

Effect of Mantra Chanting on Social Adjustment among Corporate Personnel: A Pre–Post Experimental Study

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Abstract

Background: Corporate personnel often experience psychosocial challenges such as interpersonal stress, poor social adjustment, and emotional imbalance due to demanding work environments. Impaired social adjustment can negatively influence workplace relationships, job satisfaction, and mental well-being. Yogic practices such as mantra chanting are traditionally believed to stabilize mental processes and promote harmonious social functioning.

Aim: To evaluate the effect of mantra chanting on social adjustment among corporate personnel.

Materials and Methods: A single-group pre–post experimental design was adopted. Corporate employees were assessed for social adjustment before and after a structured mantra chanting intervention using a standardized social adjustment scale. Pre- and post-intervention scores were compared using paired *t*-test.

Results: A statistically significant improvement in social adjustment scores was observed following the mantra chanting intervention ($p < 0.05$), indicating enhanced psychosocial functioning among participants.

Conclusion: Mantra chanting significantly improves social adjustment among corporate personnel. Regular practice of mantra chanting may serve as an effective yogic intervention for enhancing psychosocial well-being and interpersonal harmony in workplace settings.

Keywords: Mantra chanting, social adjustment, psychosocial health, corporate personnel, yoga

Introduction

The modern corporate workplace places substantial psychological and social demands on employees. In addition to performance pressure and time constraints, corporate personnel are required to continuously engage in interpersonal interactions, teamwork, conflict management, and organizational adaptation. These demands often contribute to psychosocial stress, impaired social adjustment, and emotional imbalance (Balakrishnan et al., 2019; Kakkar et al., 2025; Kakkar S et al., 2025). Poor social adjustment in the workplace is associated with interpersonal conflicts, reduced job satisfaction, emotional exhaustion, and diminished mental well-being.

Social adjustment refers to an individual's ability to adapt effectively to social roles, interpersonal relationships, and environmental demands. In occupational settings, adequate social adjustment is essential for maintaining cooperative work relationships, effective communication, and psychological resilience (Chaudhary et al., 2024; Kakkar et al., 2024; Shah et al., 2024). However, persistent occupational stress and emotional dysregulation may adversely affect social functioning, leading to irritability, withdrawal, and reduced social competence.

Yoga-based mind–body practices have been increasingly explored for their role in enhancing psychosocial health. Among these practices, mantra chanting occupies a unique position as a sound-based meditative technique that influences mental stability, emotional regulation, and attentional control (Hahad et al., 2021; Kim et al., 2022; Sinharay et al., 2018). From a yogic perspective, mantra chanting is believed to calm mental fluctuations and cultivate inner harmony, which may positively influence social behavior and interpersonal interactions.

Scientific studies suggest that mantra chanting reduces stress, improves emotional regulation, and enhances mindfulness, all of which are closely linked to improved social adjustment (Akhani et al., 2019; Sasikumar et al., 2020; Sengupta, 2012). However, empirical studies examining the effect of mantra chanting on social adjustment specifically among corporate personnel remain limited. Given the increasing psychosocial demands of corporate work environments, it is important to evaluate the effectiveness of mantra chanting as a feasible intervention for improving social adjustment in this population (Abdurrahman et al., 2020; Shetty et al., 2023; Talukdar et al., 2021).

Therefore, the present study was undertaken to assess the effect of a structured mantra chanting intervention on social adjustment among corporate personnel using a pre–post experimental design.

Materials and Methods

Study Design

A single-group pre–post experimental research design was adopted to evaluate the effect of mantra chanting on social adjustment among corporate personnel.

Participants

Corporate employees were recruited from selected organizations using purposive sampling. Participants who were willing to participate and who were not engaged in regular yoga, meditation, or similar psychosocial interventions were included in the study. Individuals with major psychiatric illness or conditions affecting social functioning were excluded.

Ethical Considerations

Participants were informed about the purpose and procedure of the study, and written informed consent was obtained. Confidentiality and voluntary participation were ensured throughout the study.

Intervention Protocol

Following baseline assessment, participants underwent a structured mantra chanting intervention for the duration specified in the thesis. Each session consisted of preparatory relaxation, guided mantra chanting, and a brief period of silent sitting. The intervention was conducted in a calm and supportive environment to facilitate mental relaxation and emotional stability.

Assessment of Social Adjustment

Social adjustment was assessed using a standardized social adjustment scale administered before and after the intervention. The same assessment tool and administration conditions were maintained for both measurements to ensure consistency.

Statistical Analysis

Descriptive statistics were calculated for social adjustment scores. Paired *t*-test was applied to compare pre- and post-intervention social adjustment scores. Statistical significance was set at $p < 0.05$.

Results

The effect of mantra chanting on social adjustment among corporate personnel was assessed using a single-group pre–post experimental design. Descriptive and inferential statistics were employed to evaluate changes in social adjustment following the intervention.

Effect of Mantra Chanting on Social Adjustment

The pre- and post-intervention social adjustment scores of the participants are presented in Table 1. Prior to the intervention, the mean social adjustment score of the participants was 48.39 ± 7.58 , indicating a moderate level of social adjustment at baseline. Following the mantra chanting intervention, the mean social adjustment score increased to 51.13 ± 7.53 , reflecting an improvement in psychosocial functioning.

Paired *t*-test analysis revealed a **mean increase of 2.74 units** in social adjustment scores from pre-test to post-test. This improvement was found to be **statistically significant** ($t = 11.65$, $df = 99$, $p = 0.01$). The high correlation between pre- and post-test scores ($r = 0.952$, $p < 0.01$) further indicates consistency in measurement and a reliable change following the intervention.

These findings demonstrate that mantra chanting produced a significant positive effect on social adjustment among the corporate personnel who participated in the study.

Table 1: Effect of Mantra Chanting on Social Adjustment among Corporate Personnel (n = 100)

Parameter	Mean ± SD	Std. Error	Mean <i>t</i> value	<i>df</i>	<i>p</i> value
Pre-test Social Adjustment	48.39 ± 7.58	0.75			
Post-test Social Adjustment	51.13 ± 7.53	0.75	11.65	99	0.01*

*Significant at 0.01 level

Summary of Findings

The results indicate a statistically significant improvement in social adjustment scores following the mantra chanting intervention. The observed increase in post-test scores suggests enhanced psychosocial functioning and improved adaptability to social and interpersonal demands among corporate personnel after participation in the mantra chanting program.

Discussion

The findings of the present study demonstrate that mantra chanting significantly improves social adjustment among corporate personnel. This improvement suggests that mantra chanting may positively influence psychosocial functioning by enhancing emotional regulation, reducing stress, and promoting mental stability. In occupational settings, improved social adjustment is crucial for maintaining effective interpersonal relationships, teamwork, and organizational harmony.

The observed improvement in social adjustment may be attributed to the calming effect of mantra chanting on mental activity. By reducing internal stress and emotional reactivity, individuals may become more capable of responding adaptively to social situations and interpersonal demands. From a yogic perspective, mantra chanting is believed to cultivate inner harmony, which may manifest externally as improved social behavior and interpersonal balance.

Previous studies on yoga and meditation have reported improvements in emotional stability, mindfulness, and interpersonal functioning following mind–body interventions. The present study extends this evidence by demonstrating the effectiveness of mantra chanting specifically among corporate personnel, a population frequently exposed to psychosocial stressors.

While the absence of a control group limits causal inference, the significant pre–post improvement observed in social adjustment scores suggests that mantra chanting holds promise as a supportive psychosocial intervention in workplace settings.

Conclusion

The present study concludes that mantra chanting produces a significant improvement in social adjustment among corporate personnel. Regular practice of mantra chanting may enhance psychosocial well-being, interpersonal harmony, and adaptive functioning in workplace environments.

Given its simplicity and ease of implementation, mantra chanting can be considered a practical yogic intervention for promoting social adjustment and psychosocial health in corporate settings.

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