







Procedure

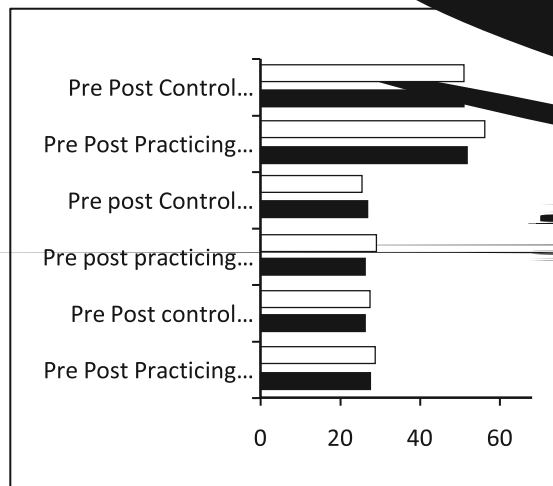
Pre-testing was taken from the both groups. Practicing group performed 30 minutes daily practice of *Sankeertan* for 45 days, in which they sang some devotional songs. After 45 days, post

testing was taken from both the groups. After collection and scoring of research data, raw scores were statistically analyzed through pooled t-test.

RESULTS

Table (1): The level of Adjustment among *Sankeertan* practicing group and not practicing group

Area of Adjustment	Group		N	M	SD	df	SED	t- value	Level of significance
Peer group Adjustment	Practicing Group	Pre	20	26.5	3.43	19	1.06	3.03	P<.01
		Post	20	29.1	3.77	19			
	Non Practicing group	Pre	20	24.9	3.78	19			
		Post	20	25.9	2.85	19			
Self-Adjustment	Practicing Group	Pre	20	25.15	5.16	19	1.21	2.10	P<.05
		Post	20	27.05	4.36	19			
	Non Practicing group	Pre	20	25.2	2.19	19			
		Post	20	24.5	3.24	19			
Total adjustment	Practicing Group	Pre	20	51.65	6.37	19	1.79	3.20	P<.01
		Post	20	56.15	6.45	19			
	Non Practicing group	Pre	20	49.95	4.95	19			
		Post	20	50.95	4.95	19			



DISCUSSION

In this study *Sankeertan* played a significant role on adjustment level of the adolescent girls. The results showed (table-1) the comparison of

up and adjustment first was

Significant at .01 level of confidence. The overall dimension is Self-Adjustment and it was significant at .05 level of confidence. The overall Adjustment was significant at .01 level of confidence. Therefore, it can be concluded that the regular practice of *Sankeertan* increases the level of Adjustment.

It showed that *Sankeertan* has great ability to inspire and motivate the listener and the performer. Among the psychological effects of *Sankeertan*, the most pronounced ones are on the spiritual, behavior and temperament of the individual. Emotions, feelings and thoughts have





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