

SIGNIFICANCE OF ANTAH URJA JAGRAN SATRA ON THE SELF CONCEPT AND PSYCHOLOGICAL WELL-BEING OF PARTICIPATES

Amrita Sharma, Savita Mishra

Yoga Instructor, Department of Yoga Education, Government of India ministry of Ayush Morarji Desai National institute of yoga 68 Ashoka road New Delhi 110001, Email ID: amritadsvv1@gmail.com, Contact Info: 01123730417

Yagyavalkya Center for Yagya Research, DSVV, Haridwar, INDIA

Abstract

The self-concept encompasses the accumulation of self-knowledge, including beliefs about personality traits, physical attributes, abilities, values, goals, and roles. All world gayatri pariwar (AWGP) embodies the ethos of "vasudhaiva kutumbakam," or "global family," rooted in mutual harmony. The Antah urja jagran satra, organized by AWGP, is a training program where participants immerse themselves in solitude and silence, adhering to prescribed lifestyle practices. Through this spiritual journey, individuals encounter divine experiences that inspire them towards righteousness and reinforce belief in a higher power, guiding them away from wrong paths. The current study focused on 40 participants (12 male, 28 female) who underwent in Antah urja jagran satra for five days, involving regular yogic and meditation practices. Post-test scores revealed a significant impact on both male and female participants' self-concept and psychological well-being, with notably greater improvements observed in females. The study's empirical analysis explored the influence of the Antah urja jagran satra on self-concept and psychological well-being of participants.

Keyword: Antah Urja Jagran Satra; Self-Concept; Psychological Well-Being; AWGP; Meditation

INTRODUCTION

India, renowned for its ancient wisdom and spiritual practices, faces a modern paradox where despite advancements in education and lifestyle, there has been an alarming rise in mental health issues and suicides. Historically, practices like yoga were integral to daily life, promoting both physical and mental well-being. However, contemporary challenges have led to a disconnect from these traditions, contributing to a decline in overall mental health (Shearer, 2020). Mental disorders stem from unfulfilled desires, underscoring the need for self-awareness and overall well-being amidst the universal quest for happiness, peace, and prosperity. The relentless pursuit of material wealth often leads to conflict, sorrow, and loss, highlighting the importance of prioritizing mental and emotional health to break free from this cycle (Antolini & Grassini, 2020). Cultivating a strong sense of self and well-being is essential for individual and collective fulfillment, aligning with the principles of SAT-CHIT-ANAND in Yoga philosophy. The Antah Urja Jagran Satra emerges as a potential solution amidst this backdrop, offering a structured pathway to rediscover ancient teachings and revitalize self-concept and psychological well-being (Sathisha, 2023). This intensive practice, designed by Pt Shree Ram Sharma Acharya of the All World Gayatri Pariwar (AWGP), aims to peel away layers of superficial identities, guiding participants towards a deeper understanding of their true selves (Heifetz, 2019). The need for such practices is underscored by current statistics revealing high levels of stress and existential dissatisfaction among individuals across educational backgrounds. The prevalence of mental disorders, once rare, has now become a pressing concern. This shift highlights the urgency to rekindle interest in holistic approaches that nurture inner peace and resilience. Research by various scholars such as Diener and Dr. Pranav Pandya emphasizes the crucial link between self-understanding and mental well-being. They argue that without a clear understanding of oneself, individuals may succumb to psychological disorders stemming from unfulfilled desires and a lack of inner harmony (Figure 1) (Diener, 2012; Pandya, 2009). Furthermore, contemporary studies like those by Sharma et al. (2008) and Gupta et al. (2012) have shown the positive impact of yoga-based interventions on subjective well-being and self-concept (Gupta, 2012, p. 201). These findings underscore the potential of practices embedded in the Antah Urja Jagran Satra to not only mitigate psychological distress but also foster a renewed sense of purpose and fulfillment. Against this backdrop, this study seeks to explore and scientifically validate the efficacy of the Antah Urja Jagran Satra in enhancing self-concept and psychological well-being among participants, particularly examining gender differences. In essence, the pursuit of happiness, peace, and success remains a fundamental aspiration of human life. The Antah Urja Jagran Satra represents a contemporary reintegration of

age-old practices aimed at achieving these goals, thereby offering a promising pathway towards building a healthier society and nation (Brahmavarchas, 2012).

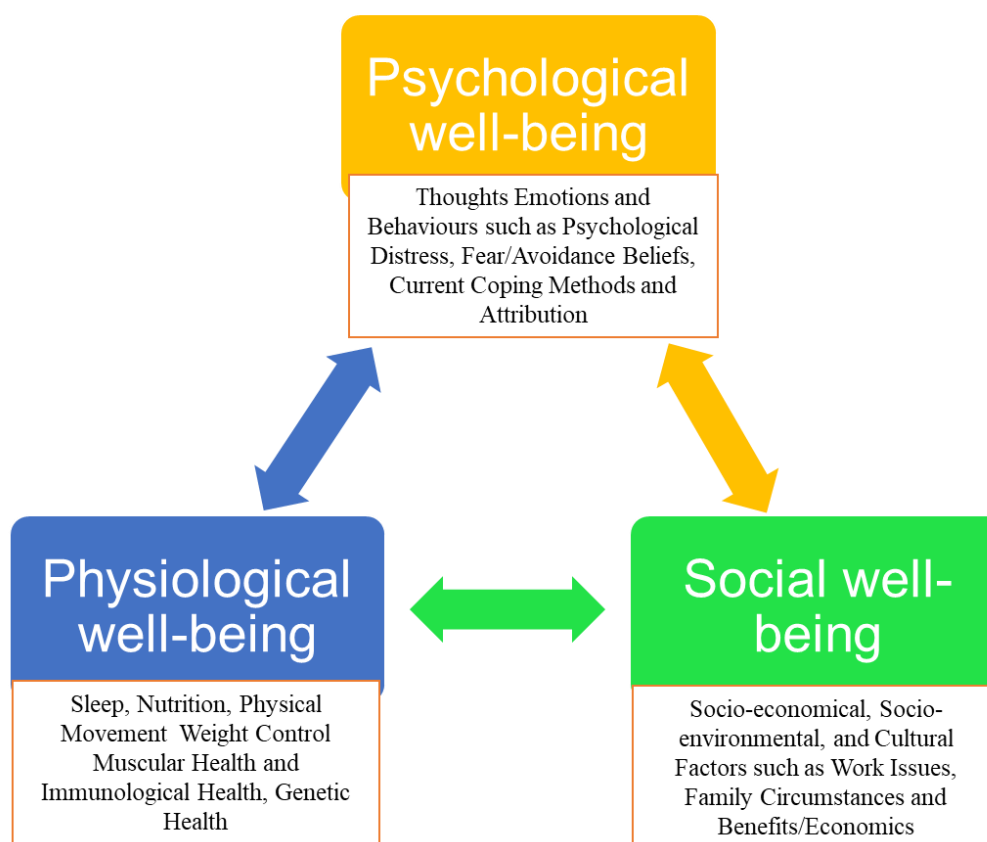


Figure 1: Types of human well being

This study aims to contribute to the broader discourse on mental health interventions rooted in ancient Indian wisdom. The present study investigated the effect of Antar Urja Jagran Satra on human self-concept and psychological well-being. The study aimed to assess the impact of the satra on participants' self-concept and psychological well-being, with a specific focus on understanding any differential effects between genders.

METHODOLOGY

Sample

The present work was conducted on 40 sadhak (12 male and 28 female) performing Antah Urja Jagran Satra. These subjects were selected from Shantikunj, Haridwar (Uttarakhand)

Criteria for Selection

Age – between 18 to 60 years. Irrespective of gender, religion and socio-economic status.

The participants will be made aware of the importance of research in advance. Research work will be done on them only after the consent of the interested seekers.

Antar Urja Jaagran Satra

Antar Urja Jaagran Satra is a unique five-day session organized by All World Gayatri Pariwar at Shantikunj, Haridwar, founded by Pt. Shree Ram Sharma Acharya. Participants live in silence, follow a yogic lifestyle, and consume a sattvic diet, aiming to rejuvenate spiritually and physically. Each participant is assigned a separate room and must adhere to strict guidelines, including living alone, performing self-service, and wearing specific attire (Heifetz, 2019). The Satra's objectives are to prepare divine humans for the 21st century, guide them on a virtuous path, and provide physical, mental, and spiritual benefits. Established on October 26, 2001, the Satra is part of a broader mission to bring Heaven on Earth and promote the philosophy of "Vasudhaiva Kutumbakam" (Global Family), as envisioned by Pt. Shriram Sharma and his wife, Bhagvati Devi Sharma. Registration requires a formal request and adherence to specific prerequisites (Brahmavarchas, 2012).

Daily routine of the participant

Daily routine of the participant in Antah Urja Jagran Satra (Brahmavarchas, 2012) (Supplementary Data 1 for detailed definition of daily routine)

1.	4:00-4:15am	Jagran and atmabodh
2	4:15-5:00 am	Vyayam, his daily routine works
3	5:00-5:30 am	Panch Kosh Jagran Dhyan
4	5:30-6:10 am	Mantra Jap
5	6:10-6:25 am	Soham
4	6:25-8:00 am	Akhand Deep Darshan, Hawan and pragya pey
5	8:00-8:15 am	Ujjayi Pranayam
6	8:15-90:00 am	Amrit Vane, and self evaluation.
7	9:00-9:15 am	Shakti chalini mudra
8	9:15-9:30	Pran Sanchar Pranayam
9	9:30-10:00	Nad Yoga along with khechari Mudra
10	10:00-12:45	Food and rest and self study
11	12:45-1:00	Bhramari pranayam
12	1:00- 1:30	Mantra Jap
13	1:30-1:45	Jyoti Avtaran ki Dhyan Sadhana
14	1:45- 2:30	Darpan Sadhana and self evaluation
15	2:30-2:45	Anulom Vilom surya bhedi pranayam
16	2:45-3:15	Amrit Varsha ka Dhyan
17	3:15-5:00 pm	Pragya pey, shram dan, self study
18	5:00- 5:45	Amrit Vane, Atam Sameksha
19	5:45- 6:00	Nadi Shodhan Pranayam
20	6:00-6:15	Nadyog
21	6:15- 7:00	Evening meal
22	7:00-7:15	Sahaj lay bandh shwas prashwas
23	7:15- 8:15	Self study
24	8:15- 9:00	Prayer, Tattva Bodha.

Tool:

Self-concept Questionnaire- made by R.K.Saraswat (Annexure 1)

Total number of items- 48. Highest score obtained is 240 and lowest is 48. Self concept is calculated according to scoring table given in manual

Scoring:-

For each item 5 options are present out of which our sample has to select one. The scoring is 5, 4, 3, 2, 1. ie 5 when select 1st option, 4 when select 2nd option, 3 when 3rd option is selected, 2 when 4th option is selected and 1 when 5th option is selected.

Scoring criteria

S. No.	Score	Interpretation
1	193-240	High self-concept
2	145-192	Above average concept
3.	97-144	Average concept
4.	49-96	Below average concept
5.	1-48	Low concept

Well-being test Questionnaire: Questionnaire- S.Kverma and Amita Verma (Annexure 2).

Total number of items- 20. Highest score obtained is 20 and lowest is 0. Psychological well being is calculated according to scoring table given in manual

Scoring:-

For each item 2 are present out of which our sample has to select one. The scoring is 1 for positive response and 0 for negative response

Scoring criteria

S. No.	Score	Interpretation
1	18-20	High self-concept
2	15-17	Above average concept
3.	12-14	Average concept
4.	8-11	Below average concept
5.	5-7	Low concept

Techniques used for intervention

In the dissertation study, 40 participants (12 male and 28 female) were selected using quota sampling from those attending the Antah Urja Jagran Satra held from February 10th to February 15th, 2013. During the evening meeting (sankalp session) at the start of the satra, the researcher introduced themselves and explained the objectives of the study to all participants. Each participant was provided with a self-concept questionnaire and a psychological well-being questionnaire, total 40 questionnaires distributed. Participants were instructed to read and respond to the questionnaires independently, with the researcher available to assist in clarifying any questions or concerns. After completing the self-concept questionnaire, participants were guided through the same process for the psychological well-being questionnaire. This procedure was repeated on February 15th to collect post-intervention data. For the statistical analysis, the researcher employed the t-test. This test was chosen because it allows for comparison between two groups (in this case, male and female participants) to determine if there are statistically significant differences in their self-concept and psychological well-being scores before and after the Antah Urja Jagran Satra.

RESULT AND DISCUSSION

India's spiritual heritage and the paradoxical rise in mental health issues despite modern advancements. (Shreenivas, 1999). It introduces the Antah Urja Jagran Satra as a revival of ancient practices designed to enhance self-concept and psychological well-being. Citing contemporary research, it underscores the Satra's potential to mitigate stress and promote inner harmony. The study aims to scientifically validate these benefits, particularly exploring gender differences, using statistical analysis. It advocates for integrating traditional wisdom into modern mental health interventions to address societal challenges and fulfill human aspirations for happiness, peace, and fulfillment. Traditional practices can address modern mental health challenges, promoting happiness, peace, and success as fundamental human aspirations. The Antah Urja Jagran Satra offers a contemporary pathway to integrate ancient wisdom into daily life, fostering resilience and a deeper sense of purpose in individuals and society (Brahmavarchas, 2012).

SIGNIFICANT IMPACT OF ANTAH URJA JAGRAN SATRA ON SELF-CONCEPT

The Antah Urja Jagran Satra has shown a substantial positive impact on the self-concept of both male and female participants. For males, Table 1 indicates a pre-test mean of 178.33 and a post-test mean of 182.91. The standard deviation (S.D.) for the pre-test is 20.07, while the post-test S.D. is 24.74. The standard error of the difference (SED) is 0.068, and the calculated t-value is 6.7 with a significance level of 0.01. These results suggest a statistically significant improvement in the self-concept of males, highlighting the effectiveness of the session in enhancing personal development and mental well-being. Similarly, Table 1 also reveals that the self-concept of females also improved significantly after participating in the Antah Urja Jagran Satra. The pre-test mean is 157.96, and the post-test mean is 166.71. The S.D. for the pre-test is 20.12, and for the post-test, it is 19.78. The SED is 0.54, and the t-value is 16.20 with a significance level of 0.01. These figures indicate a notable enhancement in the self-concept of female participants, underscoring the program's success in fostering positive self-perception and psychological growth.

Table -1: Effect of Antah urja jagran satra on the self-concept of males and female.

		MEAN	S.D.	SED	t-value	Significance level	df
Males	PRE	178.33	20.07	0.068	6.7	0.01	11
	POST	182.91	24.74				
Females	PRE	157.96	20.12	0.54	16.20	0.01	27
	POST	166.71	19.78				

The improvements in both males and females can be attributed to the structured and supportive environment provided by the Antah Urja Jagran Satra. The program likely includes activities and discussions that promote self-reflection, personal growth, and a deeper understanding of one's capabilities and worth. The statistically significant results for both

genders suggest that the session effectively addresses the unique challenges and needs of its participants, leading to a stronger and more positive self-concept.

ENHANCEMENTS IN PSYCHOLOGICAL WELL-BEING THROUGH ANTANURJA JAGRAN SATRA

The Antanurja Jagran Satra also significantly enhances the psychological well-being of its participants. For males, Table 2 shows a pre-test mean of 13.00 and a post-test mean of 13.92. The S.D. for the pre-test is 2.9, and for the post-test, it is 2.59. The SED is 0.21, and the calculated t-value is 4.38 with a significance level of 0.01. These results indicate a statistically significant improvement in the psychological well-being of male participants, demonstrating the session's effectiveness in promoting mental health and emotional resilience. For females, Table 2 reveals a pre-test mean of 14.35 and a post-test mean of 15.78. The S.D. for the pre-test is 3.29, and for the post-test, it is 3.22. The SED is 0.816, and the t-value is 2.246 with a significance level of 0.01. These results show a significant enhancement in the psychological well-being of female participants, suggesting that the Antanurja Jagran Satra successfully addresses and improves the mental health challenges faced by women.

The positive impact on psychological well-being can be attributed to the holistic approach of the Antanurja Jagran Satra, which likely includes mindfulness practices, stress reduction techniques, and opportunities for social connection and support. By creating a nurturing environment that encourages participants to explore and address their psychological needs, the program helps individuals build emotional resilience and a healthier mental state.

Table 2:- Effect of Antanurja Jagran Satra on Psychological Well Being of males and females

		MEAN	S.D.	SED	t-value	Significance level	Df
Male	PRE	13.00	2.9	0.21	4.38	0.01	11
	POST	13.92	2.59				
Female	PRE	14.35	3.29	0.816	2.246	0.01	27
	POST	15.78	3.22				

The study conducted at Shantikunj Haridwar examined the effects of the Antanurja Jagran Satra on the self-concept and psychological well-being of both male and female participants. The data collected before and after the intervention provides valuable insights into the changes experienced by the participants (Brahmavarchas, 2012). Here's a detailed interpretation of the findings:

Psychological Differences between Males and Females

The differences in improvements can be attributed to the inherent psychological and neurological differences between males and females. Research indicates that:

- Women's brains are more integrated and exhibit "whole brain thinking," which could facilitate greater emotional and cognitive processing during interventions like Antanurja Jagran Satra.
- Women tend to be more emotionally expressive and possess better coping skills, potentially leading to more significant improvements in self-concept and psychological well-being.
- Men, on the other hand, may process information more compartmentally, which might result in slower or less pronounced changes in these areas.

Psychological and neurological differences between males and females play a significant role in how each gender processes experiences and responds to interventions such as the Antanurja Jagran Satra. These differences can help explain the variations in improvements observed in the self-concept and psychological well-being of males and females. The effectiveness of the Antanurja Jagran Satra is further validated by comparisons to other similar interventions. Studies by Telles, et al., and Nayak et al., reported that integrated yoga practices, including meditation, pranayama, and physical postures, significantly improved cognitive performance, attention, and relaxation, mirroring the outcomes observed in the Satra participants (Nayak & Shankar, 2004; Telles et al., 2014).

Emotional Processing and Coping Mechanisms

Women are often more emotionally expressive and tend to have better-developed coping mechanisms for stress and emotional challenges. Studies have shown that traditional feminine traits include warmth and expressiveness, which are linked to better emotional health and coping skills. These traits can make women more responsive to interventions aimed at improving psychological well-being and self-concept. Women's ability to process emotions deeply and simultaneously with logical thinking allows them to integrate the benefits of practices like meditation, silence, and concentration exercises more effectively (Simon, 2020).

Men, on the other hand, are often socialized to be less emotionally expressive and may exhibit higher levels of aggression. While this doesn't mean that men are less emotionally complex, their approach to emotional processing can be different. Men may benefit from interventions over a longer period as they gradually learn to navigate and express their emotions more openly (Malonda-Vidal et al., 2021).

Our findings are consistent with other studies on similar interventions. For instance, these results align with the findings of Dale et al., who showed that women who regularly practiced yoga and concentration techniques experienced significant psychological benefits, especially those who had suffered abuse (Dale et al., 2011). Sharma.P.S. (1998) noted that meditation is not only a mental exercise but a natural process that modifies personality and enhances self-concept (Sharma, 1998). Similarly, Khalsa and Copes (2006) found that yoga and meditation practices could reduce performance anxiety and improve self-concept and well-being among business professionals (Khalsa & Cope, 2006). These studies underscore the broad applicability and effectiveness of spiritual and mindfulness practices in enhancing self-concept across different populations.

Influence of Intervention Practices

The improvements in self-concept and psychological well-being can be attributed to the structured and supportive environment provided by the Antah Urja Jagran Satra. The program likely includes activities that promote self-reflection, personal growth, mindfulness, and stress reduction techniques, fostering a deeper understanding of one's capabilities and worth.

Maun Sadhana (Silence Practice): Enhances self-awareness and inner calm, leading to better self-concept and psychological well-being (Barnwal & Kulshrestha, 2011).

Concentration Exercises and Meditation: Known to reduce mental disturbances and improve cognitive and emotional health, which aligns with the observed improvements (Director, 2019).

Sattvic Diet: Provides not just physical nourishment but also subtle nourishment necessary for mental clarity and emotional stability, contributing to the enhanced well-being (Ghosh, 2021).

The statistically significant results for both genders suggest that the session effectively addresses the unique challenges and needs of its participants. The holistic approach of the Satra, which combines mindfulness practices, stress reduction techniques, and opportunities for social connection, helps participants build emotional resilience and a healthier mental state. The effectiveness of the Antah Urja Jagran Satra is further validated by comparisons to other similar interventions. The various practices included in the Antah Urja Jagran Satra, such as Maun Sadhana, concentration exercises, and a sattvic diet, contribute to the observed improvements:

CONCLUSION

The inherent psychological and neurological differences between males and females provide a framework for understanding the varying improvements in self-concept and psychological well-being. The study shows that the Antah Urja Jagran Satra positively affects the self-concept and psychological well-being of both males and females. However, the degree of improvement is higher in females, which can be attributed to the more integrated functioning of the female brain and their emotional expressiveness and coping skills. These findings underscore the importance of considering gender differences in psychological interventions and the potential benefits of holistic practices like those included in the Antah Urja Jagran Satra.

In summary, the Antah Urja Jagran Satra has demonstrated a significant positive impact on both the self-concept and psychological well-being of its participants. The statistically significant improvements in both areas for males and females highlight the program's effectiveness in promoting personal growth and mental health. These findings support the continued use and further exploration of such interventions to enhance the well-being of individuals across various demographics.

ACKNOWLEDGEMENT

We express our gratitude to the AWGP Shantikunj, Haridwar (Uttarakhand), for furnishing the necessary materials and conducive environment for our research. We like to extend our profound appreciation to Dev Sanskriti Vishwavidyalaya for outstanding assistance and direction.

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