Effect of Om Meditation on Psychological Wellbeing among Adolescents
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Abstract
The concept of spirituality is attracting the attention of researchers all over the world. It plays an important role in the maintenance of psychological well-being. The present study was designed to study the effect of ‘OM’ chanting meditation on psychological well-being among adolescents. Practice time for ‘OM’ chanting meditation was 20 minutes and the duration was one month. The sample consisted of 100 subjects (50 in each group) in the range of 15 to 24 years and selected from Dayalbagh Educational Institute, Agra. Psychological Wellbeing was measured by ‘P.G.I. Wellbeing Scale’. Five more items taken from the Life Satisfaction Test were added along with the items of P.G.I. Wellbeing Scale by the researcher herself to improve the validity of the scale. t-test was applied to study the effect of ‘OM’ chanting meditation on psychological wellbeing. Results showed that the calculated t-value in experimental group was found to be 5.59 which is significant at 0.01 level. Calculated t-value in control group was found to be 1.00 which is not significant even at 0.05 level. Result reveals that there is a significant positive effect of ‘OM’ chanting meditation on the psychological well-being of adolescents.

Keywords: Meditation and Psychological Wellbeing.