



EFFECT OF MEDITATION ON STRESS AMONG HIGH SCHOOL GIRLS STUDENTS

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Abstract

This study was investigated the Effect of Meditation on Stress among High School Girls Students. To achieve the purpose of the study 40 High School Girls Students were selected from Dr.A.P.J.Abdulkalam Residential School Arkeri, Vijayapura District of Karnataka State. The subjects was randomly assigned to two equal groups (N=20). Group- I underwent Meditation training (MT) and (N=20) group - II was acted as control group (CG). The Meditation training was given to the experimental group for 6 days per week for the period of Six weeks. The control group was not given any sort of training except their routine work. The Psychological variable of Stress (Questionnaire developed by Z.Akthar) before and after training period. The data collected from the subjects was statistically analyzed with 't' test to find out significant improvement if any at 0.05 level of confidence. The result of the present Meditation training significantly improved Stress reduced of High School Girls Students.

Keywords: Meditation Training, Stress High School Girls Students

Introduction

Meditation is a general term applied to methods of steadying, quieting or opening the mind in order to alter states of consciousness. Most yoga's aim for the suspension of thought and silencing of the mind's agitation. Attention is a key word in describing the achievement of a meditative state. Although some schools consider meditation to be a means of achieving a higher knowledge or heightened consciousness, the aim of meditation may also be at the less exalted, but certainly just as valuable, level of relaxation and mental hygiene. Meditation means a sense of withdrawal and concentration sustained into contemplation to achieve a super-conscious state of intuitive realization of the identity of the individual soul or spirit and the cosmic soul or spirit. Meditation is beneficial in making one's mind calm and cool. It helps in reducing stress and makes him feel free from worldly tensions. One feels beyond body, mind and negative effects of environment. This peaceful state of mind is great source of quick and accurate decision making process. Meditation transforms individual without any medicine and therapy. Meditation helps individual to enjoy every moment of life. It energizes mental faculties and improves life skills. One becomes aware of his thought, speech and actions. Mediator feels easy to follow path of righteousness. Inside change happens and world of mysteries opens for him. His attitude and behavior changes with the practice of meditation. It opens another world of happiness, love and affection. It completely changes ones personality.

"Meditation nowadays accepted as worldwide and its benefits are well known to all the nations. The practice of meditation has become increasingly popular all over the world in the last few decades. Positive physiological and psychological changes following meditation are supported by the number of research studies" Cahn & Polich, (2006); Keng et al., (2011). "Meditation has been defined as training in awareness, which when practiced over a period of time improves perception, attention, and cognition" Brown (1977).

"Meditation is also recognized as a specific consciousness state in which deep relaxation and increased internalized attention exist at the same time" (Murata et al., 2004). "Early study on Transcendental



Meditation showed a decrease in oxygen consumption, reduced heart and breath rates, lower blood lactate levels, and an increase in slow alpha and occasional theta in the EEG after 20 minutes of practice, suggestive of a quietening effect" Wallace (1970). "In fact most of the studies on Transcendental Meditation showed increase in autonomic stability and sympathetic withdrawal" Orme-Johnson (1973). "In addition, a meta-analysis of 31 studies carried out to evaluate the effect of meditation on reducing somatic arousal" Dillbeck & Orme-Johnson, (1987). "A study on long term Transcendental Meditators showed increased alertness" Lang et al., (1979). "One study reported an increase in autonomic activation and decreased autonomic orienting to external stimulation in advanced meditators" Corby et al., (1978). "Another study showed an increase in galvanic skin resistance, a decrease in breath rate, and a more stable EEG during Ananda Marga meditation" Elson, Hauri & Cunis, (1977).

Statement of the Problem

The purpose of the present investigation is to find out Effect of Meditation on Stress among High School Girls Students.

Objective of the Study: To find out the significant difference in Stress of the subjects by Meditation among experimental group.

Hypotheses: It was hypothesized that there would be a significant difference in Stress of the subjects by Meditation among experimental group.

Methodology

To achieve the purpose of the study 40 High School Girls Students from Dr.A.P.J.Abdulkalam Residential School Arkeri, Vijayapura District of Karnataka State. Their age ranged from 14 to 16 years. For the present study Randomized Groups Pre-test and Post test Design was used. They were divided into two equal groups of 20 subjects each and assigned to experimental group and control group. 6 weeks training given to the subjects practicing of simple Meditation. All the subjects underwent two areas of test Stress was to measure (Questionnaire developed by Z.Akthar) of the subjects before Meditation and after Meditation. The analysis of 't' test was used to analyze the data.

Results and Discussions: After the six weeks Meditation there would be significant decreases in Stress. The data on Stress before and after the Meditation of experimental and control groups are analyzed and presented in Table-1.

Hypothesis: It was hypothesized that there would be a significant difference in Stress of the subjects by Meditation among experimental group.

Table No.1 Showing the Pre-test and Post-test for Meditation Experimental Group on Stress
***Significant at 0.05 level**

| Variable | Group | Test | Mean | SD | t- Value |
|----------|--------------------|-----------|--------|--------|----------|
| Stress | Experimental Group | Pre-test | 44.460 | 5.1278 | 16.199* |
| | | Post-test | 40.320 | 4.670 | |
| | Control Group | Pre-test | 33.280 | 8.722 | 1.353 |
| | | Post-test | 33.340 | 8.660 | |

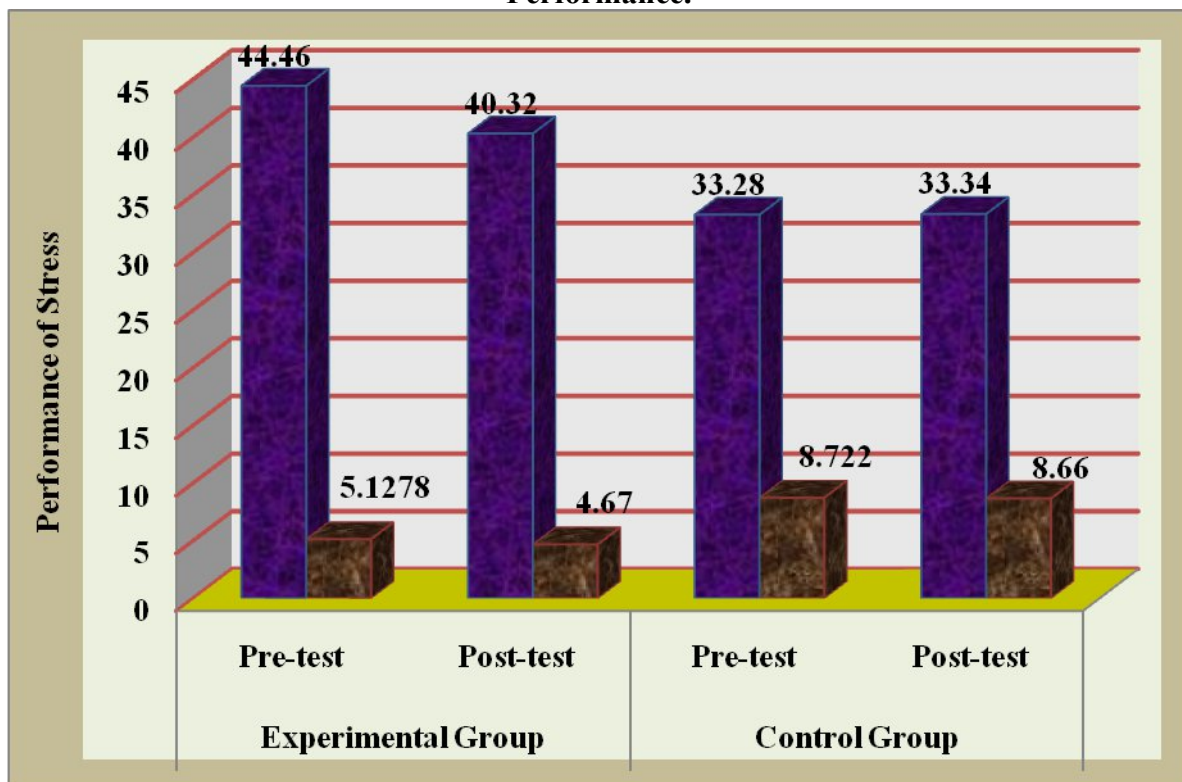
(Table value required for significance at 0.05 level for 't'-test is 1.684)



Table-1 shows the result about the comparison of Stress among meditation Training experimental and control groups of High School Girls Students. The mean of pre and post-test of meditation Training experimental group are 44.460 and 40.320 with SD of 5.1278 and 4.670 respectively. Table1 also reveals that there is the significant difference in the experimental pre-test and post-test observations on the Stress of High School Girls Students as the obtained t-value of the experimental group on Stress is 16.199 and p-value is more than 0.05 level of significance. Whereas in the case of control group Mean 33.280 and 33.340 and SD 8.722 and 8.660 on Stress are not found to be significant at 0.05 level of significance, as they obtained t-value is control group 1.353 and p-value is lesser than 0.05 level of significance.

The comparison of Stress mean scores of pre and post tests among groups is shown in graphical representation in Fig.1

Figure No.1 Showing the Pre-test and Post-test for Meditation Experimental Group on Stress Performance.



The above figure 1. Indicates that the post test values of Experimental group significantly improved the performance of Stress and also the post test values of Stress were less than the pre test values due to six weeks of Meditation Training. The Control group pre- test and post- test performance of Stress no improvement.

Discussion

The raw data was computed and analysis of data showed that the Meditation training improved significantly in the Stress of experimental group. The reason for better performance in experimental group may be continues participation in training and the load which was experienced by the subjects in the training programme was adequate to produce significant development in the Stress. In case of



control group it may be due to their non-participation in the training programme. Meditation training is used as the latest methodology for developing the Stress. The activities which activate the stretch reflex mechanism affect the body power and come under the category Meditation training.

Discussion of Hypothesis

On the basis of the above findings, it is obvious that the treatment contributed to the development of Stress. Hence, the hypothesis framed for the study is accepted.

Conclusion

Six weeks of Meditation training has shown significant improvement on Stress among High School Girls Students.

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