



**Impact of Dhyana-Yoga Meditation (As in Bhagvatgeeta, Chapter No.6) on Self Concept,
Emotional Maturity, Aggression and Stress**

Suvarna Vishwajeet Thakur

MBA(Self Management& Crisis Management),

\ PG Diploma (counselling & Spiritual Health)

Suvarna.v.thakur@gmail.com

Dr. Karajgaonkar G. M.

MBBS,MS(Gen. Surgery)

Research Guide in Psychology

Dr. BabaSahebAmbedkarMarathwada University

Aurangabad

Abstract:

BhagvatGeetaat its heart is an indispensable universal guide to help a common man to navigate the battle of life. Geetadoeshuman not present a system of philosophy. It is basically practical. It is a handbook of self-realisation and guide to action. Practice of Dhyanyoga as described in Chapter no. 6 of Geeta helps one to elevate self-concept and emotional maturity. And practice of meditation of chapter six helps to better manage aggression and stress to lead human being towards satisfaction of life.

Keywords: Self Concept, Emotional Maturity, Aggression and Stress

Introduction:

In the present world of highly scientific and technological pursuits, especially with the advent of Information Technology, not only top placed individuals in Government, Business and industry sector or corporate sector, but students and even housewives, homemakers and working women are facing extremely intense and stressful lives. Newer and bigger challenges are experienced every day with cut-throat competition. Only well balanced men and women can escape the onslaught of such storms and upheavals in day to day life. Otherwise the time bomb of emotional stress and anxiety can be disastrous for the self, family, business and industry.

Dhyan-Yoga Meditation (As In Bhagvatgeeta, Chapter No.6) On Self Concept, Emotional Maturity, Aggression and Stress

There is the dire need to learn such skills and methods which can give a person the self-empowerment to rise to the occasion and make appropriate decisions at the right time.

If we are confused and lost in this highly competitive and fast pace world, then BhagvatGeeta will send us the positive radiations to guide life so that we can enjoy it and make it meaningful. Everything that needs to be conveyed to humanity has been covered in ShrimadBhagvat-Geeta. Keeping Arjun as his audience, what Supreme soul, God head told around five thousand years ago, is true for every time age and context. Even after thousands of years, we continue to read, introspect on, research and preach and expound on the ShreimadBhagvatGeeta to refine our experience.

Many great personas and many saints have written commentaries on ShrimadBhagvatgeeta. As time changes so does the context of word, imagination and understanding. The study of the Geeta is Yoga because not only does it unite man, with humanity, with society with one's natural duties and karmas but also with one's inner beings bringing self-generated joy. Since it offers peace and happiness and is the ultimate science of transcendence. It is called the knowledge of the eternal. Modern man has struggled very hard to reach the moon, but he has not tried very hard to elevate himself spiritually. If one adopts the principles enunciated in BhagvatGeeta, he can make his life perfect and he will make permanent solutions to all the problems of life. This is the sum and substance of entire BhagvatGeeta. If one properly follows the instructions of BhagvatGeeta, one can be freed from all the miseries and anxieties of life. One will be freed from all the fears in his life.

Need and significance

Emotional Maturity and Self-concept, self realisation are said to be the foundation for leading a happy and contented life. Today when the society is in a state of flux and running towards reaching greater heights be it at the cost of crushing simple human emotions or values it becomes essential to take a view of what we are gaining and what we are leaving behind in the rat race of progress. Lack of self-concept and self-esteem makes an individual empty inside and lack of emotional maturity takes away the courage to face the world with a positive approach, leaving the individual feeling broken and betrayed. Thus the importance of emotional maturity and a

Dhyan-Yoga Meditation (As In Bhagvatgeeta, Chapter No.6) On Self Concept, Emotional Maturity, Aggression and Stress

strongly developed self-realization system increases. Since Bhagavad Geeta has been accepted as the ultimate book of human self-realization. There is need to study the difference in emotional maturity and self-realization, self-concept development among the individuals, practicing Dhyan yoga according to Chapter 6 of BhagvatGeeta and the individuals which are not following them.

In today's era Life has become more of a rat race, full of competition, comparisons, Jealousy, resulting in stress, anxiety, frustration, depression, giving birth to dissatisfaction, unhappiness, broken relationships, lower confidence, mostly carrying or being with negative emotions. These days' people go through dissatisfaction and negativity in all the parts, spheres and phases of life. These negative emotions hamper the person's psychological well-being. Psychology as exemplified in the Bhagavad-Geeta presents the study of the development of the mind from a pitiable state of anxiety and depression to that most highly developed state in which the intelligence is established in the consciousness of eternal Being [the field of pure consciousness], the most evolved state of human evolution.

The Bhagavad-Geeta teaches that the effect of surroundings and circumstances upon the mind depends upon its strength—that the intensity of the effect of an impression is in inverse ratio to the strength of the mind. At one time Arjun is found in a perilous state of indecision, but, after putting into practice the psychological teaching of the Geeta, it is not long before he is found in full power of confidence and decision, although the circumstances remained quite unchanged. A close study of Lord Krishna's discourse reveals a great depth of psychological insight; Bhagavad-Geeta addresses the question of suffering in a way that is intended to apply to all forms of suffering and problems. BhagvatGeeta teaches us how to better manage the inner organization as a means for more effective well-being and develop a practical self-management plan so that one can get the best out of oneself and others too. BhagvatGeeta gives us the direction to spend our life on the basis of its real value with clear focus and there is no confusion, stress or anxiety about it. We lead a purposeful and meaningful life ahead. Stress is becoming very common in the world as it is increasing day by day. Stress can also cause the psychosomatic disorders which are not curable. The individuals wander from one system to another for the want of cure and getting positive results, in spite of the loss of money they are bound to take medicine for lifetime and face the complication and side effects of the medication. The time demands the

Dhyan-Yoga Meditation (As In Bhagvatgeeta, Chapter No.6) On Self Concept, Emotional Maturity, Aggression and Stress

cure which has to be easy, convenient and low cost. Meditation is surely a best remedial cure instead of Medication.

What we learn from BhagvatGeeta Chapter no.6 “ Dhyan Yoga”

The role and significance of BhagvatGeeta Chapter no.6 is:

1. To learn how to have more control of our own thoughts, feeling and behaviour.
2. To become a better well being through better self understanding and practical application of spiritual knowledge and principles.
3. To take more responsibility for our own life and stop blaming others and circumstances.
4. To take more personal responsibility for our state of mind and emotions.
5. To learn how to communicate better with people.
6. To help manage major life changes.

Review of literature

Our scriptures have been known to carry immense knowledge and wisdom in them which if explored can make the life of human beings enjoyable, without conflict and confusion. They provide us easy source of valuable knowledge helping us become more mentally, physically and emotionally mature with a strong value system. Bhagavad Geeta is of great assistance in unfolding the purpose of one’s life by involving various acts and activities related to different objects and situations and their related needs.

Emotional Maturity and Values are said to be the foundation for leading a happy and contented life. Today when the society is in a state of flux and running towards reaching greater heights be it at the cost of crushing simple human emotions or values it becomes essential to take a view of what we are gaining and what we are leaving behind in the rat race of progress. Bhagavad Geeta has been accepted as the ultimate book of human self realization. Bhagavad Geeta had a more positive, emotionally mature and humanistic approach in leading oneself towards life challenges as compared to the aggressive and self-centered approach by the Non-Bhagavad Geeta readers(Divya Raina; GeetaBalodi). The BhagvatGeeta is said to be the summary of all the Upanishads by AdiSankara who beautifully quoted this in his

Dhyan-Yoga Meditation (As In Bhagvatgeeta, Chapter No.6) On Self Concept, Emotional Maturity, Aggression and Stress

BhagvatGeetadhya (meditation). It is the ardent belief of the Hindus that those who drink this nectarine milk of the BhagvatGeeta will strengthen and develop themselves mentally to face the battle of life with a smiling face at every step. The milk is also considered to be a perfect and a balanced food, it is easily digestible and those who drink the easily digestible nectar like milk of the BhagvatGeeta are nurtured and nourished in body, mind, intellect and spirit and they will become the master of their inner and outer world as was the case with Arjuna.

Many great thinkers such as Albert Einstein, Mahatma Gandhi and Albert Schweizer as well as Madhvacharya, Sankara and Ramanuja from bygone ages have all contemplated and deliberated upon timeless message of the BhagvatGeeta. The BhagvatGeeta's intrinsic beauty is that its knowledge applies to all people and it does not confine any sectarian ideology. It can also be approachable from the sanctified realms of all religions and is glorified as the epitome of all spiritual teachings. The proficiency in the BhagvatGeeta reveals the eternal principles which are fundamental and essential for spiritual life from all perspectives and the esoteric truths hidden within all religious scriptures (Muniapan, 2010). The primary purpose of the BhagvatGeeta is to illuminate the humanity with the realization of the true nature of divinity; for the highest spiritual conception and to attain love of God. In a nutshell, the BhagvatGeeta concepts of 'dharma' and 'karma' provide an inside-out approach to CSR, which is development of the individual leader's self-conscience. (The 'Dharma' and 'Karma' of CSR from the Bhagavad-Gitaby Balakrishnan Muniapan and Biswajit Satpathy. Stress Management in the Context of Bhagavad-geeta (Dr. Kallave Maheshwar Gangadharrao Assistant Professor Department of Education Dr. Babasaheb Ambedkar Marathwada University, Sub- Campus, Osmanabad) : Today mental stress is becoming an integral part of each individual's life and its outcomes are seen in the form of suicides in a tender age, physical ailments and addiction. Stress impacts the internal character / personality of a student rather than his external persona. The author, Mr. Gangadharrao firmly believes that one can find solutions for stress management in BhagvatGeeta. The Bhagavad Geeta elucidates the many difficulties of the mind and helps with techniques on how to master it. Swami Swatmananda, resident Acharya of Chinmaya Mission gives ten important lessons from the scripture.

1. Be Yourself. Find out your temperament and act in-line with it. (Swadharma - Ch.3)
2. Perform the duties without attachments & insistence on particular results. Accept the results

Dhyan-Yoga Meditation (As In Bhagvatgeeta, Chapter No.6) On Self Concept, Emotional Maturity, Aggression and Stress

- gracefully, gratefully. (Karmanyevadhikaraste - Ch.2)
3. Spend sometime in doing pranayama. (Apanejuhvatipranam.....Ch.4)
4. Follow the Moderation-Yoga. Moderation in food, sleep, speech, exercise, recreation & meditation eliminate stress. (Yuktaaharviharasya - Ch.6)
5. Like a tortoise cultivate perfect sense mastery. When required the senses are fully employed to act and achieve. When necessary, one should be able to withdraw the senses. (yadaasamharatechaayam....Ch.2)
6. There is nothing which is more purifying than Knowledge. (Na hi gnanenasadrishampavitramihavidyate - Ch.4) Clarity in Thinking about the roles and the Reality is essential. Understand that the roles we are playing are temporary & relative. The Reality in me is the Truth, is absolute.
7. Develop Purity in feeling. Overcome the impulsiveness of negative emotions like anger, lust, greed etc. (shaknotihaiva yah sodhum - Ch.16)
8. Faith in the Higher Reality is a great source of strength. A man is what his faith is. As the faith so will be our desires, thoughts and action. (Shraddhamayoyampurushah. Yoyatshraddhahsaevasaha...Ch.17)
9. Few minutes of Prayers & Meditation daily, go a long way in building up reserves of Peace and happiness within. (Swalpamapyasyadharmasyatrayatemahatobhayat - Ch.2)
10. Harmonise the head, the heart and the hands to be happy. Be an integrated personality. Disintegration causes stress. Integration gives tremendous satisfaction (Nastibuddhirayuktasya...Ch.2)

According to Dr. Ravi Khangai in his article: BhagvatGeeta and stress management:

A man wants to lead a balanced life, one should learn not to get disturbed by the pleasure and pain. Geeta do not advocate the philosophy of renunciation and escapism, but urges us into action with the right attitude and purpose. At the same time it equips us to digest the success and failure with equanimity. In nut shell anger, sensitiveness, pride and ambition are the enemies which are responsible for causing stress in life and we should not let them rule over us.

According to Dr. SaharanamK.V. in his article : Studying the Bhagavad Geeta:

Dhyan-Yoga Meditation (As In Bhagvatgeeta, Chapter No.6) On Self Concept, Emotional Maturity, Aggression and Stress

It gives us an in depth insight into the multifarious aspects of life that have been included in the discussion. Very many suggestions and principles from the Geeta can be incorporated into management in organizations and will help managers to pursue their day to day activities.

The verse 2:38 which runs thus, “Sukhadukhesamaykritwa, labhalabhow, jayajayow.....” means, “Accepting pleasure and pain, gain and loss, victory and defeat as the same, fight for the sake of fighting”. The importance of developing equanimity and calmness in the mind by developing such an attitude to encounter all such opposites with the same composure. The pearls of wisdom hidden deep in the ocean of the Bhagavad Geeta yield such precious gems to us, who dive deep into its meaning to bring out the best jewels.

The Bhagavad Geeta and contemporary psychotherapies

Indian J Psychiatry. 2013 Jan; 55(Suppl 2): S315–S321. doi: 10.4103/0019-5545.105557

PMCID: PMC3705702 (By Subhash C. Bhatia, JayakrishnaMadabushi, VenkataKolli, Shashi K. Bhatia, and Vishal Madaan)

The central theme of psychodynamic theories is the presence of conflict related to unacceptable aspects of the self. In several of these theories, the distress is about a conflict between internal dissonance and external requirement, and by striking a compromise between the two, one promotes adaptation. According to Freud's structural theory, the conflict between the id, ego and superego is settled through the healthy ego defense mechanisms. The core theme of the Geeta also involves a successful resolution of conflicts faced by Arjuna between parts of the three *gunas* i.e., *tamsic*, *Rajas*, *Satwic* forces, respectively having broader similarities between the id, ego and superego. What Bhagavad Geeta teaches about how to be yourself (HariRavikumar) The Bhagavad Geeta, composed several thousands of years earlier, surprisingly says something very similar, but with a slightly different spin, as we will see a little later. Each of us is endowed with several abilities to varying degrees of competence. We also have different passions to varying degrees of interest. With some effort and experimentation, we should be able to find that sweet spot where we are deeply attracted to something that we are really good at. This is the beginning of personal success, which eventually leads to the creation of something

remarkable, something so truly "us". Given that each of us is unique, if we stuck with ourselves instead of copying others, we'd be able to offer something unique to society.

Operational Definitions

1. Self-Concept :

The term self-concept is a general term used to refer to how someone thinks about, evaluates or perceives themselves. To be aware of oneself is to have a concept of oneself.

a) Baumeister (1999) provides the following *self-concept* definition:

"The individual's belief about himself or herself, including the person's attributes and who and what the self is".

Self-Concept is an important term for both social psychology and humanism. To sum up , the mental image one has for oneself is self concept.

b) According to Victor Gecas, The "self-concept," is the concept the individual has of himself as a physical, social, and spiritual or moral being.

c) Rosenberg defines the self-concept broadly as "the totality of an individual's thoughts and feelings having reference to himself as an object" (1979:7).

d) Similarly broad is Snygg & Combs's statement that "the phenomenal self includes all those parts of the phenomenal field which the individual experiences as part or characteristic of himself" (1949:58).

2. Emotional Maturity :-

a) Emotional maturity is defined as how well you are able to respond to situations, control your emotions and behave in an adult manner when dealing with others.

b) Emotional Maturity is a state of balanced feelings and self-control. Person is said to be emotionally mature who has in his possession almost all kinds of emotions (positive as well as negative) and is able to express them justly, skilfully and timely in different situations of life. As

Dhyan-Yoga Meditation (As In Bhagvatgeeta, Chapter No.6) On Self Concept, Emotional Maturity, Aggression and Stress

per the author of emotional maturity scale, Singh and Bhargava (1999), 'Emotionally mature is not one who necessarily has resolved all conditions that aroused anxiety and hostility but it is continually involved in a struggle to gain healthy integration of feeling, thinking and action'.

c) Emotional maturity is defined as how well you are able to do not try to complicate their own and other people's lives. It is suffice to say that emotionally mature people lead a well-adjusted life due to their healthy outlook on life. Emotional maturity has many different levels. Its initial level comprises of being aware of your effect on your own life and being responsible for it, not putting your failures on others.

Next comes the part where a person starts to get honest with

His/her own emotions, not projecting idealistic emotions but being comfortable in exhibiting the real emotions. As one goes upwards in the direction of attaining ultimate emotional maturity, one becomes emotionally open and does not give into suppressing his/her feelings. The next level comprises of the task to become emotionally decisive which can be attained by respecting our own feelings. And, finally reaching the level of emotional detachment which is the direct consequence of the true understanding of emotions and therefore, letting go of all the emotions, whether good or bad; leaving one feeling Fulfilled and happy.

d) According to Menninger (1999), emotional maturity includes the ability to deal constructively with reality. Emotional maturity is a process in which the personality is continuously striving for greater sense of emotional health, both intra-physically and intra-personally

3. Aggression

1: A forceful action or procedure (such as an unprovoked attack) especially when intended to dominate or master

2: The practice of making attacks or encroachments; especially: unprovoked violation by one country of the territorial integrity of another warned that any act of aggression could start a war

Dhyan-Yoga Meditation (As In Bhagvatgeeta, Chapter No.6) On Self Concept, Emotional Maturity, Aggression and Stress

3: Hostile, injurious, or destructive behavior or outlook especially when caused by frustration
Aggression is often the expression of pent-up rage.

4. Stress :

Stress is any uncomfortable "emotional experience accompanied by predictable biochemical, physiological and behavioral changes."

In psychology, stress is a feeling of strain and pressure. Humans experience stress, or perceive things as threatening, when they do not believe that their resources for coping with obstacles (stimuli, people, situations, etc.) are enough for what the circumstances demand.

Discussion

Dhyan yoga Meditation is a technique of silencing the mind. It means peace within, the feeling of content, satisfaction and delight. This affects the cognitive processes positively. Apart from positive change in the stress, self confidence, emotional maturity, and psychological well being it has also marked its effectiveness in bringing the positive change in psychological functioning like decision making power, increase in concentration, increase in intelligence quotient, communication skills, personality development, good interpersonal relationships, etc. It helps in eradicating the negative emotions like depression, frustration, anxiety, anger, fear, insecurity, stress, aggression etc, which results in peace of mind.

References :-

Achary Bhav Vinoba (2012) : Geeta Pravachane, Paramdham Prakashan.

A.C. Bhakti vedant Swami Prabhupada (2013) : Bhagvatgeeta as it is: The Bhaktivedant Book Trust.

Behera & Rangaiah (2017), Relationship between emotional maturity, self-esteem

and life-satisfaction: A study on traditional dancers of Odisha region, *Cogent Psychology* (2017), 4: 1355504

DevduttPatnaik (2017) ,My Geeta , Rupa publication new Delhi.

Dillbeck M. C.(1991), The Bhagavad-Gita: A Case Study in Vedic Psychology, *Modern Science and Vedic Science*, Volume 4,

Dr. Kallave M.G. (2014) : Stress management in the context of Bhagvatgeeta, Aayushi International Interdisciplinary Research Journal (AIIRJ)

Dr. KapriUmesh Chandra, Emotional Maturity: Characteristics and Levels, international journal of technological exploration and learning (ijtel)

Dr. TambeBalaji(2013), Shri GeetayogShodhBrahmhavidyecha, BalajiTambe Foundation

Dr. TambeBalaji(2010), Peacock Feathers, BalajiTambe Foundation

Hashmi HA, Khurshid M, Hassan I(2007). Marital Adjustment, Stress and Depression

among Working and Non-Working Married Women. *Internet Journal of Medical Update* 2007 Jan-Jun;2(1):19-26.

Maryam Riaz, MueenAbid, NaeemUllah, Sidra Khalid, A Study on Social Support and Stress among Married Women School Teachers,

International Journal of Emergency Mental Health and Human Resilience, Vol. 18, No.4, pp. 1, ISSN 1522-4821

Pastey G. S., Aminbhavi V.A. (2006) : Impact of Emotional Maturity on Stress and Self Confidence of Adolescents, Journal of the Indian Academy of Applied Psychology, January 2006, Vol. 32, No.1, 66-70.

Price J. S. 1 and Gardner R., Jr2(2009) : Does submission to a deity relieve depression? Illustrations from the book of Job and the Bhagavad, Philosophical Papers and Reviews Vol. 1 (2), pp. 017-031 July, 2009

Dhyan-Yoga Meditation (As In Bhagvatgeeta, Chapter No.6) On Self Concept, Emotional Maturity, Aggression and Stress

RainaDivya,; BalodiGeeta (2014): A comparative study of emotional maturity and values in bhagvatgeeta readers andnon-readers, Asian Journal of Research in Social Sciences and Humanities Vol. 4, No. 10, October 2014, pp. 129-140

Shri ShriParamhansaYogananda(2011), Journey to self realization, Jaico Publishing House, Kolkata.

Swami Sukhbodhananda(2002) Discourse on BhagvatGeeta IV: Meditation The ultimate flowering, PrasannaTrust,Banglore.

Swami Sukhbodhananda(2002) , Meditation from BhagvatGeeta, PrasannaTrust,Banglore.

Swami Sukhbodhananda(2002) , Personal excellence through BhagvatGeeta, PrasannaTrust,Banglore.

Swami Sukhbodhananda(20012) , Stress Management: A bulletproof yogic approach, PrasannaTrust,Banglore.

Swami Yatiswarananda(2009),Meditation and Spiritual Life, AdvaitAshram,Uttarakhand.

Swami Vivekananda,SwamiChetananda(Ed.)(2011),Meditation and its method, AdvaitAshram,Kolkata.

Swami Vivekananda(2011),Conquering the internal nature- Rajyoga, , AdvaitAshram,Kolkata.

VermaDayanand(2005) , Dhyan Yoga, Diamond Pocket Books.

Viktor Gecas (2011) ,The Self-Concept, Annual Review of Sociology, Vol. 8 (1982), pp. 1-33