

Level of Depression in Orphans with Special Reference to Intervention effect of Bhagwat Gita

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Surabhi Misra
Associate Professor,
Dept. of Psychology,
J.D G.E.G. Collage,
Kanpur, UP, India



Laxmi Dubey
Teacher,
Dept. of Psychology,
Basic school,
Kannauj, UP, India

Abstract

An Unfathomable ocean of wisdom, an epitome of all scriptures Bhagwat Gita is considered as the life breath and image of lord itself. A dialogue between two individuals' lord Krishna and his disciple Arjun at the battle field of Kurukshetra, Gita unfolds vast and comprehensive teachings on personality development, behavior modification and solution to day to day problems of man.

Depression is a mood disorder characterised by low mood, feelings of sadness and general loss of interest in every thing. An orphan is generally prone to such negativities of life as he/she has no shoulder to cry upon at the time of blues.

The present study is an attempt to compute the depression level of orphans and the effect of intervention on Bhagwat Gita upon these deprived ones.

Keywords: Depression, Bhagwat Gita.

Introduction

Parents play the most important role in the overall development of their child. Parents are those supportive aids who, apart from catering every wish, also help the child lead a secure, meaningful and contented life (Lehman, S. Haivik, O.E, Haivik, T & Herivang, E.R. 2003)

Losing a parent is one of the most traumatic event that can occur in any stage of child development. Parental absence is often accompanied by symptoms of poor psychological well being changes in behaviour and increases in stress and sleep disturbances (E.S. Harris, 1991)

In their absence children are exposed to the harsh and tough realities of "NOT SO GOOD" world. They may also face various traumas due to unavoidable life situation resulting in nightmares followed by PTSD (Rahman W, Mullick, M.S. Pathan; MA, 2012)

Depression or Anhedonia is (lose of capacity to experience pleasure) often for no apparent reason. When the condition lasts for more than two weeks, it is termed as clinical depression. Self blame, guilt, hopelessness, shame etc irrationally arises when negative or unfavourable things happen and these can lead to depression.

There are different types of depressive disorders. Symptoms can range from relatively minor (But still disabling through to very severe) So its helpful to be aware of the range of conditions and their specific symptoms. Depressed people continuously suffer from negative and self defeating thoughts. Their tendency to hopelessness leads to learned helplessness with lowered self confidence and shattered self esteem.

Bhagwat Gita is a part of the great epic (Mahabharat, widely popular mythological stories in Hindu philosophy part of Bhishma Parva) Gita is the dialogue between two individuals, Lord Krishna and Arjuna in the battle field of Kurukshetra. It has 18 chapters with about 701 shlokas (Short Poems) The first one being " Arjuna Vishad Yoga" (Sorrow of Arjuna and last one " Moksh Sanyas Yoga" (Nirvana and Renunciation) It may be broadly divided in to three main Yogas or paths:-

1. Karma Yoga (Chapter 1 to 6)
2. Bhagti Yoga (Chapter 7 to 12)
3. Jnana Yoga (Chapter 13 to 18)

Karma Yoga upholds and emphasizes the necessity of action, when man attains proper knowledge, it leads a path of selfless action (Tilak, B, 2019).

Bhagti Yoga as the path of devotion inculcates in the devotee, the attitude of loving devotion and service as an instrument of supreme spirit.

Jnanan Toga as the part of knowledge wisdom and direct realization of self drives the individual consciously to achieve the ultimate goals for which he has been striving (Gupta B, 2021)

Bhagwat Gita as psychotherapy

Bhagwat Gita was delivered by Lord Krishna to boost Arjuna's declining moral, confidence, motivation and to take Arjuna out of intrapersonal conflict which was to fight or not fight the war agaisned his kins as Kurukshatra.

The first chapter, Arjun Vishad Yoga narrates the expresion of Arjuna's Sorrow, anxiety, fear and guilt leading to a state of conflict after seeing his Kith and Kins lined up in the enemy camp in the battle field. Fighting this war to win the kingdom meant killing all those people too, whome Arjun respected and loved. Bhagwat Geeta emcompasses all the management tactics to achieve the mental equilibrium and to overcome any crisis situation.

The spiritual aspect of the book in Hinduism is very well established but, it is also of great use for psychologists and psychotherapists dealing with their day to day cases of extreme behaviour disorder, cognitive variations, negative thoughts, guilt, anxiety, delusions, fear towards life (Sharma, 2014)

(Bhatia et al 2013) Suggested that the Gita recommends psychiatrists and mental health practitioners to use spirituality as a part of their therapeutic procedures . in collaborating it with positive psychology ,(Ashtankar 2016) suggested that the durine principles in in Bhagwat Gita administered to stress and mental health management and enhancement of positive mental growth . it helps one establish practice self control , peace and harmony at social and interpersonal level and to judiciously perform right action at right time.

It promotes ones tendency to confront and fight for its rights instead exhibiting denial and escapism. Same way, it teaches to be aware of and readily perform ones duties too, towards his loved ones community and mankind as a whole. (Gandhi, M. 2009)

Solution focussed directive counselling and cognitive restructuring along with dealing with transpersonal aspects projects close relation of Bhagwat Gita with psychology. Apart from being a spiritual scripture, it is one of the best books

For personality development and tool for resolving day to day problems of man (Trivedi, D 2017) (Rao, A Venkoba, Parvathi Devi, S, 1974)

Methodology

Objective of the Study

To find out the pre and post depression level of orphans by administering the intervention effect of Bhagwa Gita.

Hypothesis

Significant difference would be found between pre and post depression level of orphans by administering the intervention effect of Bhagwat Gita.

Variable

IV - Intervention effect of Bhagwat Gita

DV - Depression Level

Controls - Age 12 to 18 years pre and post orphans adolescents

Sample selection and intervention procedure initially 50 orphans (irrespective of gender) were randomly chosen for pre test after assessing the depression level 20 adolescents were selected how have scored above average or higher level on depression scale.

Intervention effect of Bhagwat Gita was administered for duration of three months.

A group of interventionists took sessions with orphans for 1 hour every day. The procedure was initially the induction of and its importance on the overall personality for 1st 15 minute, next 15 minute was devoted to conceptual clarity of each chapter and its psychological implication.

Last 30 minute, the concluding part included in it the spiritual growth, healing power and stiving towards general wall being.

Tools

A consolidated test on anxiety, stress and depression (ADSS) constructed by Dr Pallavi Bhatnagar, Megha Singh etal was used as a tool, in which the sub scale of depression contains 15 items.

Rearch design

Pre and post within groups design was opted for the study.

Analytical strategy

The obtained data were analyzed by compesting mean, SD and t test.

Scoring and interpretation

Keeping in views the nature of the present study, the obtained data was analyzed using t test.

Table

Table showing depression level on two conditions

Table

Condition	Mean	SD	t Value
Preset	10.9	1.8	3.32**
Post Test	6.05	2.99	"

Table showing depression level on two conditions.

Interpretation of results

T teat applied to assess the difference between pre nd post depression level of orphans by administering the intervention effect of Bhawat Gita .

Table displayed the mean value of 10.9 and 6.05 (pre nd post intervention conditions). Similarly SD 1.83 and 2.99 was computed. T value obtained for the same was 3.32 which was found significant at 00.1 level of significance .this value obtained, thus proves the hypothesis.

Impending threat and uncertainty of insecure future life situations is liable to make any individual (especially orphans youth) subject to despression.

The intervention effect given on account of Bhagwat Gita helps one rationalize implusiveness of behaviour. Ones adverse and less beneficial life situations positively focuses on ones positive actions to make life conditions more meaningful rather than brooding over destiny and deprivations.

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