



Effect of Mahamritunjay Japa and So-Hum Meditation on Inferiority complex among Adolescents of BPL families

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To Cite this Article

Prerna . Effect of Mahamritunjay Japa and So-Hum Meditation on Inferiority complex among Adolescents of BPL families. International Journal for Modern Trends in Science and Technology 2022, 8(09), pp. 57-62. <https://doi.org/10.46501/IJMTST0809009>

Article Info

Received: 16 July 2022; Accepted: 20 August 2022; Published: 06 September 2022.

ABSTRACT

The purpose of the present research was to investigate the effect of combined "Mahamritunjay Japa and So-hum meditation" on inferiority complex among BPL families adolescents. 30 adolescents were consisted for this study, where 15 girls and 15 boys included from block Gairsain, district Chamoli, Uttarakhand. Their age ranged between 14 to 19 years. These sample were divided in two groups one is boys and another one of girls. For the data collection inferiority questionnaires developed by Dr. G.C Pati (1976) was used. Both groups underwent 30 minutes for 30 days daily practice of mantra japa (20 round) followed by (20 round) So hum meditation. Before the training period pre data was taken by the sample and immediately post data was measured after the one month of training session. For the Statistical analyzing of data; mean, sd, and variance percentage were used. Result proves that both "mahamritunjay japa and So-hum meditation" shows a significant effect on inferiority complex.

Keywords: Mahamritunjay Japa, So-Hum Meditation, Inferiority Complex, Adolescents & BPL Families

INTRODUCTION

Today's era the whole world is becoming more competitive day by day in every field. Every Parents wants their child could achieve more success in their life. For that level; they tried to give various outcomes, sources, highly education and so many efforts put on to child. Some parents urge their children to succeed out of selfish self-interest, while others are driven by peer pressure. They have a busy scheduled and are caught in the trap of excessive parenting. Behind every competition parents forget that what the real and actual

desire of their child, because in this technology's era everyone is following highly performance and highly status. Sometimes defeat in competition, give way in achievements, losing spaces and so many negative response make children very insecure and hopelessness. Due to which children lose their confidence and gradually it is convert into feeling of inferior. There are too many extracurricular activities for children. They require time to read, write, draw, play, create fantasize, build, and pursue particular hobbies, but sadly, time constraints make it difficult for them to do so. They

consequence fail to accomplish their intended objectives. Depression, stress, frustration, and other mental problems are generated by this, after that most of the children try to kill themselves.

Health, knowledge and inner peace are the three most common demands that correlate to the three parts of human being: body, mind and soul. When we have all three are balance; health for physically, knowledge for psychologically and inner peace for spiritual – then there is harmony. For these all; yoga provides us with physical relief from a wide range of afflictions. Especially in adolescents have had to deal with a variety of challenges and issues; since the onset of puberty and feelings of Inferiority, and it starts from education period. Since ancient times, education has been highly regarded in Indian culture is viewed as the main route to social achievement. An Indian proverb that goes, “All are low but learning (reading)”, might illustrate this.

In rural areas most of the families are surviving below poverty line which means those families are financially weaker and their income is beneath this threshold BPL. The Suresh Tendulkar Committee established the poverty line for India in 2011. It was calculated using monthly expenditure for things like food, clothing, health care, transportation, and power. This committee determined that a person who spends Rs. 33 per day in urban areas and just Rs. 27 per day in rural regions is considered to be living below poverty line.

In terms of income and food needs, the poverty line was initially set in 2000. It was established that the average person should consume 2400 calories daily in rural areas and 2100 calories daily in urban areas. The price of the grains (about 650 g) that meet this normative criteria was then determined. The poverty line was the price. In 1978, it was Rs. 61.80 for rural areas and Rs. 71.30 for urban areas per person per month. The poverty line has since been determined by the Planning Commission each year after accounting for inflation.

In India, there are many causes for poverty like; Population Explosion, Low agriculture Productivity, inefficient resources utilization, Hunger & malnutrition, inequality and marginalization, lack of education, conflict, poor healthcare system especially for mother and children, no hygiene, lack of livelihoods and in little access lack of government support. These all and so many other causes are automatically generate inferior feelings in Adolescents.

Our culture and tradition says that the Japa (mantra) and meditation functions as a seed. Every seed has the capacity to grow into a tree. The possibilities of creation are also contained in these meditation vibrations. The mahamritunjaya mantra japa and so hum meditation aids in eradicating these kind of mental issues and instilling inner peace in today's world when inferiority complex is the norm among adolescence. This japa is recognized as being incredibly powerful and calming. The mind becomes calmer and more able to think clearly and methodically. The mantra and meditation that will lead us on the path to enlightenment is the easiest to remember and, therefore, the most powerful. Numerous benefits of this so hum meditation for sadhakas will be discussed in this research. That is why this present research was designed to study the effect of mahamritunjaya japa and so hum meditation on inferiority complex.

INFERIORITY COMPLEX

Feelings of inadequacy or dull emotions may be brought on by a real physical flaw or they may surface when we feel inferior to our counterparts intellectually. On other instance, the alleged inferiority may have been created from wholly imagined flaws. Alfred Adler asserts that experiences of lower status (such as being mistreated by peers) or early childhood rearing (such as being routinely and adversely compared to a sibling or friends) can all contribute to feelings of inferiority.

According to some sociologists, inferiority complexes can also on a larger scale and have an impact on entire cultures. Classical adlerian psychology makes a distinction between primary and secondary inferiority sentiments, which is contentious and is referred to as “culture cringe”. It is believed that a young child's initial experiences of weakness, helplessness, and dependency are the source of the primary feelings of inferiority. An adult's sensation of falling of an unconscious fiction's final goal of subjective security and achievement to make-up for the inferiority feelings is referred to as a secondary inferiority feeling.

In Freud's opinion inferiority feelings are only surface-level manifestation that are crucial to clinical treatment but only make sense within the context of a broader metapsychology.

Adolescents

"During Adolescence imagination is boundless. The urge towards self-perfection is at its peak and with all their self-absorption and personalized dreams of glory, youth are in pursuit of something larger than personal passions, some values or some ideas to which they might attach their imagination".

-Louise J. Kaplan

The Latin word 'adolescere', which means to mature or grow, is where the English word "adolescence" originates. The term "adolescence" has expanded in its usage nowadays. It includes the physical and the mental, social and emotional development as well. Piaget stated this viewpoint when he remarked that psychologically, adolescence is the age at which a person integrates into adult society, the age at which the kid no longer feels inferior to his elders but rather equal, at least in rights.

Some Definitions of Adolescence-

- ❖ **Jean Jacques Rousseau**- "Adolescence as a period of occurring between birth and 12 years".
- ❖ **The child labour Prohibition and Regulation act, 1986**- "A child (Adolescence) is a person who has not completed 14 years of age".
- ❖ **The Indian Mines Act**- Below 18 years age are comes under the adolescence.
- ❖ **G. Stanley Hall**- "Adolescence is a process of physical and psychosocial rebirth".
- ❖ **Elliot & Feldman, 1990**- "Adolescence is a distinct phase of the developmental life cycle in humans and other animal species".
- ❖ **Steinberg, 2014**- "Adolescence is a dynamically evolving theoretical construction informed through physiologic, psychosocial, temporal and culture lenses".

In addition, it involves extremely significant intellectual changes that are typical of teenage thought. These changes not only help the individual integrate into adult social networks, which is one of his development stage's most salient traits. The age range between 10 and 19 is known as adolescence (WHO). Adolescence can be viewed as the transitional stages from puberty to adulthood. This phase of human development is one of change. Moving from the reliance and immaturity of

infancy to the physical, psychological, and social maturity of adulthood is a development process. For many people, adolescence is the most turbulent period of their lives. The majority of them may be unsure of their life goals because they have suddenly left childhood behind and entered the adult world, but they are eager to stretch their wings and experience their new freedoms.

Adolescence is a time of turmoil and stress when people are erratic, emotionally unstable, and unpredictable. The interplay of bodily maturational processes, cultural influences and expectation, and individual values and aspirations is the root of development transition. Every facet of an individual's growth as well as every significant social environment entails significant biological and social changes. (Petersen 1988)

Biologically it says, adolescence ought to be the best stage of life. Teenage are perhaps more resilient than anybody else, as evidence by their extraordinary capacity to weather hardships and draw meaning from unpleasant experiences. Teenagers fully recover from negative moods, according to studies, in approximately half the time that adults do. Despite their, fortitude, some teenagers find that these years are more trying than enjoyable, in part because of the constraints and limitations that frequently accompany this stage of life.

Therefore, at this stage of development, people are under a great deal of psychological stress brought on by things like physical changes, hormonal changes, identity crises, career decisions, school phobia, social adjustment, emotional immaturity, and adjustments in parent-child relationships, among other things. The majority of these issues – such as fear, loosing appetite, low self-esteem, low self-confidence, insecurities and a host of others- can't be handled by an adolescent since they lack the maturity to do so. They experience a lot of psychological pressure as a result, which can lead to various mental conflict and other problems & all of these issues and changes lead to inferiority complexes at the age of teen which show a low dignity for a nation.

Mahamritunjay Mantra

There are numerous mantras, particularly in Sanskrit; one must select one in accordance with their needs in order to heal the body. Calm the mind, and elevate the soul. It is said that the continuously japa or chanting

mantra affect the body and mind psyche of people in various positive way.

*Om Tryambakamyajamahe
Sugandhimpushtivardhanam
Urvaarukamivabandanaam
Mrityormukshiiyamaamritaam.*

It is a powerful mantra for overcoming death. This is a *Rigvedic verse; 7.59.12*. It is also referred to as the "Trayambakam mantra and the Rudramantra", both of which are references to lord shiva's angry aspect. Because it is a part of a practice that restores life, it is also known as the "Mritsanjivani mantra". The benefits of mantra include the restoration physical, mental and emotional health as well as the bestowal of immortality and moksha.

Indu Sharma and Banu Joshi studied the effect of Maha Mritunjay mantra on Self-Inferiority and Depression. It has been noted that when a person is depressed, their negative emotions are at their peak and they experience the most feelings of loneliness, dullness, insecure and regression. According to "Kaimeron Neuroticism", a person who lacks interest would either become less engaged in activities or takes less action. Depression is an issue that makes person feel inferior to themselves. Behind these types of mental problems specially in adolescence guilt sentiments are the primary culprit, because of this, the mahamritunjay mantra has been used as an independent variable in this problem. According to our yogic texts, by reciting the mahamritunjay mantra japa, a person can achieve fully immortality and receive lord Shiva's benediction of peace and harmony.

So Hum Meditation

"The meaning of So hum is "I am He" or "I am That". "I am Brahman." "Sah" means "He." "Aham" means "I." It means identifying oneself with ultimate reality – identifying individual soul with the Supreme Soul".

Sohum in Isha Upanishad (Verse 16)

*"pūṣannekarṣe yamasūrya prājāpatya
vyūha raśmīn samūha |
tejo yatte rūpaṃ kalyāṇatamaṃ tatte paśyāmi
yo'sāvasau puruṣaḥ so'humasmi" ||
- (Isha-Upanishad, Mantra 16)*

Meaning: "O, Nourisher, O lonely Courser of the heavens, O Regulator, O Sun, Thou offspring of Prajapati. Remove Thy rays, gather up thy effulgence,

So that I may see that, which is Thy most auspicious effulgence. The Person, that is in Thee, That am I"

Sohum in Gheranda Samhita (5.83)

*"Hamkarena bahiryati sakarena vishet punah
Hamsahamsetyamuma mantram jivo japati sarvada".*

Meaning: "The breath of every person in entering makes the sound of "sah" and in coming out, that of "ham." These two sounds make So'ham ["He am I"] or Humsa ["I am He"]. Throughout a day and a night there are twenty-one thousand and six hundred such respirations. Every living being performs this japa unconsciously, but constantly. This is called ajapa gayatri".

Because the so-hum mantra meditation's vibrations are already present in the breath, it has been dubbed the universal mantra. Since this is the mantra nature and inclination of our mind, it is the most powerful and positive mantra for calming the mind, making us completely peaceful, and at peace with ourselves. According to our maharishi and Veda scripture So-hum mantra come in the Isavasya Upanishad.

It requires no effort to perform this mantra japa on meditation. Simply paying attention to your breath and focusing on it will be adequate. As a result, it is known as "Ajapa (chant-less). This Anahata chakra automatically forms. When self-awareness and self knowledge mantras are synchronized and culminate in vibrations.

There are some benefits of so-hum meditation- The breath we take in is not prana; rather, prana is shakti, a subtle energy or an enlightenment force. The prana shakti in our bodies can be replenished with the aid of breathing. Science has discovered that most people don't breathe properly. Prana and oxygen (O₂), which are delivered to us through breathing through our nostrils, are what keep us alive. Typically, neither nostril flows simultaneously; instead, they alternately flow for barely a minute or two every eighty minutes or so. That is why our vedasasthra and sages says the regular practice of so-hum meditation can correct your imbalanced breathing way or increase the right uses of nostrils. It helps-

- Proper blood circulation
- Increasing focus, memory and concentration power
- Developed mental capabilities

- Improved in respiration
- Develop self-esteem and faith in self
- Helps to mind calm and brain healthy
- It stimulates the chakras
- Remove all fears
- It gives the positive energy.

RESEARCH METHODOLOGY

STATEMENT OF THE PROBLEM

“Effect of Mahamritunjay Japa and So-Hum Meditation on Inferiority complex among Adolescents of BPL families”

VARIABLES

Independent variable –Maha-mritunjay Japa, So-hum Meditation

Dependent variable - Inferiority complex

SAMPLE

For this present research study 30 adolescents were choose from block Gairsain, District Chamoli, Uttarakhand, where 15 girls and 15 boys included. Their age ranges from 14 to 19 years old. Sample were divided into two groups; boys and girls. First, pre data were taken by sample and after 30 days of mahamritunjay japa and so-hum meditation practices post data collected by the sample where 20 rounds mantra japa and 20 rounds so-hum meditation was includes.

RESEARCH TOOLS

For the present study measurement of inferiority complex researcher used “inferiority questionnaire developed by Dr. G.C. PATI (1976) from Mental health institute, SCB, Cuttack (Orissa). 20 questions are mentioned in this scale with yes/no answer.

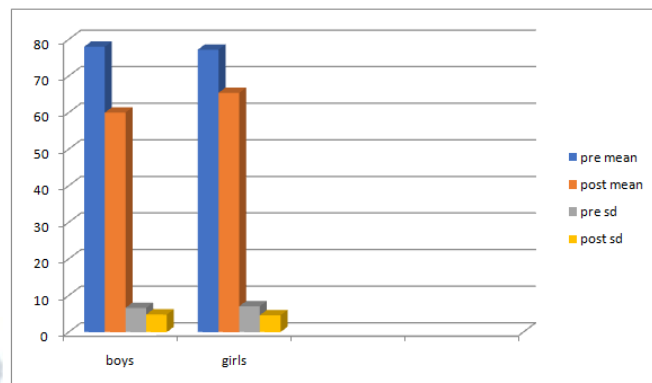
STATISTICAL ANALYSIS

For the research study’s result in statistical analysis; mean, sd and variance percentage were used.

RESULT

Group	Pre-data Mean ± SD	Post-data Mean ± SD	Variance in %
Boys	78± 6.613	60± 4.78	20.8%
Girls	77.2±7.04	65.4±4.59	28.4%

N=30



CONCLUSION & DISCUSSION

In this research study “Effect of Mahamritunjay Japa and So-Hum Meditation on Inferiority complex among Adolescents of BPL families”, researcher examined that boys have more inferior than girls, but after the training session (mantra japa and meditation) result shows the girls have low differences than boys. In BPL families the biggest problem is poverty, which directly affect education, knowledge, health and environment. That is why most of the adolescents of BPL families survive many issues and they don’t grow-up properly also its exceedingly harmful for our nation.

BPL family’s girls feel more insecure and inferior about to their future. They have lack of knowledge, lack of self-confidence & lack of awareness. They face many health issues; for hygiene, menstrual, decision making and so on. As compare to boys they don’t have family support, behind this there is only one thing- marriage like after marriage girls goes to their in-laws and basically it is said that daughters are “alien-money”.

In BPL family’s boys feel inferior just because of poverty. Now-a-day most of the boys have show-off, they don’t want to do work, involve in friendship and drugs which is wasting their life. It generate violence nature and abuses in boy, fortunately they are losing their mental status which is deleterious for the whole family. That’s why researcher choose BPL family’s adolescents.

During the data collection, it seems that girls were more sheepish than boys, which was unforeseen condition. After the session result show significant and proudly we can say that mantra japa and meditation are more powerful and beneficial. Everyone should be includes in daily life.

Pt. Shri Ram Sharma Acharya said- “In eternity of sound and the science of mantra” that mantra japa

works as spiritual tools to liberate the mind and body from all negativity and meditation helps to self-realization.

Conflict of interest statement

Authors declare that they do not have any conflict of interest.

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