

"Marathi Saint Literature ; Prominent Psychologist : A Modern Treatment For Well - being of New Generation"

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Abstract :

Marathi saint literature is very rich in all aspects. When it comes to maintaining mental health, the poems, ovis and abhangas of saints act as medicine. Just reciting the poems or abhangas uplifts the mind. During the time of Saint Dnyaneshwar and Saint Namdev, there was a Manu kingdom of hardworking Brahmins. They were scholars who interpreted the scriptures according to their convenience. State administration, religious administration and justice were concentrated in one place, so living in that time was unbearable. Dnyaneshwari was created under immense mental stress. Saint Muktabai's Tati Abhangs testify to this. The time of Saint Tukaram was a time of fierce attacks by the sword. The Muslim rule was controlling everything with the edge of the sword. At such a time, the gift of Shri Sant Tukaram Gatha was received. Today's time is of the Indian Constitution. The scourge of materialism is hitting the youth. Huge mental stress is arising from this. For today's youth, the literature of saints provides relief from terrible mental stress, invisible fear, the constant feeling that something bad will happen, something bad will always happen to me, feelings of inferiority, shocking events from the past, etc. If recited, it uplifts the mind. In this research, the intensity of sound is measured using a stopwatch method. Its unit is dB. Generally, the intensity of the sound produced is converted into Hz and recorded in a table. There is no direct relationship between sound and the human brain. Brain waves are a different matter. The method of measuring that frequency is different. Anxiety and mood swings are prevalent in the new generation. The intensity of sound in the sacred literature becomes a medicine for such mental illnesses because the frequency responses of the brain such as delta, theta, alpha, beta, gamma rhythm responses which match the sacred, Marathi Saint literature.

Keywords: Saint Literature, Stopwatch Methods, Sound Intensity, Frequency

Introduction :

In this research study, the Abhangas and Ovis of Jagadguru Tukaram Maharaj, Sant Namdev Maharaj, and Sant Dnyaneshwar Maharaj have been analyzed. All these

Marathi Saints lived through extremely adverse conditions , facing mental stress, social defamation, persecution, fear of conversion, and constant unrest. Despite such challenges, their devotion and spirituality empowered them, and their poetic compositions became vehicles of mental and emotional healing.

Today, the literature of these Saints continues to resonate with the patterns of human brain waves. The values of humanity, devotion to Lord Vitthal, and emotional strength found in Saint literature are not only philosophically significant but also scientifically relevant.

Scientific studies have demonstrated that repeating the divine name “Vitthal” can increase oxygen levels in the body. Similarly, when Abhangas or Ovis are sung repeatedly in a rhythmic pattern, the frequencies generated align with certain brain wave frequencies, resulting in peace and contentment.

Modern psychology recognizes that specific sound frequencies can influence mental states. For instance, a 12 Hz frequency is known to reduce anxiety and improve concentration.

Mental illness is a complex condition influenced by multiple factors—biological, psychological, and social. Biological influences include genetics, brain chemistry, and structure; psychological aspects involve trauma and early life experiences; while social factors include poverty, isolation, and discrimination. Symptoms of mental illness can vary widely, but often involve changes in mood, thought, and behavior. Common signs include prolonged sadness, excessive worry, confusion, difficulty concentrating, and disturbances in sleep or appetite.

Addressing mental health requires understanding both risk factors such as trauma, stress, or discrimination and protective factors like supportive relationships and safe environments. Stigma surrounding mental disorders remains a barrier, often delaying treatment and care. Safe communities, strong education systems, and social cohesion serve as protective influences, while threats such as poverty, unemployment, or pandemics can worsen mental distress.

Review Of Literature:

Nandkishor Sonar (2024) Tukaram Maharaj emphasizes that even an illiterate person can become a scholar through sincerity and devotion. It's important to recognize that his philosophy is not confined to Hindus alone; it holds relevance for everyone. In the 18th century, Alexander Grant, who was Vice Chancellor at the University of Mumbai, and Henry Bartle Frere, the then Governor of Bombay, were captivated by Tukaram's philosophical insights. Sant Tukaram Maharaj portrays God as having qualities akin to those possessed by virtuous individuals.

Similarly, Sant Dnyaneshwar Maharaj asserts that a person's true greatness lies in their virtues. With these virtues come prosperity and reputation, which is why he

places such significance on them and vows to Lord Vitthal that he will uphold good virtues throughout his life. Through his work, the Dnyaneshwari, devotees are inspired by deep wisdom.

As a result, they develop strong beliefs and values. Our behavior reflects our inner selves outwardly. Furthermore, these two saints highlight the importance of fostering a positive attitude and adopting a constructive outlook. Their devotional poetry stands as a timeless testament to their profound wisdom, devotion, and understanding of human nature.

Sanjay Jagdeo Shinde (2023) Sant Tukaram had numerous encounters with Vitthal, in his life. Through his kirtans, he inspired ordinary people to believe that anyone can reach such heights with sincere efforts. Tukoba showed how spirituality can guide individuals on their journey to meet God Vitthal and attain salvation. His Abhangas or sacred poems are relevant even in today's world. For youngsters, who wants to understand the purpose of life, reading and reflecting on his Abhang is enough. People of any culture, country or religion can find satisfaction and solutions to their emotional struggles by embracing the teachings of Sant Tukaram. His message continues to resonate in modern life, providing insight into the nature of true happiness and ways to face life's challenges.

RAIS (2023), This is necessary to connect with spirituality. This is also necessary to answer the inner questions. The questions are, What makes you feel happy? Are you being listened as you would wish? Do you have a feeling of belonging and being valued? What is important to you? What do you want your life to be absent? What makes you feel listened as you would wish? Do you feel safe? Has some thing happened to you? Which has changed your point of view? What are spritual and religious beliefs?

Ravindra Bembase (2020), This found by the research conducted by the Oxford University that the influence of Good Peoples increases the white blood cells and bad influence decreases it upto 1600.

Methodology:

Aim :

- To evaluate the psychological relevance of Marathi Sant Abhang / Ovi using measurable parameters (time, dB, Use of stop watch method, mapping rhythm, tone for mental well-being) .
- World contains the frequency this recurrence differ from work to word this also depends upon NAD,lay i.e. rhythm and tone.

Objectives :

1. To measure the average time taken to recite a single Abhang and interpret its rhythm, tone ;by stop watch meathod
2. To compare the mental health problems with relevant Abhang / Ovi themes and their probable psychological impacts.
3. To compare the sound intensity (dB) of Abhang / Ovi recitation with alpha brain wave activity.

Hypothesis Building:

Hypotheses building reveal the exact position or situations. Abhang or Ovi contains the special rhythm. If we concentrate on breathing then after hearing the Abhang or Ovi, generation of deep inner peace increases.

HYPOTHESIS SET I :

Null Hypothesis : There is no difference between count 7 and count 8 in the square breathing method.

Alternative Hypothesis : There is significant difference between count 7 and count 8 in the square breathing method.

HYPOTHESIS SET II :

H₀ (Null) : Abhang / Ovi recitation has no significant psychological or neuro-acoustic effect.

H₁ (Alternative) : Abhang / Ovi recitation influences mental well-being by aligning rhythm, sound intensity, and thematic thought compare with psychological aspects.

New generation is multidimensional. Achieving one goal after another but even little mental stress can make them mentally exhausted to a great extend. Actually such types of stress nothing but the strength. They do not pay attention to small things and focuses on them. The result is that they cannot decide which thing is put second. As a result, the mental stress increases with each passing day. Their personality becomes a con.

Table No. - 1
SQUARE BREATHING METHODS

Sr. No.	Saint Shri	Abhang / Ovi Number	Square Breathing Method								Average	
			START		7 Count			8 Count			7 Count	8 Count
			Zero Count	Normal Count	I	II	III	I	II	III		
1.	Saint Tukaram Maharaj	107		Yes	6.52	6.52	6.53	-	-	-	6.523	
			Yes					7.45	7.46	7.45		7.543
		36		Yes	7.67	7.68	7.67				7.673	
			Yes					8.76	8.75	8.76		8.757
		37		Yes	7.28	7.29	7.28				7.283	
			Yes					8.32	8.33	8.32		8.323
		39		Yes	7.54	7.55	7.54				7.543	
			Yes					8.61	8.61	8.62		8.613
		3025		Yes	6.87	6.87	6.85				6.863	
			Yes					7.85	7.86	7.85		7.853
		1496		Yes	6.87	6.86	8.87				6.87	
			Yes					7.85	7.84	7.85		7.846
		2029		Yes	7.67	7.68	7.69				7.68	
			Yes					8.76	8.76	8.75		8.756
522		Yes	7.83	7.84	7.84				7.836			
	Yes					8.94	8.89	8.89		8.906		
2.	Saint Namdeo Maharaj	21		Yes	5.44	5.47	5.46	-	-	-	5.463	
			Yes					6.24	6.25	6.25		6.246
		23		Yes	5.56	5.56	5.67				5.596	
			Yes					6.35	6.36	6.36		6.356
		25		Yes	7.09	7.09	7.10				7.093	
	Yes					8.10	8.10	8.11		8.103		

Table No. - 2
VALUES FOUND For 7 AND 8 COUNTS

Sr.No.	Item	7 Counts	8 Counts
1)	Mean (M)	7.09	7.91
2)	Sq. Diff (Ss)	8.81	12.91
3)	Significance Level	0.05	0.05
4)	Tailed	One	One
5)	No. of Samples	11	11
6)	t - value	-1.84	-1.84
7)	P. Value	0.040	0.040

These values are found from online mode. These values provide the strength to HYPOTHESIS SET NO - I

Table No. - 3
NEURO - ACOUSTIC TABLE
(Saint Shri Tukaram Maharaj)

Sr. No.	Problem / Causes	Abhang No.	Impact of Thoughts		Impact of Environment / AURA		Impact on Behaviour		Mental Well-Being		Total +ve	Total -ve
			+ve	-ve	+ve	-ve	+ve	-ve	+ve	-ve		
1	Genetic Causes	37	✓		✓		✓		✓		4	0
		448			✓		✓		✓		2	0
2	Life Experience	39	✓		✓		✓		✓		4	0
		66	✓		✓		✓		✓		3	0
3	Poverty	56	✓		✓		✓		✓		4	0
		2988		✓	✓		✓			✓	1	2
4	Discrimination	107	✓		✓		✓		✓		4	0
5	Mood Swing	46	✓			✓		✓		✓	1	3
		59	✓		✓		✓		✓		4	0
6	Thinking Pattern	91	✓		✓		✓		✓		4	0
7	Behaviour	195	✓		✓		✓		✓		4	0
		3329	✓		✓		✓		✓		4	0
8	Daily Routing	223	✓		✓		✓		✓		4	0
		292	✓		✓			✓		✓	2	2
9	Sadness	227	✓		✓			✓		✓	3	1
		294	✓		✓		✓		✓		4	0
10	Excessive Worry	96	✓		✓		✓		✓		4	0
		222	✓		✓		✓		✓		4	0
11	Confusion	94	✓		✓		✓		✓		4	0
12	Concentration	266	✓		✓		✓		✓		4	0
		2160	✓		✓		✓		✓		4	0
13	Causes and Contribution	101		✓		✓				✓	1	3
14	Social Attachment	85	✓		✓		✓		✓		4	0
		3141	✓		✓		✓		✓		4	0
15	Chemical Imbalance	80	✓		✓		✓		✓		4	0
		92	✓		✓		✓		✓		4	0
		406	✓		✓		✓		✓		4	0
16	Extreme Fear	593	✓		✓		✓		✓		4	0
17	Feeling of Guilty	48	✓		✓		✓		✓		4	0
18	With draut of activities	403	✓		✓		✓		✓		4	0
		72	✓		✓		✓		✓		4	0
		318	✓		✓		✓		✓		4	0

This table provide the information about caus72e, Abhang and positive or negative side and counts.

Table No. - 4
t - test for HYPOTHESIS SET NO: II

Sr.No.	Paired t test results
01	<p>p-value and statistical significance :</p> <ul style="list-style-type: none"> The two-tailed P value is less than 0.0001. By conventional criteria, this difference is considered to be extremely statistically significant.
02	<p>Confidence Interval:</p> <ul style="list-style-type: none"> The mean of Positive Group minus Negative Group equals 3.06 95% confidence interval of this difference: From 2.35 to 3.77
03	<p>Intermediate values used in calculations:</p> <ul style="list-style-type: none"> T = 8.8098 df = 31 standard error of difference = 0.348

Sr.No.	Group	Positive Group	Negative Group
1	Mean	3.53	0.47
2	SD	0.98	0.98
3	SEM	1.17	0.17
4	N	32	32

Values obtained for P - value from online mode.

Table No. 5
Intensity of sound and Brain Wave (Average)

Sr. No.	Marathi Saint	Adhyay	Ovi / Abhang / Nos	Sound Intensity dB (AVa)	Frequency Hz	Brain Wave ALPHA	GAMMA
1.	Shri Dnyaneshwar Maharaj	07	1, 2, 3, 4	74	8-12	✓	-
		10	1, 2, 3, 4, 5	74	8-12	✓	-
		12	1, 2, 3, 4, 5	71	8-12	✓	-
2.	Shri Namdeoji Maharaj	Selected	21, 22, 23, 25	70	8-12	✓	-
3.	Shri Tukaram Maharaj	Selected	107	72	8-12	✓	-

Diagram No. - 1
Showing The Intensity Of Sound recorded

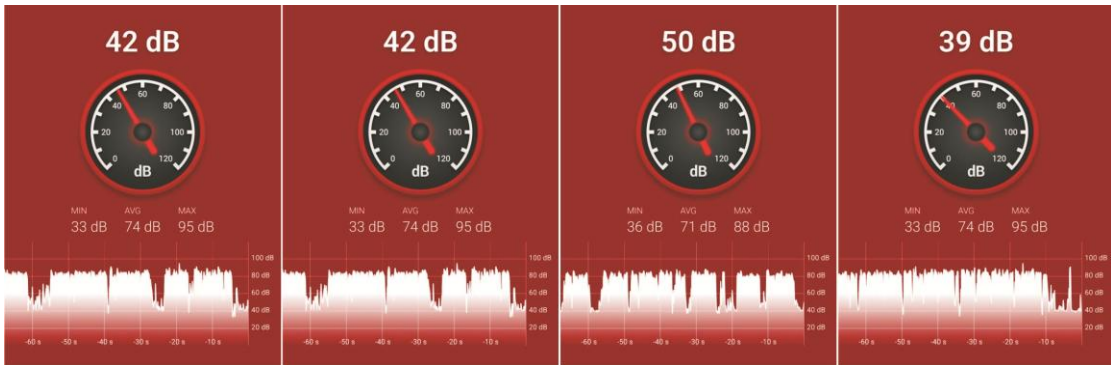
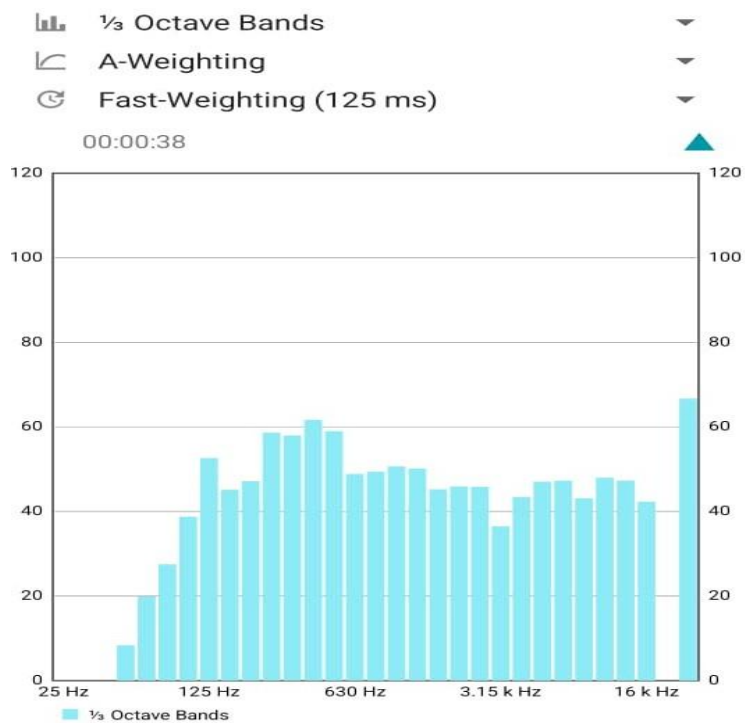


Diagram No. - 2
Indicates Hz frequency distribution



This graph appears to represent an audio frequency spectrum or an equalizer setting, showing the relative levels of different frequency bands.

X-axis: Represents frequency in Hertz (Hz), ranging from 25 Hz to 16 kHz. This covers a significant portion of the human hearing range, from low bass frequencies to high treble frequencies.

Y-axis: Represents the amplitude or intensity of each frequency band, likely in decibels (dB), although the units are not explicitly labeled. The scale goes from 0 to 60.

Bar Heights: The height of each bar indicates the level of that specific frequency band. Higher bars indicate a stronger presence or amplification of those frequencies.

Interpretation: The graph shows a prominent peak around 630 Hz, suggesting an emphasis on mid-range frequencies. There are also relatively high levels in the lower frequencies (around 125 Hz) and a sharp rise at the highest frequency shown (16 kHz). The levels in the mid-high frequencies (around 3.15 kHz) are comparatively lower than the peak at 630 Hz.

Diagram No. - 3

Showing The Average Frequency Of Saint Shri Namdev Maharaj 's Abhang

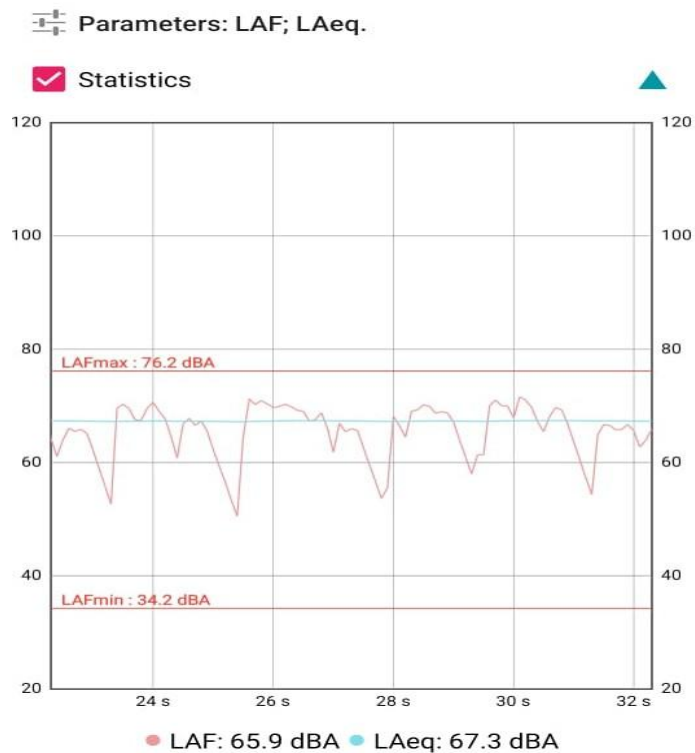


Diagram No. 3, shows a screen grab from an mobile application that doubles as a spectrum analyzer and sound level meter. Sound levels are tracked and shown over time by this app. The graph shows time (seconds) on the x-axis and sound levels (dBA) on the y-axis. 76.2 dBA is the highest recorded sound level (LAFmax), and 34.2 dBA is the lowest (LAFmin). As of right now, the equivalent continuous sound level (LAeq) is 67.3 dBA, and the sound level (LAF) is 65.9 dBA. While a sound level meter measures the sound pressure level, a spectrum analyzer evaluates the strength of an input signal in relation to frequency.

Discussion On Results :

Today number of breathing methods are introduced. Simple and well known method of breathing is 4-4-6 method. In this method, inhels for 4 second, hold it for 4 second and release it by taking 6 second. By chanting or singing the Abhang or Ovi. Such type of method or even better type of method may be possible.

In this study, Square breathing method is used. Abhang or Ovi started at normal breath. Time recorded to complete the Abhang or Ovi is noted in table no - 1.

P - Value calculated is found to be 0.04055 This value is less than 0.05 So, We can say that the alternative hypothesis is accepted. Null hypothesis is rejected.

Other values calculated are also tabulated in table no -2

Table no - 3, indicates the Neuro - Acoustic Values. Various types of mental problem or illness are tabulated. Abhang are selected for related causes. Four aspects are tabulated. This is selected on the basis of wellness. Positive and negative side highlights the exact side.

Table no - 4, indicates the values drawn from online mode. The P- Value is 0.0001 This value is less than 0.05 So, the Alternative hypothesis is accepted and null hypothesis is rejected. rest Values are shown in Table no. 4

Table no - 5, indicates the Intensity of sound and Brain Waves. In this research, Adhyay no -7;10;12 are taken from Shri Dnyaneshwari. Ovis are 1;2;3;4 and 1;2;3;4;5 and 1;2;3;4;5 respectively. Shri Namdev Gatha and Saint Tukaram Maharaj's Abhang Gatha's selected Abhang are taken for study. In this research, Stop watch method is used for counting the sound intensity. The Sound Intensity recorded are tabulated in Table No - 5. Average dB is recorded. Frequency recorded in this table is not recorded from scientific apparatus but it is found from the conversion of dB to Hz. The comparison between Brain Waves Alpha and frequency, are recorded in Table no - 5.

Results:

Mood swing and anxiety are one of the main symptoms of mind illness. The Saint Sahitya or literature are the best medicines for such type of problems. The intensity of sound (dB) or equivalent frequency (Hz) matches with Alpha brain waves. Abhang or Ovis contain the philosophy, rhythms (tal,soor) tone; so it provides the sweetness and simplicity to the words. So it also provides wellness after recitation. Neuro -Acoustic table indicates the positive wellness. In other words, Abhang gives the wellness. This is also found that Abhang or Ovi reduces the anxiety and beneficial to concentration.

1. Population Standard Deviation (σ) :

7-count breathing rhythm showed $\sigma = 0.772$, while 8-count showed $\sigma = 0.8811$.

The relatively lower variability in the 7-count suggests that this rhythm is easier to maintain consistently.

2. Sample Standard Deviation (s) :

7-count: 0.810

8-count: 0.924

The closeness between population and sample deviations confirms reliability of the measurements.

3. Standard Deviation of the Sample Mean ($\sigma_{\bar{x}}$) :

7-count: 0.232

8-count: 0.2656

The 7-count breathing produces a more stable mean compared to the 8-count.

The chanting of Abhangs of Sant Tukaram and Sant Namdev naturally follows rhythmic patterns comparable to controlled breathing cycles.

The observed greater stability in 7-count breathing aligns with the balanced and repeated rhythmic structures of Abhangs, which may induce calmness and steadiness in listeners.

The slightly higher variability in 8-count suggests that extending the rhythm requires greater mental focus, which might be challenging for youngsters with stress or emotional imbalance.

The analysis shows that 7-count breathing (linked with Abhang rhythm) is more stable and consistent than 8-count breathing. This suggests that shorter rhythmic cycles may be more effective in promoting mental steadiness among youngsters.

The Abhangs of Sant Tukaram Maharaj and Sant Namdev Maharaj, when practiced with rhythmic breathing (7-count cycles), may help reduce stress, mood swings, and anxiety, supporting mental health and emotional regulation.

The 8-count rhythm, though slightly variable, can be useful as a training tool for enhancing concentration and patience, but may not be as suitable for beginners or youngsters struggling with mental health issues.

Overall, the findings support the view that rhythmic Abhang chanting, synchronized with controlled square breathing, provides a scientifically measurable pathway toward mental well-being and could serve as a complementary approach for addressing mental health challenges in the younger generation.

Limitations :

- (1) The detailed study is not conducted as per the protocol of psychology.
- (2) Modern aspects of psychology is not conducted during the study. Only suggestions are given.
- (3) Measurement of sound intensity by the smart mobile phone is done. The dB found is converted to the frequency (Hz) . Brain frequency represents the biological aspects.
- (4) Stopwatch use and recording may vary from person to person.

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