



# International Journal of Home Science

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## Effect of meditation among college going students

**Rathore Sangya and UV Kiran**

### Abstract

Meditation is a mind body practice. The desired purpose of each meditation technique is to channel our awareness into a more positive by totally transforming one's state of mind. To meditate is to turn inwards, to concentrate on the inner self. Meditation allows all this activity to settle down, and often results in the mind becoming more peaceful, calm and focused. In essence, meditation allows the awareness to become rejuvenated. Hence the present study to dwell on the impact of mediation among college going students was carried out in Lucknow on the college going students from various institutions using multistage random sampling technique. A total of 120 college going students were selected various institutions. Scales for the assessment of college going students was used in present research. Research revealed that meditation has significant impact on college going students. The multifaceted stress of college going students with responsibilities at various areas may be the reason for their weaker mental health. Proper appropriation and meditation may be the best remedies for the improvement among college going students.

**Keywords:** Meditation, college going students

### Introduction

The tradition of meditation dates back to the history of human beings. Nobody is sure exactly how meditation began. Even though noted history of meditation primarily seems to have originated from Asia, the concept of meditation is universal, on that appears in all cultures of the world. Most scholars and documents say that the history of meditation can be traced some 5,000 years ago. One of the biggest proponents in the history of meditation is Buddha. Buddha is also known as one of the biggest meditation icon in both current and times past. Meditation has been worked into almost every spiritual belief and religious practice in the world though it takes many forms and is done in a variety of different ways. Meditation has been an age old practice in Asian countries. Driving its roots from the Latin word 'Meditation' which means "all types of mental or physical exercise". The meaning of meditation has also evolved through the years. Today, the practice is commonly known as inward reflection or contemplation. A lot of scientific research has shown that meditation can support our health extremely well and effectively.

Meditation is a very effective method of relaxation. Thousands of years ago, Patanjali, an Indian sage & legends, described the process by which the capacity to meditate is actualized. He called it "self-Realization" since, in the state of meditation; he experienced an absolute awareness of his "self." The idea of meditation is to focus your thoughts on one thing relaxing for a sustained period of time. It gives your body time to relax and recuperate and clear away toxins that may have built up through stress and mental or physical activity. Meditation slows breathing, reduces blood pressure, helps muscle relax, reduces anxiety etc.

The term meditation is derived from the Latin word *meditatum*, meaning to ponder. Meditation can be defined as "a family of practices that train attention in order to heighten awareness and bring mental processes under greater voluntary control" (Walsh, 1983). Since eastern civilization has been introduced to eastern meditative practice, meditation has become increasingly integrated with traditional psychotherapies for use in clinical settings.

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Today, the practice is commonly known as inward reflection or contemplation. A lot of scientific research has shown that meditation can support our health extremely well and effectively. Meditation is both an ancient spiritual practice and contemporary mind or widespread acceptance within the modern scientific community, as one study recently noted a "persistent lack of consensus in the literature" and a seeming intractability of defining body technique for relaxing the body and calming the body. The history of meditation has proven that, the practice of the mind and body can help a person in a multitude of ways. It is a practice that helps people achieve balance both mentally and physically as well as emotionally. Ever since, the history of meditation has inspired a lot of people to increase their level of conscious awareness by becoming aware of their spirituality as well as enhance the power of their minds and improve their health.

Meditation is indigenous technique that cultures for thousands of years, the importance of its practice being noted as important on spiritual, emotional and physical levels. The practices of being able to meditate and guided meditation have been widely documented health on a physical level, and to empower the individuals practicing with a greater level of spiritual fulfillment regarding improved physical healing and taking time to meditate much of that can be further linked to improved emotional wellbeing and stress reduction.

As early as 1971, Naranjo noted that "The word 'meditation' has been used to designate a variety of practices that differ enough from one another so that we may find trouble in defining what meditation is" There remains no definition of necessary and sufficient criteria for meditation that has achieved universal meditation". In popular usage, the word "meditation" and the phrase "meditative practice" of defining meditation" in popular usage, the word "meditation" and the phrase "meditative practice" of defining meditation" are often used imprecisely to designate broadly similar practices, or sets of practices, that are found across many cultures and traditions.

Buddhists pursue meditation as part of the path towards Enlightenment and Nirvana. The closest words for meditation in the classical languages of Buddhism are *bhāvanā* and *chīna/dhyāna*. According to Cahn & Polich (2006): "*Meditation* is used to describe practices that self regulate the body and mind, thereby affecting mental events by engaging a specific attention set regulation of attention is the central commonality across the many divergent methods"

Meditation brings the body into a state of deep relaxation and provides the tools and resources needed to deal with stress. As the body and mind learn to relax through deep breathing exercises and techniques, the mind calms and the body experiences a state of tranquility. Meditation can actually neutralize the negative consequences of stress hormones that overtax your body and your emotional state. As hormone levels return to normal, emotions settle and stabilize. And the next time you feel upset or anxious, you will be better equipped to deal with intense emotions and situations, using your breath to calm down and relax

Emotionally stable people have good control over their behavior and feelings. They are in a better position to handle inevitable challenges and lead a productive and more fulfilling life. Mental or emotional health is related to the overall psychological well being, how we feel about ourselves and the quality of our relationships. Happy and optimistic people are more successful, reach their goals faster and attract positive energy. A healthy relationship is one that is both emotional and based on mutual trust and respect.

According to Richard laughed (2000) "The person who has stability in emotion he do all work fully concentration and efficienciable"

According to David B. Bohl (2006): "This is a good description of how we relate to the world, but emotional maturity comes from reflecting on our emotions, and trying to better understand them so they don't consume us. Anxiety, fear, anger, sadness, these are very hard to overcome if they sensed with the body, but not seen and fully recognized by the mind. Once we are good at seeing the land where of emotions, we can easily watch them build and then dissipate, without losing control.

Meditation is both an ancient spiritual practice and a contemporary mind-body technique for relaxing the body and calming the body. The history of meditation has proven that, the practice of the mind and body can help a person in a

multitude of ways. It is a practice that helps people achieve balance both mentally and physically as well as emotionally. Ever since, the history of meditation has inspired a lot of people to increase their level of conscious awareness by becoming aware of their spirituality as well as enhance the power of their minds and improve their health.

### Effects of Meditation

Meditation is a mind-body practice. The desired purpose of each meditation technique is to channel our awareness into a more positive by totally transforming one's state of mind. To meditate is to turn inwards, to concentrate on the inner self. Meditation allows all this activity to settle down, and often results in the mind becoming more peaceful, calm and focused. In essence, meditation allows the awareness to become rejuvenated. Today the entire world is rising to the power of meditation, because effects meditation comes in many different forms from the psychological effects of meditation to the Physiological effects of meditation. The various effects of meditation are quite extensive in range. Meditation has long been thought to have beneficial spiritual consequence.

### Rationale of the study

Meditation is a practice in which an individual trains the mind or induces a mode of consciousness, either to realize some benefit or as an end in itself. It is best medium of having calmness and relieving the stress. College going students are energetic and they are competitive. With the changing scenario, the lifestyle has changed and they are searching places suitable for them. Most of the problems faced by today's college going students are focused on issues such as drug abuse, crime, violence, sexuality and poverty. These problems also lower their self-esteem and they are craving for personality development. These problems also lead to lack of concentration and increased stress. Meditation always was found to be calm path for relieving the stress and boost their morale. Meditation strengthens the neural systems of the brain which are responsible for concentration and generating empathy. Becoming more mindful helps youth regulate their mental health. Meditation is a best way of dealing stress and is a best way of keeping themselves happy. meditation plays vital role in the formation of higher moral principles by aiding in the development of intuitive and synthetic thought which helps in development of personality and self-esteem meditation aids today's students and enable them experience a better world than the existing world working towards this objective and overcoming crisis. College going students have a high burden of stress resulting from balancing college life, academics work and family meditation has been shown to be an effective coping tool for dealing with stress. Although there is no concrete proof that meditation decreases stress, there is evidence to suggest. It does according to the National

Institutes of Health; meditation is believed to work on stress by reducing activity in the sympathetic nervous system. Which is colloquially known as the "fight or flight" system? Meditation can improve concentration another perk of meditation is that, it forces you to work on your concentration, after trying if for the first time, many people are surprised by how much mental energy it requires to mediate. It takes strength of will to clear out of mental clutter and allow one to concentrate of nothing beat the present. Improving concentration will not only benefit your school work, but it will help your jobs and internship extracurricular and supports, too- in- short, it will pay dividends in nearly every area of your life. meditation may help increase overall emotional well being although again, these claims are not yet backed by concrete studies meditation is thought by many to help improve creativity, happiness and peace of mind, all of which are important facts of one's emotional health and it is easy to see why meditation may have these positive effects- by focusing on the present as opposed to the troubles of the past and future one can work to improve how you feel in the present moment and work on who you are right now, which will cause an immediate shift in your mindset. many people have found that their grades improve when they begin daily meditation. The overall improvements to one's life that meditation can bring often translate into better grades. One of the most significant benefits of daily meditation is the reduction of stress and anxiety in all areas of life. Practicing meditation can not only help during meditation but also help learn to deal with difficult situations through our body.

### Objective

To study the meditation practices among college going students.

### Hypothesis

Meditation does not have significant impact on college going students who practice meditation and who do not practice meditation.

### Methodology

The data for the present research was collected personally through interview method. A total of 120 sample were selected from Lucknow district. The data was collected purposely from two categories; Experimental group and control group Sampling technique adopted in the present study is random sampling. Information was collected using interview method. The data was coded, tabulated and analyzed using the SPSS (version 20). T test was used for the statistical analysis of the data.

### Result and Discussion

**H01:** Meditation do not have significant impact on personality among college going students

**Table 1:** Comparison of personality among college going students

S. No.	Personality	Experimental group (N=60)	Control group (N=60)	't'	'p'
1.	Activity- Passivity	13.60±2.60	12.75±2.52	.090	.072
2.	Enthusiastic- non enthusiastic	12.92±2.14	13.47±2.39	.532	.187
3.	Assertive- submissive	12.37±2.94	13.18±3.10	.443	.142
4.	Suspicious- trusting	12.02±3.61	13.13±3.10	.022	.088
5.	Depressive- non depressive	10.30±3.99	11.40±3.36	2.04	.105
6.	Emotional Instability/ stability	12.82±3.86	13.82±3.91	.002	.162

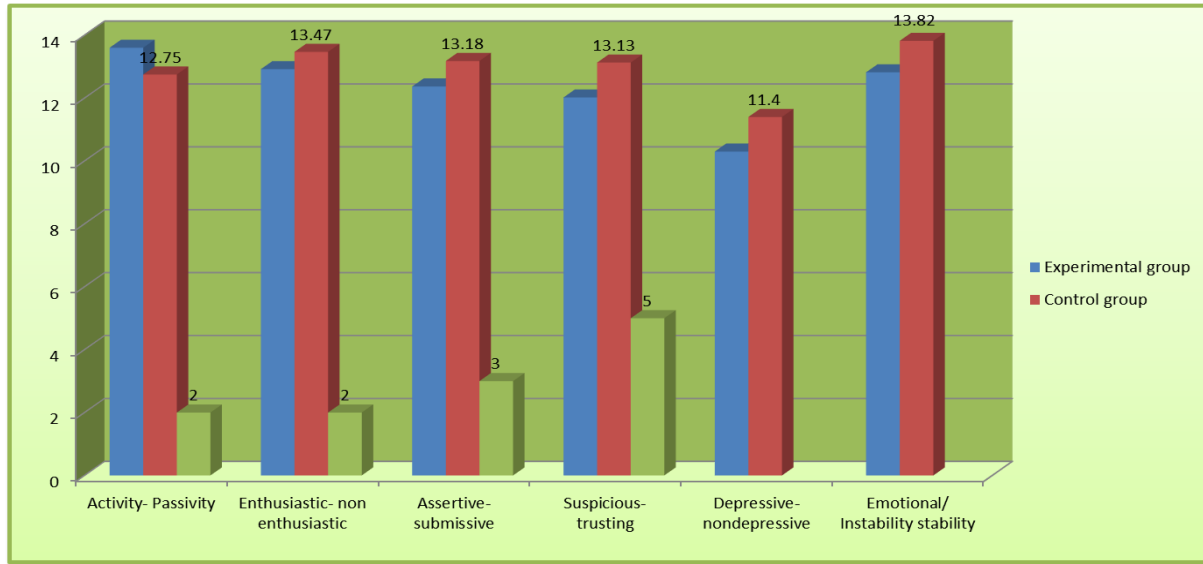


Fig 1

To compare the personality of control and experimental group, male college going students in the age group of (17-20) years were taken a sample. The present study concentrated on studying the personality differences among college going students and a comparison between experimental and control group was also done. The above table No. 1 showing the difference between experimental and control group. The above table no. 1

showing the difference between experimental and control group. The personality traits are different. The students in the experimental and control group were found to be active ( $\mu=13.60$ ) non enthusiastic ( $\mu=12.92$ ) submissive ( $\mu=12.37$ ) trusting ( $\mu=12.02$ ) non depressive ( $\mu=10.30$ ) but emotionally instable ( $\mu=12.82$ ) in comparison to the students in the group of experimental and control.

Table 2: Chi square of self- esteem among college going students

Level of self- esteem	Experimental group (N=60)	Control group (N=60)
High	41(65.1)	22(33.9)
Moderate	38(63.3)	19(33.31)
Low	0	0

$\chi^2 = 12.063^{**}$   $p = .001$

Statically no significant difference between two group was observed with respect to self- esteem ( $p=0.001$ ). In both experimental and control group maximum no of respondents high level of self- esteem and sixty three percent respondents

moderate self- esteem in experimental group. None of the respondents in either of one group reported of low self- esteem.

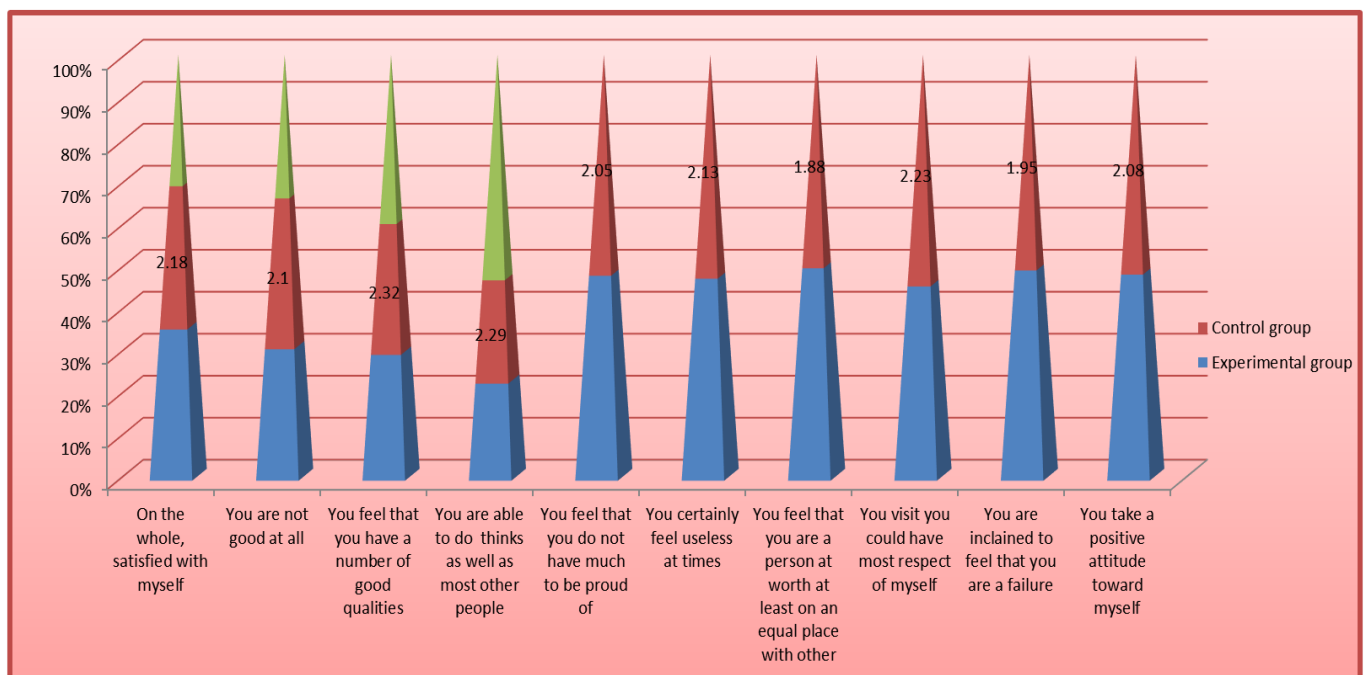


Fig 2

**H01: Meditation do not have significant impact on adjustment among college going students****Table 3:** Comparison of adjustment among college going students

S. No.	Level of adjustment	Experimental group	Control group	't'	'p'
1.	Social adjustment	13.26±2.42	13.10±2.41	1.22	.271
2.	Emotional adjustment	15.68±2.14	14.58±2.72	3.19	.76
3.	Educational adjustment	14.05±2.08	13.68±2.64	5.09*	.026
4.	Home addustment	12.98±2.56	13.10±2.62	.088	.767

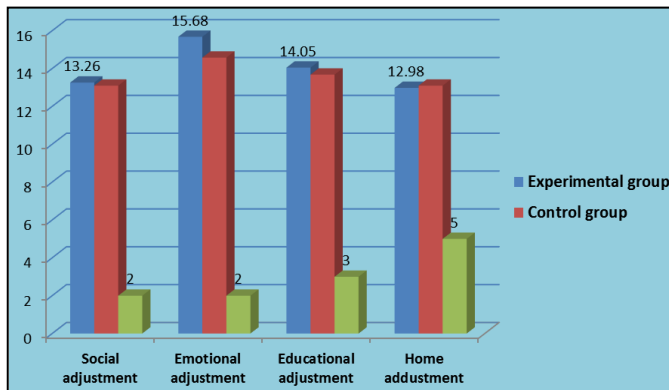
**Fig 3**

Table.3. presents the compression of various institutions among college going students. It was found that level of adjustment have no significant influence on the various adjustments among college going students. It can be deduced from the table above the no significant various Institution groups between level of adjustment and adjustment among various level of adjustment where as in the some group between is observed.

**Discussion**

It can also be observed that significant emotional adjustment among college going students but no significant social and home adjustment illness perceptions, it is not possible to determine which comports of the interventions were responsible for specific outcomes (Bishop, 2002). It also should be noted that interventions targeting physical symptoms have produced more modest effect sizes that interventions targeting affective symptoms (bear, 2003) some research has suggested that the most effective meditations are those that target specific symptoms. For instance, one study found that eating- related meditations, rather than more general mediators were linked to changes in binge eating behavior. Following this logic, it may be that mindfulness practiced in the context of yoga may be responsible for illness, schema change because it affords practioners the opportunity to test implicit hypothesis about what can and cannot be done. While the body seen recruits practioners with their bodies during moments of quiet relaxation, yoga teacher practioners to monitor their bodies as they push their physical limits as noted by kabat zinn, when a person develops a physical problem with one part of the body the response often is to cease all physical activity by not regularly testing physical limits, the chronologically ill person may develops a self-schema focusing on somatic disability.

**Conclusion**

College life is the crucial period of a person's life where in the major transition of life occurs during this period as well as it is the period when the bases for majority of the personality parameters are framed. The status of personality of college going students has performed the impact of meditation and

significant difference between experimental and control group are due to the dual stress among college going students. International studies may be carried out especially for college going students. Which may include meditational technique to avoid stress in their life, healthy life style, and positive outlook and enhance the mental health of college going students. The findings of their research are very useful to identify various dimensions of personality.

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