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EFFECT OF SPIRITUAL ENVIRONMENT ON MENTAL HEALTH: A STUDY

Ms. Meeresh Parmar

Lecturer,
Dept. of Oriental Study, Center for
Theology,
Dev Sanskriti Vishwavidyalaya Haridwar,
Uttarakhand, India

ABSTRACT

To the study of the spiritual environment effect on mental health 60 college going students 18-28 years were selected on purposive basis from Dev Sanskriti University were administered mental health checklist (Pramod kumar 1992). the study reveals the significant correlation of spiritual environment and mental health. It was found that spiritual environment directly working on mental health because spiritual environment have positive components which enhance positivity in human consciousness directly related of the human so they can balance their social, emotional or physical aspects of their life.

KEY WORDS: *Mental health, spiritual environment*

INTRODUCTION

In this age of modern science and technology, if we observe the general Health state of mankind we have to accept that in spite of the several advancement in the field of health care we are losing our axis of balance and harmony at all its level i.e. physical, mental, emotional, social and spiritual and thus we are living in the world of mounting tensions (great, mental and emotional stress) in every area of life without having any sense of direction of healthy life and living. The national institute of mental health and (NIMHANS) further says that over 20 million suffer from serious mental ailments and 50 million more from milder forms.

Mental health is an index which shows the extent to which the person has been able to meet his environmental demands- social, emotional or physical. However when he finds himself trapped in a situation he does not have matching coping strategies to deal with it effectively, he gets himself mentally strained. This mental strain is generally reflected in symptoms like anxiety, tension, restlessness or hopelessness among others. If it is felt for too long and too extensively by the person, these symptoms may take a definite form (or get syndromized), representing a given illness. Mental Health, therefore, should not to be confused with mental illness; it is a study of pre-illness mental condition of the person (kumar, 1991).

Mental health, as such, represents a psychic condition which is characterized by mental peace, harmony and content. It is identified by the absence of disabling and debilitating symptoms, both mental and somatic in the person (Schneiders, 1964)

Nowadays spiritual dimension becomes very important in mental health. Spirituality and mental health can be define as state psychological and emotional well being of an individual. Spirituality is an important aspects of mental health lack of spirituality can interfere with interpersonal relationship which can contribute to the beginning of psychiatric disturbances

In simplest terms spirituality is the science of soul. This science pertains to the horizons of life with in the transcendental cores of thoughts, emotions and inner self. It is the science of realization of the divine light of the soul to experiment in the science you need to begin with self refinement and proceed with immense shraddha and unperturbed self determination worth the dignity of your divine origin. (Pt. Shree Ram sharma Acharya 1981)

Spirituality has defined as that which “involves ultimate personal truths” (Wong 1998, p. 364) and spirituality refers to how and individual “ lives meaningfully with ultimacy, his or her response to the deepest truths of the universe” (bregman&Thierman 1995, p. 149)

Spirituality refers to an inner path which enables a person to discover the essence of his/her being. It is the personal search which connects the human being to a powerful divine force existing in the Universe. Likewise, it has a major role to play in helping people maintain good mental health and also helps them to cope with their life’s stressors. Psychologist view spirituality as a universal phenomenon and an inherent aspect of human nature that may have a biological basis. They believe that it is developed throughout one’s life, it emerges during early childhood in the form of natural awareness and gradually becomes a search for purpose and a longing for transcendental meaning (Sperry, 2001).

Spirituality is much more than just a comforting ritual to religious individuals. It has the ability to have a positive impact on mood and mental health. It generates optimism, improves interpersonal relationships, creates support systems and enhances the quality of life. Scientific research is also emerging which demonstrates modest, yet promising connections between religiousness and improved mental health. Spirituality provides a sense of purpose, and allows abstract gains then result into concrete ones through an expansion of social networks and improved health which eventually lead to stress reduction.

In this study has taken an spiritual environment where daily performing Yagya, chanting Gayatri mantra, Yoga and meditation. **Yagya-** Another part of Pt. Shriram Sharma Acharya philosophy

literally speaking is Yagya which means selfless sacrificing for noble purpose. In physical term, Yagya (Homa, Havan or Agnihotra) is a process aimed at the finest utilization to subtle energy existing in matter with the help of the thermal energy of fire and the sound energy of the mantras. **Gayatri mantra-** The eternal savior of prana is called the great Gayatri Mantra. the Mantra compiled in the script of ancient form of Sanskrit language. Read as follow- **“Om BhurBhuvhSwahTatsaviturvaraniyamBhargoDevasyaDhimahiDhiyoyo nah Prachodayat”.**

Yoga and Meditation- Yoga and meditation have many surprising benefits on both our mental and physical health. Practicing yoga improves balance, endurance, flexibility, and strength, while meditation helps keep the mind sharp, relieves stress and anxiety and strengthen our immune system. “ All our emotions get stored in the solar plexus. It is also the point from where one’s gut feelings arise. The size of the solar plexus is said to be like that of a small gooseberry. However, for those to four times larger than normal size. The more expanded your solar plexus, the greater is your mental stability and your intuition.” (ShriShri Ravi Shankar)

Swadhyaya- Swadhyaya is study and contemplation of good text. Subject of swadhyaya is: seeking guidance for self introspection and self refinement. It’s a successful therapy/treatment of soul. It’s food for soul, mental yoga. Swadhyaya as weapon in ‘thought war’ (that constantly inside our mind as noise). On ‘practicing-in-real-life, increase in atmbal/manobal (Mental and spiritual strength)

AIM OF THE STUDY

The main purpose of this study was find out to the relationship between spiritual environment and mental health of college going students

HYPOTHESIS OF THE STUDY

1. There is no significant relationship between spiritual environment and mental health.
2. Spiritual environment would significantly correlate with mental health

METHODOLOGY

SAMPLE: 60 college going students were selected from devSanskritiVishavidhyalaya of Haridwar city. The age range of the subject was 18-28 years. We use purposive sampling for data collection.

TOOLS: Mental Health check list developed by Pramodkumar (1992)

VARIABLES:

Independent Variable - Spiritual Environment – there is some factors involving spiritual environment i.e. daily performing Yagya, Mantra chanting, Yoga and Meditation, Swadhyay.

Dependent Variable- Mental Health

PROCEDURE : college going students who constituted the sample of the present study were given

the test in a one group of pre and post study. The data was collected and scoring was done strictly following the procedure given in test manual. To test the propose

the hypothesis, mean, SD, Coefficient of correlation and t- value.

RESULT

Table 1 : Pre-post mean, SD, 't'- value

Test	N	Mean	SD	r	df	t	Level of Significance
Pre	60	19.88	4.73	.58	118	3.55	P<0.01
Post	60	17.04	4.05				

DISCUSSION

The above study was an attempt to know the effect of spiritual environment on mental health. Pre post research design is used in which mean of pre test is 19.88, while mean of post test is 17.04, while standard deviation is 4.73 of pre and 4.05 of post test and $t = 3.55$ leading to 0.01 level of significant. Thus the study revealed a significant effect on mental health of participants where $p < 0.01$ was the level of significance. The hypothesis of the study, there is no significant relationship between spiritual environment and mental health is rejected. It was found that spiritual environment exactly working on mental health because spiritual environment have positive components which enhance positivity in human consciousness and human consciousness directly related with art of living of the human being. So they can balance their social, emotional, physical and mental aspects of their life.

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