

The Effect of Swadhyay on the Mental Health Using Statistical Approach

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Abstract: Yoga is an ancient para science which is able to give holistic health to human being who are going under regular yoga practice. All theories like **yam, niyam, pratyahar** in Yogic Granthas have great and deeper knowledge for developing social adjustment spiritually high level and various yogic practices such as Cleaning process, Asanas, Pranayam cure many disease also. The purpose of present research is to find out the effect of swadhyay on mental health by using statistical approach. Swadhyay is second content of Kriya Yoga and forth content of Niyama in Patanjali Yoga Darshan of Maharshi Patanjali impact was assessed on the student of Ahilyabaigirl's hostel of Dr. Ram Manohar Lohia Avadh University, Ayodhya UP. Suitable statistical sampling technique and statistical distribution have been used to statistically prove the significant effect of swadhyay on mental health.

Keywords: Holistic health, Samadhi or salvation, Swadhyay, Satkarma, Dushkarma.

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Holistic health	Physical, mental, social and spiritual all four levels of disease discharge, strong and elevated conditions
Samadhi or salvation	not the end of life, but the best beginning of life, i.e., the true feeling of the oneness of God in the living state and the posthumously merged drab of his infinite light.
Duty (Does)	Best Thinking & Satkarma, Don't - Bad thinking & bad behaviors Dushkarma
Swadhyay	Swa(to our self) + adhyay(Trying to Know)

I. INTRODUCTION:

In the present era, while human beings are introducing their mental abilities at the pinnacle of success in various fields through many big inventions, on the other hand, the mental stress gained by the World Health Organization, depression anxiety, etc., is showing a day-to-day decline in mental health amid a competitive lifestyle.

According to the World Health Organization report:

1. 1.302 million People suffer from mental stress or similar diseases.
2. More than 300 million people globally suffer from depression and more than 206 million people are living with anxiety pathology.
3. Globally 450 million people suffer from mental disorders 1 in 4 people in the world is affected by mental or neurological disorders at some point or the other in their lives.
4. As per National Mental Health Survey year 2015-16 in India, mental illness or deformity in persons above 18 years of age has been found to be 10.6%.

Mental problem like stress, anger, anxiety, depression are the basic cause of suicide and various crimes is the lack of the above mental attitudes in a mentally fully healthy person, so the promotion of mental health is very essential for solving the horrific problem of suicide and anger and stress-borne crime in the society.

Back Ground and Status: The master researcher of human life, Indian Sage Muni and the great yogies, not only in India but also the human race of the entire world universe, has a disease-free balanced restrained ability, converged mind, social harmony, the spirit of enhancement, art qualities and true spiritual virtue, in order to provide a sense of eternal bliss, the knowledge of spiritual and yogic discipline in Vedic-Yogic texts and literature.

The gems repository of Indian Knowledge Science these texts and literature have a number of formulas to achieve health, longevity, happiness, contentment, superiority, success, peace and joy. In this order, the Patanjali Yoga Philosophy composed by Maharishi Patanjali to give yoga to the entire world gives a well-established and systematic description of the important concepts of yoga, which can be a definite right of Samadhi or salvation, the ultimate goal of life, while achieving human overall health. One of these practice topresenting these important concepts has been taken in the research.

It is well known that the International Day of Yoga, which is being celebrated with full enthusiasm and gaiety every year since 2015, has contributed innovatively and in advance to spread the dignity and importance of yoga to India as well as throughout the world. However, even today, most individuals lack genuine knowledge of yoga. A short survey conducted at the individual level has revealed the fact that every section of the society is unaware of the overall knowledge of yoga except some studious inquisitive who are interested in yoga. Most of the people understand yoga only Asanas, pranayama or meditation. Yoga practice without a yoga change in lifestyle, routine and diet, can provide physical health, but the mind cannot reach the highest dimensions of prana and consciousness, so the conduct of thinking by Yama, Non-Violence, Truth, Asteya, Celibacy, Aparigraha. And by making the best changes in behavior and treating mental defects and disorders through physical excrement and satisfaction through defecation under the rules 100% positive effects and results derived from practicing yoga by making life yogic is able to reach the infinite depths of the consciousness. And the authentic knowledge of yoga can be derived from the Swadhyay of vedic texts, the best guiding compound of the present time, in the divine rejuvenation of life. Therefore, studies have been conducted keeping in view the need to highlight the importance of Swadhyay for mental health promotion in human life.

Proposed Problem: "Does Swadhyay have an impact on mental health?"

Hypothesis: Null hypothesis has been used under it.

Hypothetical Statement:

"There is no meaningful relationship between Swadhyay and Mental Health"

"Swadhyay has no positive impact on mental health."

Variable:

1. Independent Variables-Swadhyay
2. Dependent Variables-Mental Health

Independent Variables: In the research presented, Swadhyay has been taken as an independent variable. Swadhyay is described in the second and fourth phases (rules) respectively under the concept of Kriya Yoga and Ashtanga Yoga in the instrument foot of Patanjali Yoga philosophy.

1. Tapah Swadhyeshwarprandhanani Kriya Yogah. 2/1 P. Y. Ph.
2. Shauch Santoshtapah Swadhyeshwarprandhanani Niyamaha. 2/32 P. Y. Ph.

According to the Patanjali Sutra, it is self to read the Vedas, Upanishad, articles of great men, etc., and chanting the mantra of a name or Gayatri and any favored deity, and the name of the study of his life is Swadhyay. Reading and understanding oneself just as we read and understand a book is called Swadhyay. This process is carried out by meditating on the Vedas-Upanishads, worthy texts, spiritual scriptures, the satsang of the best thinkers, the Satsang of gurus or in the light of the discourse. It determines the proper assessment (Atmsameeksha) of our condition (merits-demerits) and the right direction of life under which the heart is introspect and introverted and enthusiastically constructed of life (Atmsudhar-Atmnirmana). So that is why the Taittiriya Upanishad has been directed by saying 'Swadhyayanmapramadah' to enter into Swadhyay without being laziness. And in yoga, it is described as an interview of God. As-
"Swadhyaya Yoga Sampatyaparmatma Prakashtaihi" Vyasa Bhasya 1/28

Dependent Variables: To define mental health, it can be said that it gives a person a true sense of his abilities, it is self-confidence that he can stand any problematic situation in life. He himself is capable of creative work and contributing to himself or for his/her community.

According to the World Health Organization: "mental health either describes the level of cognitive or emotional security or shows the absence of a mental disorder".

According to the Sushruth samhita: Maharishi Sushruth has also highlighted mental health by defining holistic health, he has called the happiness of mind and conscience as mental health. As-
Samdoshahsamagnishchsamadhaatumalkriyah,
prasannatmendreeymanahaswastahetyabhidhiyate. 15/41. Su.sha.astha.

In a positive sense, it can also be assumed that mentally healthy individuals can do anything well by fighting and winning the dilemma, so mental health is as important as the foundation in their own life and effective operation of a community.

Research Design: A group pre-post design has been used in which questionnaires relating to mental health were filled up from the applicability before starting the experiment and then after 1 month, the same questionnaire was re-filled at the end of the duly Swadhyay thinking and group discussion. The final result was achieved by statistical analysis of the data obtained as a result of scoring on the basis of manual using by t test method.

Sample and sampling: In the research presented, the Ahilyabai Holkar girls Hostel under Dr. Ram Manohar Lohia Awadh University, Ayodhya Uttar Pradesh was selected by random sampling method as a usability of girl students from 18 to 25 years.

Tools: The questionnaire of mental health scale and the relevant manual used as a tool created by Dr. Kamlesh Sharma of Dr. Bhimrao Ambedkar Research Institute Indore Udaipur.

Table:

Test	Mean	N/C	SD	R	t Value
Pre	65.9	30	17.57	0.49	4.29
Post	79.67	30	14.2		

df = 29s

Result: At 0.01 confidence level at 29 degree of freedom in table t is 2.76 while the value of t obtained from analysis of peace in the table above is 4.29. Thus, both the hypothetical statements made under the Null hypothesis at the level of trust are rejected as a result of which the hypothesis is rejected, so we can say that- "There is a meaningful relationship between self and mental health". "Self has a positive impact on mental health".

II. INTERPRETATION AND CONCLUSION:

The research proves that to the promotion of mental health in place of other medicine the subtle drug of best ideas is more effective and superior 20 minutes Swadhyay, 10 minutes of thinking has done positive change in the group immediately to see the enthusiasm, happiness, confidence, peaceful smile, joy, etc. Evening Swadhyay time for 30 girl students who tired from the day-long turmoil, the relaxation of new energy communication can only result in the consequences of mental health enhancement provides holistic health, so the more awareness with which the tiger estimates of the drugs given by the doctor are used by all of us according to quantity and time, in the same quantity, if we all understand the importance of Swadhyay from time to time as a drug in our lives, we will definitely get rid of many mental and psychosomatic diseases and many social evils, fall-oriented ideology and subversive activities will automatically be destroyed and the spiritual consciousness of all can also be upgraded.

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