

CHAPTER 4.0

4.0 AIM AND OBJECTIVES

4.1 AIMS OF THE STUDY

The present study is aimed at assessing the physiological and cognitive variable following the practice of *Mantra* recitation.

4.2 OBJECTIVES OF THE STUDY

The present study has the following objectives

- To study the autonomic and respiratory variables including HRV in different phases of *Mantra* recitation viz., before, during and after the different styles of *Mantra* recitation.
- To study the cognitive variables following the recitation of different styles of *Mantra* recitation based on attention, mindfulness and memory.

4.3 JUSTIFICATION OF THE STUDY

Mantra recitation and *Mantra* meditation have been extensively studied to find their effect in Psychophysiological variables. But different styles of *Mantra* recitation viz., Loud chanting (LC), Lips movement (LM), Silent chanting (SC) and Audio listening were not studied yet. Therefore, in this current study an attempt has been made to demonstrate its impact before, during and after the recitation of *Mahāmṛityunjaya mantra* (MMM) based on autonomic and respiratory variables and following the recitation of the above mentioned styles based on cognitive variables.

4.4 HYPOTHESIS

Various styles of *Mantra* recitation in different phases and after its recitation will bring about better psycho-physiological changes in novices.

4.5 NULL HYPOTHESIS

Different styles of *Mantra* chanting will not yield desirable results in psycho-physiological changes in novices.