positive or yes reaction would be the absolute tension score of the person.

**Scoring table: -**

	<b>Total score</b>	<b>Interpretation</b>
<b>1.</b>	29-71	Extremely high anxiety
<b>2.</b>	26-28	High anxiety
<b>3.</b>	17-25	Normal anxiety
<b>4.</b>	14-16	Low anxiety
<b>5.</b>	9-13	Extremely low anxiety

**Method and Design of the study**

The investigation led under the semi trial one gathering pre-test post-test structure. The structure associated with three operational stages. The primary stage included the pre-testing of subjects about their uneasiness level. The subsequent stage included the introduction of subjects to contemplation. The examiner took the assistance of a specific teacher for directing the contemplation classes for 30 days every day for 20 minutes toward the beginning of the day and 20 minutes at night. The third stage included post-testing of a similar gathering utilizing a similar instrument.

**Results**

The acquired information was breaking down as far as mean, SD, and 't' is introduced in the table as follows:

GROUP	N	MEAN	S. D	SED	t-value	Level of significant
Pre test	10	49.10	10.20	2.40	4.53	P<0.01
Post test	10	23.60	6.61	2.90		

**Df=58**

**DISCUSSION**

Results uncover that there was a noteworthy distinction in the pre-test and post-test scores. Consequently, we can say that the Directional Hypothesis is acknowledged at 0.01 level of certainty or there is a huge improvement in decreasing nervousness by rehearsing Soham Sadhana.

By the above discussion, we can say that reflection can help in expanding psychological wellness, deal with the everyday life, make a mind-blowing most utilize their vitality the correct way, the acknowledgment of their capacities, adapting to typical worries of life, they have dignity. They feel ready to manage most circumstances. They can enjoy basic, regular things, beneficial work, and commitment to their locale and society. They are not overpowered by their own feeling's apprehensions, outrage, love, envy, blame, or stresses. Contemplation is a centuries-old procedure that associates people with themselves, the universe, and the soul. Emotional well-being looking vibrations of the individual rehearsing and an outcome, individuals who looking feel invigorated, quiet, and focused.

Soham yoga is kundalini yoga, straightforward as can be. "this cosmic shakti exists in the individual bodies of all breathing creatures in the form of kundalini" (Arther Avalon, the garland of letters, p,113). Kundalini is not vitality, however, awareness. Nonetheless, when cognizance moves it shows up as vitality. The basic sound from vachak; the mantra of kundalini is SOHAM.

Soham Sadhana is one of the most effective meditating process which realises one’s presence. When we know and feel our real presence, we can work on our concept and our self. After practicing Soham Sadhana we really feel positive and develop our inner self. All the negative thoughts would be reduced, and all the stress and anxiety are less than before,

The entitled of the present study is “to study the effect of Soham sadhana on Anxiety” it concludes that ‘Soham Sadhana’ significantly decrease the level of Anxiety. By the statistical analysis of the pre and post scores, the result out that there is positive effect on Anxiety by Soham Sadhana daily. The significant level of the study is 0.01 that conclude that research is positive additionally and the directional hypothesis is accepted.

**LIMITATIONS**

The current study has certain impediments. Initially, the constrained size of the example blocks the speculation of the discoveries of the investigation. On the off chance that the scientists need to duplicate the investigation, they may choose an enormous example. Also, the current examination embraced a pre-test structure that is not holding a serious extent of acknowledgment among the scientist as it neglects to give the proportionality to the gathering and arbitrary choice of the example. In this manner, a genuine trial configuration is executed to address this issue.

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