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# The 21<sup>st</sup> Century Students Stress Reliever a Study of Student Perceptions: Gandharva Veda Music

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## Abstract

Maharishi Ayur-Veda is a centuries-old authentic health care scheme, brought to light by Maharishi Mahes Yogi based on the ancient Vedic tradition, additionally it is a completely holistic healthcare system. In this study paper we will learn and know more about what is Gandharva Veda Music, and how it help to reduce the students stress level, and how it is generally impact. This research are conducted to know how is students perceptions in using Gandharva Veda music as a study music or sleeping music as stress reliever. Which lead to a questions, "How students feels about Gandharva Vedic Music as a stress reliever". By that, some questionnaire will share and there will be some questions that will show how they feels and how it helps them in releasing stress. The sampling that chosen is Quota sampling. The population of this research are 10 students from High school to University, from the age of 16years above which known that they are facing examinations (for 12th grade class of high school) and studying while working university students. The data tools collection used is questionnaire which shared by social media. There was 11 questions which are shows Anxiety/Stress level (questions number 1-6) and how they think about the Gandharva Vedic Music ( questions number 7-11). This questionnaire will be share to 10 people who are students. This research shows that 70% from the subject feels anxious, and 70% of the subject are unsure that they are performed well in class. also it is shows that Gandharva Veda music at least helps to reduce the subject stress levels, feel relax with the help of Gandharva Vedic music and shows that Gandharva Veda music at least helps to reduce the subject stress levels It is known that these day students get anxious and stress easily, with a lot of caused. However they are still force their self to deal with the situations with exhausted feeling. Gandharva Vedic music which known as the music therapy giving the vibration of happiness and help them to reduce their stress level. In the need of this aspect of stress and anxiety disorder this kind of research should be expand in the future and hopefully it could help not only them but all students all over the world.

**Keywords:** Gandharva Veda; Relaxation; Stress; Concentration



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## 1. Introduction

Covid-19 become the most influential pandemic that has ever happened. Since the outbreak of Covid-19, the stress level of human are increasing, and shows a lot of consequences happening. A number of factors, including illness obviously, news and disinformation, quarantine, psychological consequences of the infected individual, and the burden of mental illness among medical professionals, were discovered in the process of predicting how the public would respond to disease outbreaks (Alateeq, D. 2020). During a quarantine, people experience a variety of physical and mental social effects, such as isolation and unpredictability future.

In general, the body will respond to stressful situations by increasing heart rate and breathing rate. This happens due to stress triggers the body's "fight or flight" reaction (Nurwulan, et al 2021). If this continues frequently, the condition is characterized as chronic stress, which can impact multiple areas of the body and our general health, such as weakening bones, immune system, and muscular strength. Not only may stress affect individuals physically, but it can also affect them mentally and behaviourally (Yaribeygi et al., 2017). When kids are distressed, their academic performance is more likely to be negatively impacted. Students will have trouble recalling information, making decisions, or taking the correct steps. Overworked learners frequently miss lessons or do not actively participate in learning activities.

मात्रास्पर्शास्तु कौन्तेय शीतोष्णसुखदुःखदाः । आगमापायिनोऽनित्यास्तांस्तितिक्षस्व भारत ॥  
Bhagavad Gita Chapter 2.14

"Kunti's son, the connection between the senses and the sense matters creates temporary sensations of delight and misery. These are short-term, seeing as they come and go like the seasons of winter and summer. One must learn to tolerate them without being bothered."

The five senses—sight, smell, taste, touch, and hearing—that make up the human body can cause both pleasure and pain when they come into contact with an object. Both of these emotions pass quickly. They change just like the seasons do. While cold water is pleasant in the summer, it is a hassle in the winter. As a result, the pleasure and suffering felt through the senses are fleeting. We will continue to sway from side to side like a pendulum if we continue to let them influence us. Every person should practice tolerating happy and sad emotions without letting them impact them (Bhagavad Gita Chapter 2: verse 14). This verse of the Bhagavad Githa assures us that we must learn to tolerate any suffering, joy, or health issues brought on by transient human body and feelings. The Vedas introduce numerous methods, in addition to education, which emphasizes the intellectual and emotional aspects of intelligence, to assist humans in all these health issues. The Vedas also place a strong

emphasis on spiritual talents (Surpi, NK. 2023). Several sections of Vedic literature also contain knowledge and learning regarding health education.

Vedic literature known as the book of holy or the library of the world, it contains more than anything that we know all of this great knowledge are made to help humans life, including health matters. There is a lot of studies that show how effective Yajur Veda, Bhagavad Gita and Gandharva Veda (health knowledge Vedic versions) in any health issues including stress disorder. To reduce the stress level studies have promoted standard stress-reduction measures for all respondents, such as physical activity, meditating, and yoga for relaxation (Kar et al., 2020), supportive peer programs, and counselling at resting place (Selikowitz and Rege, 2020).

There are a lot of ways that suggested from Vedic literature to maintain the balance of our health, therefore as example Bhagavad Gita, for instance, offers three ways for people to develop psychological endurance: Jnana Yoga, which involves self-awareness and "flattens" the ego; Karma Yoga, which involves selfless action and separates emotion and ambition from action; and Dhyana (Raja) Yoga, which involves meditation and introspection and helps people reduce stress and live a balanced lifestyle (Keshavan, 2020). There also Maharishi Ayur-Veda and Gandharva Veda Music which both are two further facets of Vedic knowledge that were created for any health and medical science. Gandharva veda music is a type of vedic music that represents and revitalizes the expressions of the ancient Vedic tradition. Maharishi Ayur-Veda is a centuries-old authentic health care system that was introduced by Maharishi Mahes Yogi based on the ancient Vedic tradition. The illustrations of natural law in existence, as well as mental and bodily balance, are revitalized by the Gandharva veda, a sort of vedic music (David & Charles, 2014). In this research paper, we will learn more about what Gandharva Veda music is, how it can make students feel less stressed, and how it affects people in general.

## 2. Methods

This research are conducted to know how is students perceptions in using Gandharva Veda music as a study music or sleeping music as stress reliever. Which lead to a questions, "How students feels about Gandharva Vedic Music as a stress reliever?" By that, some questionnaire will share and there will be some questions that will show how they feels and how it helps them in releasing stress. The sampling that chosen is Quota sampling. The population of this research are 10 students from High school to University, from the age of 16years above which known that they are facing examinations (for 12<sup>th</sup> grade class of high school) and studying while working university students. The data tools collection used is questionnaire which shared by social media. There was 11 questions which are shows Anxiety/Stress level (questions number 1-6) and how they think about the Gandharva Vedic Music ( questions number 7-11). This questionnaire will be share to 10 people who are

students. Also, to support the diagrams of quantitative research researcher also will attach some review from random persons who are listening and feel helped by the music. The question of questioner below in the link: <https://forms.gle/q938TxoE2c6SKQ7LA>.

1. What makes you Stress the most? Please describe.
2. Within the school year, how anxious out did you feel on a daily basis usually?  
A. a lot      B. Sometimes      C. Never
3. It's challenging for me to concentrate in classroom.  
A. Agree      B. Sometimes      C. Never
4. I am exhausted out and rest more or less than usual.  
A. Agree      B. Sometimes      C. Never
5. I'm unsure of my potential to perform well in class.  
A. Agree      B. Sometimes      C. Never
6. I experience difficulties focusing attention in class or when studying.  
A. Agree      B. Sometimes      C. Never
7. After listening to Gandharva Vedic music I feel.  
A. Relax      B. More concentrate      C. Sleepy      D. Neutral
8. How do you think about Gandharva Vedic music played while learning?  
A. More concentrate      B. Happy      C. Relax      D. Neutral
9. Before listening to Gandharva Vedic music what is your current stress level?  
A. 10-8      B. 7-5      C. 5-3      D. 3-1
10. After listening to Gandharva Vedic music how is your current stress level?  
A. 10-8      B. 7-5      C. 5-3      D. 3-1
11. How do you feel about Gandharva Vedic music?  
A. Very helpful      B. Helpful      C. Neutral      D. Dislike

The music that use as media of the Gandharva Vedic music is chosen from the YouTube applications with a lot of positive review, with the link below: <https://youtu.be/QhLLsZiD478> : Gandharva Veda- Rain Melody – Melody for increasing Energy and Bliss.

There is some positive review from around the world that we can take a look closer:



**Learn Meditation Classes** 3 tahun yang lalu

Play to bring harmony in nature, restore rain fall in drought, listen sitting easily not while driving or working. Play overnight at work or in the home even while not hearing it will have a balancing effect on the environment.  
Maharishi Gandharva Veda

👍 25    💬 Balas



**Christian Auz** 5 bulan yang lalu

I HAVE LISTENED TO GANDHARVA VEDA SINCE I WAS 12 YEARS OLD WHICH I PRACTICE TM AN SINCE 26 YEARS OLD I PRACTICE TM SIDHIS PROGRAM IS VERY REWARDING JAI GURU DEV JAI MAHARISHIJI

👍 1    💬 Balas



Rise N Shine 3 tahun yang lalu

I played this during the night when there had been the hottest driest month on record, and the next day I saw...it had rained in the night, So lovely!

👍 29 🗨️ Balas



fuk gugal 1 tahun yang lalu

It creates neuropeptides and releases healing opiates. There are also different songs for different Doshas. Vata, Pitta, Kapha etc. :) Bruce and Brian BecVar have some in a colab with Deepak Chopra that are good. 6 tracks, 2 for morning and night of all three Doshas ;)

👍 3 🗨️ Balas



VedaHouseStockholm 1 tahun yang lalu

We've played this as a soft background music, every day during the whole day for 14 years now at Veda House in Stockholm Sweden!

👍 36 🗨️ Balas



teacupnoir 1 tahun yang lalu

This takes me somewhere I can feel safe for the first time in a long time.

👍 40 🗨️ Balas

### 3. Results and Discussion

Stress level could be started since people started to show stress symptoms since teenagers could cause by pubertal transition and stressful life event (Ge, X. et.al 2021). A study from Falkin G et al, on 2007 shows that the teenagers could get stress because lack of supports could be from their social life or family and friends, and it is very dangerous since they need to give up their social life and something that important for them. This is also often happen to students who has a lot of homework from their school.

As Forbes data journalist Niall McCharthy (2015) write, Italy students are the highest hours spender of doing homework which they spend approximately 8,7 hours per weeks to do their homework's. Korea, which has a good educational rank, only spent 2,9 hours per week to do their homework. Another study from Denis Pope (2014) research found that too much homework could affect students negatively for their live matter outside of the school such as family, self and activities matter. From fifty-six percent of the students, forty-three percent said that the main stress reason is homework, and less than one percent said that it is not a stressor. In an interview, a lot of students said that they have less time for sleep and caused health issue could be headache, exhausted, weight loss, lost motivation, stomach problems and as well reduce the focus in the class on the next day. Spending most time on doing homework means that students have less time to do something that they like, something that they enjoy, less time with their friends and family, which mean they

couldn't share any experience or needs with their parents and again increase their stress level.

When homework get the short deadline it will absolutely giving pressure to the students, then students couldn't identify, what's important and what's urgent. According to Susan Lasky (2021) there are risks of working under pressure involves anxiety, discomfort, sleep loss, disorganization of routines and priorities, and less time to complete tasks correctly. Students will get rush we try whatever took to finished early, we do the online searching and just copy whatever the website show us. We don't even comprehend what was what. In the end to be honest they are not learning. As the students attached to the behaviour that they need to finished their homework as soon as possible so they could have a rest time, students sometimes just "done" their home work without knowing or acknowledge what they are doing or what are they learn.

In learning, especially TEFL (teaching English as foreign language) there was a learning method that known as Suggestopedia. In their work *Approach and Method in Language Teaching, a description and Analysis*, Richard, Jack K., and Theodore S. Rodgers. (New York: Cambridge University Press, 1993) which stated in journal from Arni on 2016, suggests that Suggestopedia is a treatment that is based on current knowledge of how the brain works and how we learn. a concept that advocates the idea that by making suggestions, one could influence people to take certain actions. Suggestopedia is the use of suggestions in teaching to get rid of students' feelings of failure. The suggestopedia learning model allows students to get over their psychological limits. The implementation of suggestopedia is using music as the media. According to Harmer (2001), that places more emphasis on the learner's want to learn, music can promote that motivation because it deals with emotions while allowing the brain to process them. A piece of music can alter the mood in the classroom, start a new activity, and create a link between unwinding and learning. Another researcher also stated that learning with music or suggestopedia could maximize students' mental capacity for learning while providing a comfortable learning environment in the classroom, suggestopedia should be used in the teaching and learning of reading comprehension. The lesson can be learned more effectively and with a greater understanding by the students (Suyadi, 2021).

With all of this study it is could conclude that learning with music could help students relieve their stress level while studying. Music could also use as a therapy and it's already common for people to study music therapy. Music and music-based healing have received much attention in Indian literature, ranging from the musical articulations and intonations of the Samaveda to multiple Upavedas, including the Gandharva Veda, as well as other texts, like *Natyashastra* and *Sangita Ratnakara*, to

more contemporary treatises, such as the Sangita Kalpadrumam (Balasubramanian, G. 2016).

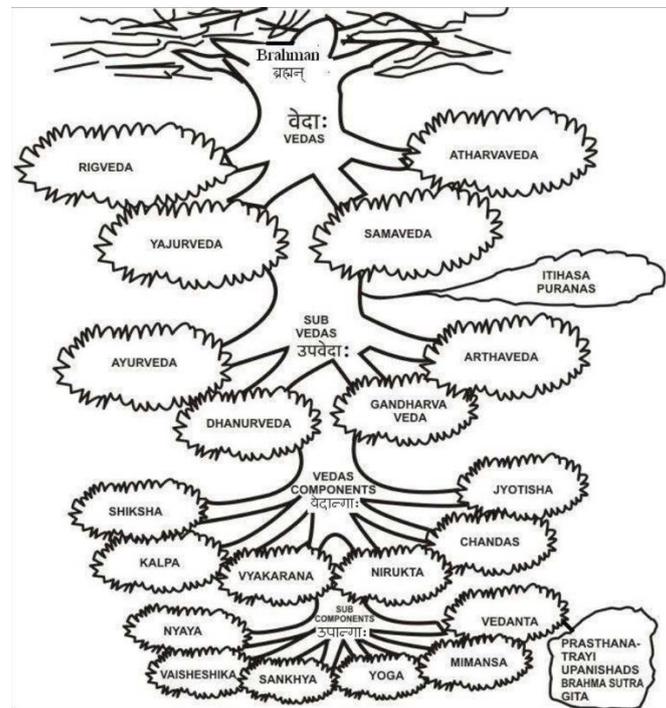


Figure 2: Integrated Vedic knowledge and science represented as an inverted tree

Figure 1. Integrated Vedic Knowledge and Science Represented as an Inverted Tree  
(Source: Prasad, M. G., 2014)

Vedas are like seeds; Vedas are energy that gives people the potential to live a good, healthy, and prosperous life on this planet (Surpi, 2023). The Vedas, a collection of Hindu scriptures, are where the universe's knowledge originates. The Vedas are a thorough and matured scientific tree that include vidya and apara vidya (spiritual and scientific) (Surpi 2021). Reading from the sacred Upanisad Library, which is written in Hinduism, not only improves reading abilities but also has a profound effect on human psychology (Surpi & Purwadi, 2021). Prasad (2014) explain that The Gandharva Veda deals with music and the fine arts, while Chandas deals with the science of prosody and how to use it to pronounce mantras in a harmonious way. The four primary Vedas—Rik, Yajus, Sama, and Atharva—are known to be compilations of mantras that have been passed down orally throughout history. Mantra recitation requires an understanding of acoustics in order to be done correctly.

As a result of this, music enhances health and is a significant part of Indian culture. Great Asian classical musicians have long been experimenting with music therapy. The neurological system, blood flow, and general health are thought to change when many glands are activated by music. The correct music can aid in relaxation and rejuvenation. Light music boosts productivity in any situation, including a

professional or academic one. Additionally, it aids us in controlling negative facets of our personalities like anger, anxiety, and stress. Anxiety can be influenced by a number of factors, including genetics, personality, familial and parental traits, life experiences, cognitive distance, and social phobia (Rapee, 2012). Following a healthy lifestyle, utilizing complementary therapies, or engaging in physical activities like yoga are a few ways to lower anxiety levels (Indriani N, et al. 2022). According to numerous studies, listening to music can improve mood, calmness, health, and focus (Hamada, M. et al., 2018). According to the Gandharva Veda, controlling one's emotions, blood pressure, and restoring liver function can alleviate headaches, stress, and colic (Menen R, 2004). This music is aware that it serves a variety of purposes and is created in accordance with those purposes. Their various vibrations, including Gandharva Veda music has a variety of uses, including focus, creativity, boosting energy and enjoyment, love and happiness, rest and relaxation, and rain melodies. It might be stated that Gandharva Veda music can be used as a tool for studying music and reducing stress.

The questionnaire results as below:

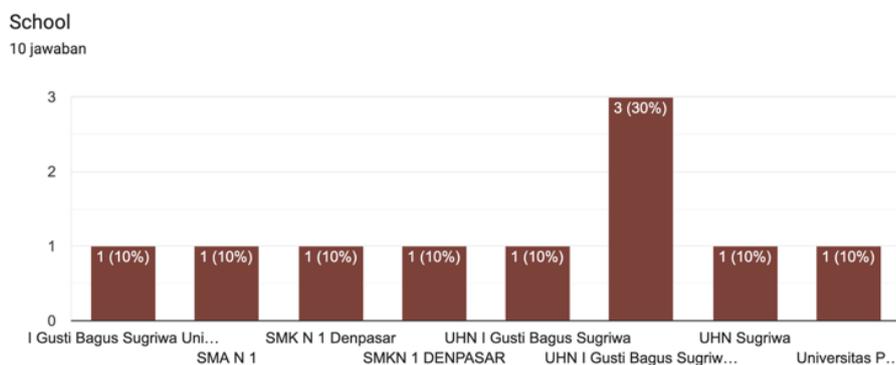


Figure 2. Correspondent schools which are consist high schooler and university students (Source: Author, 2023)

What makes you stress the most? Please describe

10 jawaban

- Something ththe tasks piling up, even if I'm willing to take my sleep away, the tasks won't be completed because there's so much tasks.
- Too much task from collage. Cause I work and study. it makes me tired and a bit stress. I do not just find pressure at workplace but also from lecture who gives the task and I still need time to finish it but cause the deadline I should submit it whether it correct or not.
- the thing that stresses me the most is when I have difficulty adapting to new material or find it difficult to respond to an explanation that is given.
- Home work 😓
- writing an article
- When i have to much pressure
- I have no money and sometimes i difficult to find a peace and calm situation
- Making final test and practical working
- Assignment from the lecturer, at this moment I really stress about it, there are a lot of task that we as students need to submit, because I am studying while working.
- Homework and Exercise

Figure 3. Answer of the causes of stress for the high schooler and university students  
(Source: Author, 2023)

Within the school year, how anxious out did you feel on a daily basis usually?

10 jawaban

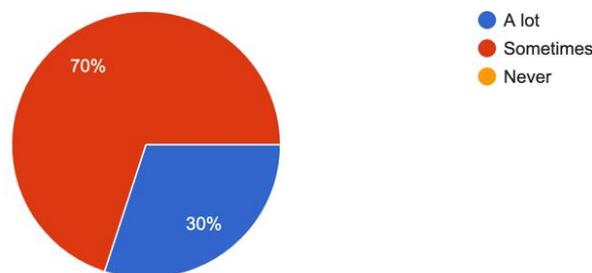


Figure 3. A diagram shows that 70% from the subject feels anxious  
(Source: Author, 2023)

It's challenging for me to concentrate in classroom.

10 jawaban

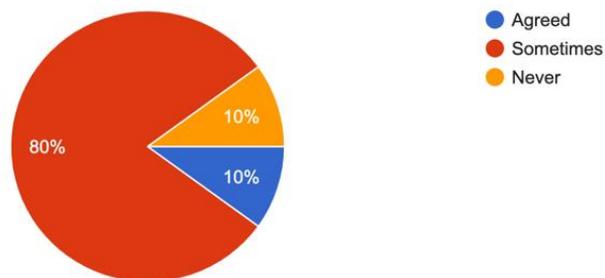


Figure 4. A diagram shows that 80% from the subject feels difficult to concentrate (Source: Author, 2023)

I am exhausted out and rest more or less than usual.

10 jawaban

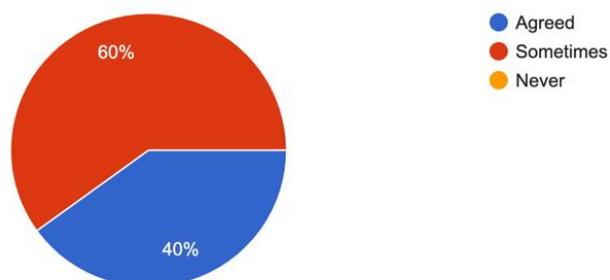


Figure 5. A diagram shows that 60% of the subject feel exhausted (Source: Author, 2023)

I'm unsure of my potential to perform well in class.

10 jawaban

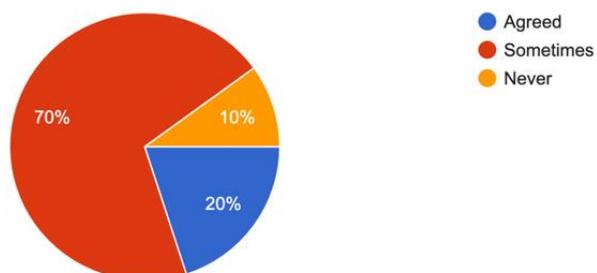


Figure 6. A diagram shows that 70% of the subject are unsure that they are performed well in class (Source: Author, 2023)

I experience difficulties focusing attention in class or when studying.

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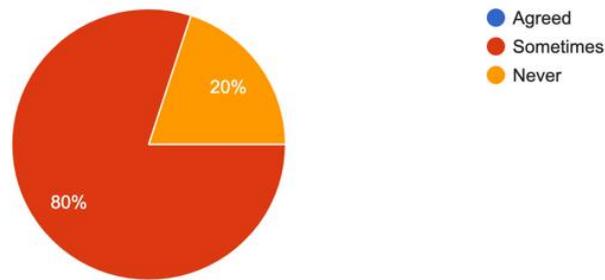


Figure 7. A diagram shows that 80% of subject has difficulties in focus (Source: Author, 2023)

After listening to Gandharva Vedic music I feel.

10 jawaban

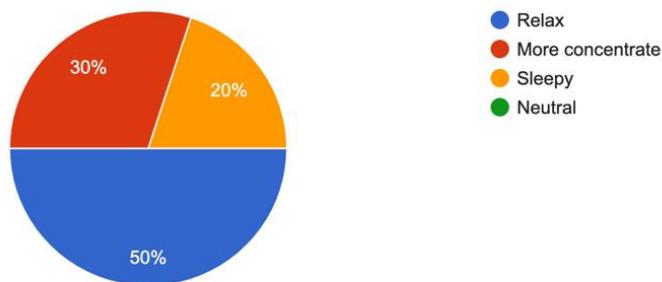


Figure 8. A diagram shows that correspondent feel relax with the help of Gandharva Vedic music (Source: Author, 2023)

How do you think about Gandharva Vedic music played while learning?

10 jawaban

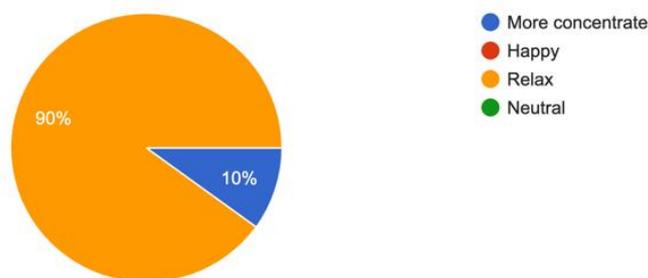


Figure 9. A diagram shows that mostly the answer that Gandharva Veda music bring relaxation (Source: Author, 2023)

Before listening to Gandharva Vedic music what is your current stress level?

10 jawaban

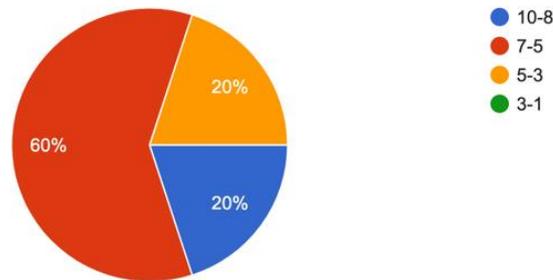


Figure 10. A diagram shows that 60% or 6 from 10 person have high level of stress disorder (Source: Author, 2023)

After listening to Gandharva Vedic music how is your current stress level?

10 jawaban

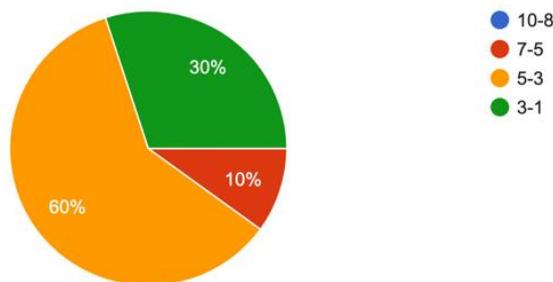


Figure 11. A diagram shows that Gandharva Veda music at least helps to reduce the subject stress levels (Source: Author, 2023)

How do you feel about Gandharva Vedic music?

10 jawaban

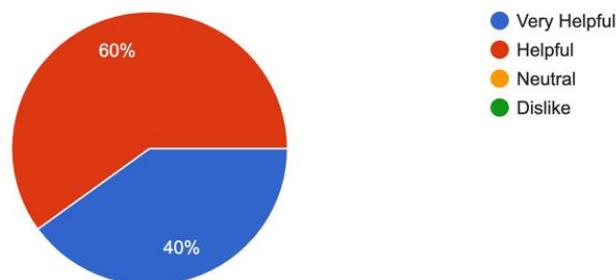


Figure 12. A diagram shows that Gandharva Vedic music are helpful to reduce their stress level and stimulate relaxation to fall asleep earlier (Source: Author, 2023)

#### 4. Conclusions

It is known that these day students get anxious and stress easily, with a lot of caused. However they are still force their self to deal with the situations with exhausted feeling. Gandharva Vedic music which known as the music therapy giving the vibration of happiness and help them to reduce their stress level. In the need of this aspect of stress and anxiety disorder this kind of research should be expand in the future and hopefully it could help not only them but all students all over the world.

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