

## EFFECTIVENESS OF NAAD YOGA THERAPY FOR NEUROSIS MANAGEMENT

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### **Abstract**

Naad Yoga is a path towards realizing the essential vibration that is the source of everything, tapping into that energy as sound, in all its variety, to enable the health of the soul, mind and body. Naad yoga involves listening and becoming sensitive to the subtle variations in sound that affect the emotions and the physical body, and then using them to provide the influence that is needed to redress the balance towards health. The present study makes an attempt to see variation in the level of neurosis in special context of naad yoga. Sample 80 students of age range 18- 20 years from a yoga centre were included in the study. These students attended naad yoga therapy for 30 minutes a day which lasted for 1 month. To measure the level of neurosis, “Neurotic Measurement Scale” by Dr. M. P. Uniyal and Dr. Abha Rani Bisht was used. The data was analyzed by using t-test of correlated mean method. Result showed that there was a significant decrement in the level of neurosis. Therefore, we can say that Naad yoga therapy plays significant role in management of neurosis among young adults.

**Key words:** Naad Yoga, neurosis, young adults

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**Introduction:**

Naad Yoga is yoga of sound, a path of exploration of consciousness through sounds. Naad, the primordial sound forming the basis of music evolves in different stages of para, pashyanthi, madhyama and vaikhari from the different energy centers found in the human body and opening up of these seven chakra-s (energy centers) reflect their physical, psychological and physiological characteristics to re-establish our inner balance restoring health and form. The system involves deep listening to the body inner sounds and acoustics and music of the external worlds which are termed as Ahata and Anahata, integrate meditation techniques and certain hatha yoga practices conducive to sonic exploration. Most of the modern Indian music therapy approaches use Ahata music as a therapeutic and a prophylactic medium in clinical and educational settings (Saraswati, 1999; Sumathy & Sairam, 2005). Naad Yoga also includes listening deeply to the music of the natural world. Such listening reveals the vast spectrum of consciousness, which manifests in a wide range of distinct frequencies during meditation. The practice of Naad Yoga can therefore help broaden the consciousness of an audience (Campbell, 1992).

The use of music for the treatment of physical ailment and psychological disorders is known as music therapy. It is defined as “ Music therapy is the use of music and /or its musical elements (sound, Rhythm, Melody and Harmony) by a music therapist and client or group, in a process designed to facilitate and promote communication, relationship, learning, mobilization, expression and organization (physical, emotional, mental, social and cognitive) in order to develop or restore functions of the individual so that he or she can achieve better intra and /or interpersonal integration and consequently, a better quality of life. Naad Yoga therapy is the unique application of music to enhance personal lives by creating positive change in human behavior. It is the use of music and musical interventions in order to restore, maintain and improve emotional, physical, psychological and spiritual health and well-being.

Music therapy appears to be successful because adolescents usually relate extensively to the music and it is a familiar medium to them. Music therapy has been highly effective with clients who typically lack crucial self esteem and self concept (Henderson, 1983; Johnson, 1981; Kivland, 1986). Music is also useful for stimulating socialization and verbalization, and can often provide a common starting place for discussion and self- disclosure, as well as increased group awareness and cooperation. Studies indicate that using music as an intervention can be of

great value for those who have difficulties with self control, thinking, responding appropriately and social interactions (Friedlandes, 1994). Hanschumaker (1980) summarizes that music has the ability to 'facilitate language acquisition, reading readiness, and general intellectual development...to enhance creativity and to promote social development, personality adjustment, self worth and self confidence, can help reduce levels of anxiety (Cooke 1969; Alvin, 1975; Ricci, 1993; Hendricks et al, 1999). Studies have shown that music therapy can be effective at promoting relaxation, relieving anxiety, stress and treating depression. It has been applied on hospitalized patients with burns, heart disease, diabetes and cancer. Music therapy allows people with emotional problems to explore feelings, make positive changes in mood, practice problem solving and resolve conflicts. Wasserman (1972) seeks music therapy as a tool to improve emotional responsiveness and Layman et al. (2002) also indicated that it helps with problems of impulsivity and self regulation. It works with the relationship between learning and music by reflecting an awareness of self perception, allowing subsequent growth and facilitating intrinsic change at many levels (Wilson, 1991).

The present study makes an attempt to see variation in the level of neurosis in special context of naad yoga therapy among young adults.

### **Method:**

**Research design:** The pre-post research design was used in the study.

**Sample:** The subjects for this study were included from the yoga center at New Delhi, who regularly visited the centre. Sample included 80 students of age range 18- 20 years from a yoga centre. These students attended naad yoga therapy for 30 minutes (7.5 minutes of relaxation + 15 minutes Naad Yoga music + 7.5 minutes meditation) in a day which lasted for 1 month.

**Procedure:** In the present study, music for Nada yoga used was in audio recorded form which is practiced at Shantikunj, Haridwar in the regular training programs of spiritual refinement. The practice continued for the total time period of one month. In this study, students were supposed to sit in sukhasanas in a calm and cheerful mood with closed eyes. It promotes groundedness and inner calm and relieves physical and mental exhaustion and tiredness. It intensifies the state of serenity, tranquility, and eliminates anxiety and helps to develop concentration (Acharya, 2005; 2007).

Audio was played through CD by CD player for 15 minutes. The divine music flows across the serene atmosphere of the prayer hall. The size of prayer hall is 12x20ft (24 sq. ft.) approximately. The students were given instructions to let their minds get immersed in the divine music through deep mental and emotional absorptions. The purpose of playing music through audiotape was to shorten the duration of intervention and make it available for the subjects in the natural settings. Through this procedure standard of the intervention is maintained and to facilitate personal learning (Perr, 1985). Students were then suggested to remain silent immediately before and after listening the music of Nada yoga in order to let the Nada immensely flow freely through mind and whole body.

**Hypothesis:** The directional hypothesis was formulated for the present study which states “naad yoga significantly decreases the level of neurosis among young adults”.

**Tools:** To measure the level of neurosis, “Neurotic Measurement Scale” developed by Uniyal and Bisht (1989) was used.

**Results**

**Table 1: pre and post- test wise obtained results of studied samples on neurosis**

Group	Mean	SD	r	df	t-value	Level of significance
Pre-test	158.50	21.27	0.85	79	4.81	0.01 level
Post-test	143.48	22.70				

The correlation of pre test mean (158.50) and post test mean (143.48) is 0.85, which reflects that the relationship is significant, i.e. intervention has played a positive role decreasing the level of neurosis among subjects. Hypothesis of the present study is accepted at 0.01 level of significance as t- value is 4.81. Thus, from the result table it can be inferred that Naad yoga therapy is effective for the management of neurosis among young adults.

**Discussion and Conclusion:**

From the table-1, it is clear that naad yoga therapy is effective in the management of neurosis among young adults. Naad yoga therapy in any context or form has great significant in all the realm of physical or psychic disorders. Raglio, et.al., (2008) suggested that music therapy is effective to reduce behavioral and psychological symptoms of dementia in patients with moderate-severe dementia. Fagan (1982) suggested that music therapy has been highly effective with clients who typically lack crucial self esteem and self concept. It reduces delusions, agitation and apathy significantly improved in the experimental, but not in the control group. This study suggests the effectiveness of music therapy approach with working cycles in reducing behavioral disorders of severely demented patients (Raglio et. al., 2010).

Studies indicate that using music as an intervention can be of great value for those who have difficulties with affect, self control, thinking, responding appropriately and social interactions (Field et. al., 1996). Studies have also shown that music therapy can be effective at promoting relaxation, relieving anxiety, stress and treating depression. It has been applied on hospitalized patients with burns, heart disease, diabetes and cancer. Music therapy allows people with emotional problems to explore feelings, make positive changes in mood, practice problem solving and resolve conflicts (Kendrick et al., 1982). Naad yoga therapy can be used as a tool to improve emotional responsiveness and it also helps with problems of impulsivity and self regulation. It works with the relationship between learning and music by reflecting an awareness of self perception, allowing subsequent growth and facilitating intrinsic change at many levels.

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