

The Correlation between Happiness, Peace of Mind and Resilience among Hare Krishna Mahamantra Chanters

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ABSTRACT

This research studies the correlation between happiness, peace of mind, and resilience in individuals who regularly chant the Hare Krishna Mahamantra. It is rooted in ancient Indian spiritual traditions, the Mahamantra functions both as an act of devotion and a psychological technique believed to improve emotional regulation and inner peace. The study has a correlational design, focusing on a sample of 291 people who chant the Mahamantra at least once daily. The variables were studied using the Oxford Happiness Questionnaire, the Peace of Mind Scale, and the Resilience Scale for Adults. The findings showed significant positive correlations between happiness, peace of mind, and resilience. Furthermore, regression analysis showed that happiness is a key predictor of both peace of mind and resilience. These results show the psychological importance of spiritual chanting and imply that traditional practices like the Hare Krishna Mahamantra can enhance well-being in modern life.

Keywords: *Happiness, Peace of Mind, Resilience, Hare Krishna Mahamantra, Spiritual Practices, Well-being*

Now a days mental health is not just the presence of psychological disorders, it also includes a positive conditions such as emotional balance, wellness, and the ability to adapt effectively. Concepts such as happiness, peace of mind, and resilience are most important themes in positive psychology. These factors are important for emotional equilibrium, encourage adaptive responses to stress, and improving overall life satisfaction. In India, spiritual practices are historically been linked to mental and emotional wellness. One such practice is the chanting of the Hare Krishna Mahamantra:

*“Hare Krishna, Hare Krishna, Krishna Krishna, Hare Hare,
Hare Rama, Hare Rama, Rama Rama, Hare Hare.”*

This practice is rooted in the Bhakti tradition of India, this chanting of the mantra is known to promote meditative states, stimulate devotion, and foster inner peace. Regular recitation of the mantra is said to purify the mind and connect individuals with a elevated spiritual awareness. It is widely practiced in India and all around the world, the psychological effects of this approach are still largely unexplored in terms of research.

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Recent developments in psychology have recognized the benefits of integrating spiritual practices into mental health approaches. It has given rise in stress levels in today's society, it is important to explore the impact of traditional practices like chanting the Mahamantra on positive psychological aspects such as joy, peace, and resilience.

Need and Importance

In the modern world which is filled with uncertainty, emotional distress, anxiety, and low resilience are prevalent issues. Individuals are continuously searching for tools that are straightforward, cost-effective, and spiritually fulfilling to improve their mental health. Although modern psychology has progressed, it is becoming more widely recognized that integrating spiritual practices with scientific methods can provide more integrative approaches for psychological support.

The Hare Krishna Mahamantra is one such spiritual method which is believed to have soothing and uplifting elements. It is practised daily by thousands of people in India and all over the world; however, empirical research on its psychological advantages still remains less. This study seeks to fill that void by scientifically examining how chanting the Mahamantra is related to psychological well-being—particularly in regard to happiness, peace of mind, and resilience.

This research is significant because it integrates Eastern spiritual insights with Western psychological concepts, it investigates well-being within a non-clinical demographic, emphasizing self-care and proactive mental health, it could yield useful insights for counsellors and therapists seeking culturally relevant therapeutic options for Indian communities and it adds to the field of positive psychology, especially in the context of Indian socio-cultural dynamics.

Objectives

1. To study the relationship between happiness and peace of mind.
2. To study the relationship between happiness and resilience.
3. To study the relationship between peace of mind and resilience.

Hypotheses

1. There will be a positive relationship between happiness and peace of mind among Hare Krishna Mahamantra chanters.
2. There will be a positive relationship between happiness and resilience among Hare Krishna Mahamantra chanters.
3. There will be a positive relationship between peace of mind and resilience among Hare Krishna Mahamantra chanters.

METHODOLOGY

Sample

The study sample consisted of 291 individuals who regularly recite the Hare Krishna Mahamantra. A purposive sampling method was employed to select participants meeting the following criteria:

- Individuals aged 18 years and older.
- Those who chant a minimum of one round (108 repetitions) of the Hare Krishna Mahamantra each day.

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- Participants who have proficiency in English and can complete the questionnaire on their own.
- Individuals who have given informed consent to take part in the research.

Participants were recruited through spiritual groups and gatherings held in various locations throughout Maharashtra. Efforts were made to include a diverse range of both novice and seasoned chanters from different age groups and backgrounds.

Material

1. **Oxford Happiness Questionnaire (OHQ):** Created by Hills and Argyle (2002), the OHQ includes 29 items that evaluate subjective happiness. Responses are captured on a 6-point Likert scale from “strongly disagree” to “strongly agree.” The questionnaire addresses both emotional and cognitive aspects of well-being, demonstrating excellent internal consistency (Cronbach’s alpha = 0.91) and robust construct validity. The OHQ was utilized in this study to evaluate participants’ perceived levels of happiness.
2. **Peace of Mind Scale (POMS):** This 7-item scale, developed by Lee et al. (2013), measures emotional balance and inner peace. Each item in this scale is rated on a 5-point Likert scale and with higher scores it reflects greater peace of mind. The scale has shown high reliability (Cronbach’s alpha = 0.83) and strong cross-cultural validity. In the current research, the Peace of Mind Scale was used to study participant’s emotional stability and cognitive balance.
3. **Resilience Scale for Adults (RSA):** The RSA, developed by Friborg et al. (2003), it consists of 33 items that studies six different dimensions of resilience, including personal strength, social skills, and structured approaches. Responses are measured on a 7-point semantic differential scale. The RSA shows a strong internal consistency ($\alpha = 0.76$ to 0.90) and is commonly used in cross-cultural studies of resilience. In this study, the RSA was employed to gauge participants’ capability to recover from stress and adapt positively.

Statistical Techniques

The collected data were entered and analyzed using the Statistical Package for the Social Sciences (SPSS). The following statistical methods were employed:

- Descriptive Statistics: To compute the mean and standard deviation of happiness, peace of mind, and resilience variables.
- Spearman’s Rank Correlation Coefficient: To explore the relationships among the three variables since the data did not comply with the normal distribution assumptions.
- Linear Regression Analysis: To ascertain whether happiness and peace of mind serve as significant predictors of resilience.

Procedure

The researcher approached potential participants directly during spiritual gatherings, group meetings, and community events. The study’s purpose and its voluntary nature were clarified, and written informed consent was obtained. Subsequently, participants received a questionnaire packet containing demographic details along with the three standardized scales.

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The complete process took approximately 20 to 25 minutes per participant. All data were collected offline, ensuring that the confidentiality of participant responses was strictly preserved. The completed forms were coded and entered into SPSS software for analysis.

RESULTS AND DISCUSSION

This section provides the statistical examination of data collected from 291 participants who chant the Hare Krishna Mahamantra utilizing standardized measures. Descriptive statistics, Spearman's rank correlation, and simple linear regression techniques were employed. The findings are presented in tables accompanied by interpretations.

Table - 1 showing the Mean and Standard Deviation of Happiness, Peace of Mind, and Resilience

Variables	N	Mean	SD
Happiness	291	121.08	21.67
Peace of Mind	291	22.50	4.25
Resilience	291	169.11	32.85

The Table 1 presented indicates that the average happiness score among participants was 121.08, accompanied by a standard deviation of 21.67, which points to a fairly high degree of subjective well-being among the respondents. Additionally, the mean scores for peace of mind (22.50) and resilience (169.11) imply that the participants, who regularly engage in chanting, also experience significant levels of emotional tranquility and adaptability.

Table - 2 showing the correlation among Happiness, Peace of Mind, and Resilience

Variables	Correlation Coefficient (ρ)	Significance (p)
Happiness & Peace of Mind	0.499	$p < .001$
Happiness & Resilience	0.742	$p < .001$
Peace of Mind & Resilience	0.443	$p < .001$

Table 2 illustrates the connections among the three psychological variables being examined. A moderate positive correlation ($\rho = 0.499$) between happiness and peace of mind indicates that individuals who report higher life satisfaction are likely to maintain a more serene and tranquil mental state. A strong positive correlation ($\rho = 0.742$) was identified between happiness and resilience, suggesting that happier people tend to handle stress and challenges more effectively. Furthermore, a moderate positive correlation ($\rho = 0.443$) exists between peace of mind and resilience, indicating that emotional stability is linked to more effective coping strategies. All correlations were found to be statistically significant at $p < .001$, thus affirming the proposed hypotheses.

Table - 3 showing Simple Linear Regression

Predictor	Dependent Variable	R	R ²	β	t	Sig. (p)
Happiness	Peace of Mind	0.528	0.279	0.528	10.575	$< .001$
Happiness	Resilience	0.763	0.582	0.763	20.052	$< .001$
Peace of Mind	Resilience	0.465	0.216	0.465	8.919	$< .001$

Table 3 displays the outcomes of the regression analysis aimed at assessing whether happiness and peace of mind can significantly forecast resilience. The initial regression indicates that happiness contributes to 27.9% of the variance in peace of mind, suggesting

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that individuals with greater happiness levels tend to be more emotionally balanced and mentally stable.

In the subsequent model, happiness accounts for 58.2% of the variance in resilience, reinforcing its role as a potent predictor of psychological strength and adaptability. The third model reveals that peace of mind explains 21.6% of the variance in resilience, indicating that a serene and composed mind set supports coping with challenges.

These results show similarity with Fredrickson's (2001) Broaden-and-Build Theory, which states that positive emotions expand cognitive abilities and cultivate psychological resources. Likewise, studies by Lyubomirsky et al. (2005) and Masten (2001) highlight the effect of emotional well-being on adaptive performance and stress management. In this context, chanting the Hare Krishna Mahamantra could improve individual's inner peace and subjective happiness, thus strength their resilience.

Findings

1. The average levels of happiness, peace of mind, and resilience were observed among the people who chant the Hare Krishna Mahamantra were moderately elevated.
2. A positive correlation was found between:
 - Happiness and Peace of Mind
 - Happiness and Resilience
 - Peace of Mind and Resilience
3. Happiness is a significant predictor for both peace of mind and resilience.
4. Peace of mind was found to significantly predict resilience.
5. All relationships and predictions showed statistical significance at the $p < .001$ level.

Suggestions

1. Future research could involve a comparison group (e.g., non-chanters) to further substantiate the psychological advantages of mantra chanting.
2. Researchers might investigate the long-term effects of frequent chanting through a longitudinal study design.
3. Employing qualitative approaches such as interviews could yield deeper understanding of the personal experiences of spiritual practitioners.
4. Studies could also compare various spiritual chanting traditions to assess their respective effects on well-being.
5. Additional research might incorporate physiological measures like heart rate or cortisol levels alongside psychological variables.

CONCLUSION

This study aimed to examine the connections between happiness, peace of mind, and resilience among individuals who chant the Hare Krishna Mahamantra. The results confirmed that these constructs are not only positively associated but also predictive of each other. The strongest connection identified was between happiness and resilience, suggesting that inner joy and fulfillment significantly bolster an individual's capacity to handle challenges. The findings support theoretical frameworks in positive psychology, such as the Broaden-and-Build Theory, and are consistent with previous research linking spiritual practices to mental health outcomes. Overall, the study offers empirical evidence for the

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psychological benefits of spiritual chanting and implies its potential applicability in culturally suitable mental wellness programs.

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Conflict of Interest

The author(s) declared no conflict of interest.

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