

## Mythological series positive effect on life style adjustment during Covid-19 lockdown

Akta Tripathi<sup>1\*</sup>, Soumya Pandey<sup>2</sup>, Pranav Tiwari<sup>3</sup>

### ABSTRACT

As the lockdown period started since March 2020, which was obviously a new thing for citizens. Everyone was thinking about it in its own way. It became necessity to divert people from overthink about lockdown and being depressed. To divert people from all negativity and anxiety occurred due to pandemic an effective tool was used, which was religion. India is a religious country which celebrate festival for enlightens, prosperity and happiness. Due to lockdown, when everything comes to stand still, their traditional festivities people lost a potentially effective cure for depression, Robert Burton(2012:482) suggest let them use hunting sports ,marry companya cup of good drink now and then 'A century later, even Adom smith was advocating festivities as means of relieving melancholy to quote Robert w. malcomson (1973:71) the state by giving liberty divert the people by painting , music easily dissipate melancholy. The march 5th, 2020 and April 9th, 2020 were two dates when Indians showed their support in collective towards corona warriors by clapping or "Thali beating" and candle burning respectively. Which brought the importance of collective effort and thankfulness Collective efforts create positive vibration. The Ramayana mythological series play important role during lockdown period. there is an incident in Ramayana when sita crossed the Lakshman Rekha and put her self-trouble in similar way people who will crossed their Lakshman Rekha which the main door of their house put them self in trouble so Ramayana teaches us that importance SOP (standard operating procedure) these events which have been organized in the last few days with motive of appreciating and recognizing the efforts of health and security personals, could have been successful in influencing the mass on basis of culture and religious belief system , to consider the lockdown period with positive perspective toward the welfare of society and may have played a significant role in life style adjustment.

**Keywords:** *Ramayana series board casting during lockdown, life style adjustment during lockdown, Ramayana series importance role life style adjustment during lockdown*

<sup>1</sup>Assistant professor mjrp university, Jaipur, India

<sup>2</sup>Psychologist, King George's Medical University Lucknow, India

<sup>3</sup>Assistant professor Dsvv University, Haridwar, India

\*Responding Author

Received: April 30, 2020; Revision Received: June 6, 2020; Accepted: June 25, 2020

The present times triggered by the corona pandemic can severely disrupt the social, mental, physical and emotional balance of the isolated and locked down individual. Commentators and experts opine that one should stay away from the negativity, not pay heed to rumors and avoid the debilitating thoughts that get triggered as a consequence. However, the "availability effect" ensures that the more we try not to get bogged down, the more we get sucked into the vicious cycle of negativity. The sudden announcement of the national wide lockdown not only created a state of anxiety and panic among the citizens but also a number of adjustment problems regarding change in the lifestyle and acceptance and obeying the rules of lockdown. At such times the events organized on 25<sup>th</sup> march of 2020 and 9<sup>th</sup> April 2020, not only represented the unity of the citizens of India towards a common fight against the spread of COVID-19 disease, but also showed appreciation and gratitude for the medical and security personals in their efforts to check the spread of the same. The Ramayana mythological series play important role during lockdown period. The epic of Ramayana had built a society which put emphasis on the values of Dharma, chastity and piety. The epic also influenced the psyche of the two sexes in the society, making the individuals struggle to become like Rama or Sita.

### ***Ramayana Series Broadcast During Lockdown.***

25 January 1987 to 31 July 1988 between eighty and one hundred million Indian swatched *Ramayana*, a 78-episode television series directed by Ramanand Sagar (Kumar 2006, 38). This was a realization of the *Ramayana*, one of India's most loved stories, an epic regarded as *smriti* ("that which is recollected") scripture, and was shown on Doordarshan (the national broadcaster, founded in 1959). Though derided by critics for its gaudy costumes, extremely slow narrative pace, and low-quality special effects (Lutgendorf 1990, 144-147) *Ramayana* evoked spontaneous outbursts of popular piety and became an important focus of devotion, with viewers performing purification rituals before the programme began and adorning television sets with flowers and incense, consecrating them as altars (Mitchell 2005, 2). Viewing *Ramayan* constituted a religious experience for many Indians. People often gathered outside shops selling televisions or in tented areas where one television could be seen in order to watch that week's episode. Lutgendorf comments on reports from Indian newspapers; for example, an article in *Dainikjagaran* described a busy Benares intersection, where each week a crowd of several hundred gathered to watch a television set up "on a makeshift altar sanctified with cow dung and Ganges water, worshipped with flowers and incense ... [and] 125 kilos of sanctified sweets (*prasad*) which had been placed before the screen during the broadcast" (Lutgendorf, 1990, 137). This devotional behavior might also include religious discourses or singing hymns before the episode started, and one of Mankekar's informants said that "her mother and grandmother would bathe and purify themselves before the serial came.

On, and would sit in front of the television set with their heads covered and hand. The popularity of mythological shows like 'Ramayana' and 'Mahabharata' on Hindi general entertainment channels has rocketed during the lockdown period. As per latest BARC India viewership data for week 15 of 2020 (April 11-17), mythological shows were watched by 353 million viewers for 109 billion minutes, making up nearly 43% of overall Hindi GEC viewership. The shows kept audiences glued to the channel, resulting in an unprecedented spike in viewership. The re-telecast of Mahabharata and Ramayana resulted in nearly 40,000 per cent jump in viewership in the evening and morning bands in the week ended April 3, as mentioned by the Broadcast Audience Research Council (BARC).

## Mythological series positive effect on life style adjustment during Covid-19 lockdown

### *Enhancing life style and Mood-boosting positive activities to keep your mind happy and cheerful during COVID-19 lockdown.*

Expressing your artistic self has profound positive impacts on your mental health and wellbeing during times of stress.

Practicing yoga, relaxation techniques, and mindfulness-based meditation, abdominal breathing (steps of pranayam by swami ramdev, patanjali.), early morning walking jogging therapeutic modality that utilizes some somatic experiencing therapeutic modality, and bilateral movements with nature.

"Knitting and other forms of textile crafting such as sewing, weaving or crocheting have quite a lot in common with mindfulness and meditation," according to neuroscientist Dr. Sarah McKay.

Music, spending quality time with your pets can also have beneficial impacts, including lowered cortisol levels and boosted immune system. Are ways to boost mental health during in this stressful lockdown times.

Dancing or stepping and singing a positive happy tune with your loved ones can boost and enhance your mental health.

Having an art and crafting with your small children and also diving into a new hobby to explore new things such as quilting on your own can do some spectacular and wonders for our mental health, according to several studies.

In our article we reviewed many published studies that showed a Positive Psychology heals individuals; that promote persons to keep diaries accordingly. Individuals record something in their mental health states during various crafting activities including painting, writing, sculpting, knitting, scrapbooking, sewing, and crocheting. The study also found that people who engaged in regular crafting activities experienced what psychologists call "flourishing," which is a process of internal growth and purpose. Neuroscience backs up this thinking: the reward center in your brain releases the neurotransmitter dopamine when you do something pleasurable like reading religious concepts, mythologies or story you like or writing some thoughts which belong to your mood thoughts, untold facts, and real or fictional series, expressive writing.

"Knitting and other forms of textile crafting such as sewing, weaving or crocheting have quite a lot in common with mindfulness and meditation, all are reported to have a positive impact on mental health and well-being." (Dr. Sarah McKay)

Similar to crafting, writing about your personal experiences can help improve your mood, boost happiness, and help you find catharsis during a time of trouble or stress.

During the stressful COVID-19 pandemic, stress and panic seem to be spreading just as quickly as the virus. Writing about your lock-down experience during this time can help decrease your anxiety and increase your mental well-being, according to research.

In a 2006 behavioral therapy also insists individuals to write in the expressive writing style (journaling or the act of keeping a diary) which showed significantly lower depression, less stressed symptoms than those who did not. In a separate Northwestern University study, this

## Mythological series positive effect on life style adjustment during Covid-19 lockdown

time focused on married couples who were asked to write about a conflict they were experiencing, those who explored their problems together through expressive writing showed greater improvement in marital happiness than those who didn't write about their issue.

### *Ramayana Series Important Role Life Style Adjustment During Lockdown*

Rama is considered to be the one every man should thrive to be. His character, defined by upholding and fulfilling patience, respect and love towards family in tough times for his family, and keeping his subjects happy, is considered to be the ideal masculine character. Sita is considered the ideal female. During her hostile period at Ashok Vatika, she kept patience and trust. Just like in lockdown period people can learn from her to be stay at home with patience and trust for in hope of good times and normal life. The Ramayana shows that Ram and Sita didn't think about their life and went on to exile for 14 years by leaving the luxury life of palace and spend their life on minimum requirements. In similar way people can learn that to stay at home during lockdown by changing in their lifestyle for commitment towards wellbeing of society. there is an incident in Ramayana when sita crossed the Lakshman Rekha and put her self-trouble in similar way people who will crossed their Lakshman Rekha which the main door of their house put them self in trouble so Ramayana teaches us that importance SOP ( standard operating procedure) these events which have been organized in the last few days with motive of appreciating and recognizing the efforts of health and security personals, could have been successful in influencing the mass on basis of culture and religious belief system . The following research intends to analyze the effect of these events on the psychological level in orienting the mentality of the public towards developing a positive perspective with regard to lockdown period. Furthermore, the broadcasting of the old religious TV show Ramayana on the National Television Channel Doordarshan, and a sudden and surprising raise in its television viewership points towards the impact of the show on the mentality of the audience and the possible effects it could have on them in coping with the various adjustment issues associated with lifestyle and home environment. The research also aims at deducing the role of various belief systems which may have formed the grounds for the coping strategies for dealing with the challenges of lockdown period.

## **CONCLUSION**

The sudden announcement of the national wide lockdown not only created a state of anxiety and panic among the citizens but also a number of adjustment problems regarding change in the lifestyle and acceptance and obeying the rules of lockdown. At such times the events organized on 25<sup>th</sup> march of 2020 and 9<sup>th</sup> april 2020, not only represented the unity of the citizens of India towards a common fight against the spread of COVID-19 disease, but also showed appreciation and gratitude for the medical and security personals in their efforts to check the spread of the same. The effect which these events have on the psychological level can be viewed in orienting the mentality of the public towards developing a positive perspective with regard to lockdown period. Furthermore, the broadcasting of the old religious TV show Ramayana on the National Television Channel Doordarshan, and a sudden and surprising raise in its television viewership pointed towards the impact of the show on the mentality of the audience and the influence it could have on them in coping with the various adjustment issues associated with lifestyle and home environment. For centuries in the Indian society the religious belief systems had played an important role in shaping the country's cultural structure. The religious scriptures like Ramayana and Mahabharat have a very deep impact over the mentality and the value system of the Indian culture. It is a fact that cannot be overlooked that the teachings of these scriptures has

## Mythological series positive effect on life style adjustment during Covid-19 lockdown

formed a very firm ground of not only the value system of the society but also the child rearing and nurturing practices have been greatly influenced by them. The impact of Ramayan on the Indian society is very much understood as the characters of Ram and Sita are been worshiped as the incarnation of God Vishnu and Goddess Lakshmi. Since the very first time of its broadcast on the National Television Channel Doordarshan, the TV serial Ramayan gained a never seen popularity among the Indian audience. It played a significant role in providing the audience the virtues of the Ramayan on first hand with a visualization of how they would have been at the times. The teachings of the Ramayana had helped the common mass in guidance to the righteous path of dharma(dutifulness) and idealism in actions and character. This clearly relates with the lockdown period as well. The period of restricting to the household premises have induced the feeling of nervousness and isolation among many individuals as no one has ever imagined such situation ever to be mentally prepared for. The very state of panic regarding the lockdown period no doubt raises many a problem concerning the issues with routine and lifestyle adjustments as the period of lockdown put a complete stop to the fast paced, competing lifestyle of many individuals. At this point, when the nothingness became the very theme of the strategy to fight with the COVID-19 spread, many faced the lack of the appropriate coping strategies to deal with several challenges at personal level as well as in the home environment. Some tricks and steps shows that for a healthy life style and positive Mindfulness, relaxation techniques is explained as non-judgmental, self-centeredness individual's consciousness about processing of thoughts, and feelings of sensitiveness and acceptance as it is. The cultural and religious belief systems which can be considered to be the core of common household in India showed their deep influences in the masses as the unexpectedly higher viewership of the Ramayana tv serial after the 30 years of its first telecast. This also indicates that the show not only formed the base for the fulfillment of the religious sentiments of the audience but also helped them to cope on the psychological and emotional level in overcoming through the process of adjustment during the lockdown period. Therefore, it can be concluded successfully that the broadcasting of Ramayana, along with other factors, has proved to be very effected on the psychological level to aid people cope with several psychological issues as well as helped in developing the positive perspective towards the period of lockdown which has surely ensured the increased participation of the people in the campaign of fight against the COVID-19 disease spread.

## REFERENCES

- Maheshwari R how to stay positive and productive in your war against corona: 10 Things To Do At Home During Corona virus Pandemic Lockdown and COVID-19 Quarantine - A Survival Guide 29 Mar, 2020.
- Bell Jaimee BIG THINK 4 mood-boosting activities to keep your mind happy during COVID-19 lockdown (mind-brain/mental-health-activities-corona virus-lockdown) 07 April. 2020.
- Grohol John M.,Psy.D. Coping with Corona virus (COVID-19): Your Anxiety & Mental Health Last updated: 7 Apr 2020
- Burton ,R.(2012) The Anatomy of melancholy Vol.1. whitefish, MT: Kessiner .
- Burkert W. (1987) Ancient Mystery cults Cambridge, MA: Harvard University
- Lutgendorf, Philip. "Ramayan: The Video." The Drama Review 34,2, 1990: 127-176
- Lutgendorf, Philip. "All in the (Raghu) family: A video epic in cultural context." Pp. To Be Continued ... Soap operas around the world, edited by Robert C.Allen. London and New York: Routledge, 1995
- Mitchell, Jolyon. "Christianity and Television." Studies in World Christianity 11,2005:1-8

## Mythological series positive effect on life style adjustment during Covid-19 lockdown

### ***Acknowledgements***

The authors acute appreciate all the people who have prosperous contributed in confirm this paper is in place. Their contributions are acknowledgement however their names cannot be able to mention.

### ***Conflict of Interest***

The author declared no conflict of interest.

**How to cite this article:** A Tripathi, S Pandey & P Tiwari (2020). Mythological series positive effect on life style adjustment during Covid-19 lockdown. *International Journal of Indian Psychology*, 8(2), 503-508. DIP:18.01.060/20200802, DOI:10.25215/0802.060