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Analytical study of impact of meditation on sociability and self-concept among school girls

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Abstract

Meditation helps an individual overcome these emotions to facilitate a calm peaceful mind and healthy and stress free body. Meditation promotes relaxation, develops self-concept, self-confidence, positive attitude and socialability and reduces stress as well as anxiety. The aim of the present study intended to find out of effects of meditation on social ability and self-concept of school boys.

Total ninety private school girls (N=90) of District Nagpur, Maharashtra State were selected at randomly as subjects for the present study. The age limit of the subjects was 17-19 years. All the subjects were divided into two equal groups such as Gr. M and Gr. C. Group. M was experimental group and Gr. C served as control group. Socialability Questionnaire designed by Berent Jonathan and Self-concept Questionnaire designed by Dr. Beena Shah and both questionnaires were employed to all the subjects of Gr. M and Gr. C and thereafter specific meditation as a treatment was given to Gr. M for five days in a week and continued six months and finally the subjects were retested on criterion measures. The data were analysed by paired t- test to find out the effects of the treatment. The results of the present study showed that the social ability and self-concept were improved significantly at .05 level of confidence among meditation practitioners group after six month treatment.

Conclusion: Social ability and self-concept of meditation practitioners group was improved significantly after six months treatment.

Keywords: Meditation, social ability, self-concept, social-anxiety

Introduction

Meditation has been practiced for thousands of years. Meditation originally was meant to help deepen understanding of the sacred and mystical forces of life. These days, meditation is commonly used for relaxation and stress reduction.

Meditation is considered a type of mind-body complementary medicine. Meditation can produce a deep state of relaxation and a tranquil mind.

During meditation, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress. This process may result in enhanced physical and emotional wellbeing.

The English word 'meditation' is derived from the Latin word 'meditatio' which means "to think, contemplate devise, ponder, and meditate. The greatest help to spiritual life is meditation. In meditation we divest ourselves of all material conditions and feel our divine nature. We do not depend upon any external help in meditation. Meditation is universal. It transcends all divides like religion, country and culture. It is a gift given to mankind to access the infinite sprite not limited by any identity. It is the only tool that can aid a person to return to innocence. In modern life style has high exposure to anger, hate, fear and other negative emotion. Meditation helps an individual overcome these emotions to facilitate a calm peaceful mind and healthy and stress free body. Meditation promotes relaxation, develops self-concept, self-confidence, positive attitude and socialability and reduces stress as well as anxiety. Social ability refers to the ability or characteristic of a person who deals easily with social performance situation. On the other hand, self-concept refers to the person perception about himself. Singh M. P et al. (2009) ^[5] studied on socialability between IIT Gandhinagar engineering students and VGEC Ahmedabad engineering students and results showed that the both institutes confronts to the same level of academic stress which requires almost similar level of attention towards the academics.

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Jadhav (2006) investigated the impact of yoga practices on self-concept among fifty naturopathy and yogic science college students and fifty MBBS students both male and female. Result revealed that naturopathy and yogic science college students have better self-concept than MBBS students. Deshpande, Nagendra and Raghuram (2009) [8] studied the practice of integrated yoga module consisted of asanas, pranayama, meditation, notional correction and devotional session on personality and self-esteem in normal adult, compared with the mild moderate physical exercise group. Shapiro et al. (2007) and Javanbhakt et al. (2009) [7] observed significant decrease in state and trait anxiety among 34 women following Pranayama training programme of two months. Khalsa et al. (2009) [6] showed similar results among adolescents.

Purpose

The purpose of the present study intended to find out the effects of meditation on socialability and self-concept of school girls.

Methodology

Total ninety private school girls (N=90) of District Nagpur, Maharashtra State were selected at randomly as subjects for the present study. The age limit of the subjects was 17-19 years. All the subjects were divided into two equal groups such as Gr. M (n=45) and Gr. C (n=45). Gr. M was experimental group and Gr. C served as control group. Socialability Questionnaire designed by Berent Jonathan and Self-concept inventory designed by Dr. Beena Shah and both questionnaires were employed to all the subjects of Gr. M and Gr. C and thereafter specific meditation as a treatment was given to Gr. M for five days in a week and continued six months and finally the subjects were retested on criterion measures. The data were analysed by paired t- test to find out the effects of the treatment.

Treatment consists of following meditation

Prayer is the best to begin all session of meditation. It helps to concentrate our mind, so investigator used to start all the session of meditation with prayer. Then girls of Gr. M practised slow breathing exercise for three minutes. After breathing exercise they practised following meditation treatment:

Phase-1: 1st Month meditated with the word of mantra (Guru Mantra) played by audio system and sited in sukhasana.

Phase-2: 2nd and 3rd Month meditated with a slow imaginary speech by the investigator and sited in ardha padmasana.

Phase-3: 4th and 5th month meditated with imaginary speech along with slow audio music and sited in padmasana.

Phase-4: 6th month meditated with full of silence sited in padmasana, they concentrated deeply towards the point between their eyebrows. Keep their mind focused and energy internalized, continued for at least seven to eight minutes, Finished with a prayer to the divine, offering themselves into the light of God.

All type of meditation like mindfulness meditation, focus meditation, movement meditation, mantra meditation and spiritual meditation were included in treatment programme. Investigators took help from yoga experts for preparing the design of programme.

Results and Discussions

Sociability scores and self-concept score were analyzed by paired t-test and level of significance was set up at .05 level of confidence.

Table 1: Group Means Increase in Socialability among Gr. M and Gr. C after One Year Treatment

Variable	Type of test	Gr. M (n=45)			Gr. C (n=45)		
		Mean	SD	t	Mean	SD	t
Socialability	Pre-test	19.91	1.15	62.5	19.78	1.28	0.2
	Post-test	27.47	1.14		21.11	1.21	

Significant at .05 level of confidence

Table 1 represents the mean values of pre and post test for socialability of Gr. M and Gr. C. The mean values of pre-test and post-test of Gr. M were 19.91 and 27.47 respectively in socialability. On the other hand, mean values of pre-test and post-test of Gr. C were 19.78 and 21.11 respectively in socialability. The t-value of sociability of Gr. M was 62.5 and the t value of Gr. M in relation to improvement of sociability was significant at .05 level of confidence after six months treatment. The t-value of sociability of Gr. C was 0.2. To be significant at .05 level of confidence the t-value should be greater than 2.01. The t-value of Gr. C was not improved significantly at .05 level of confidence after six months treatment.

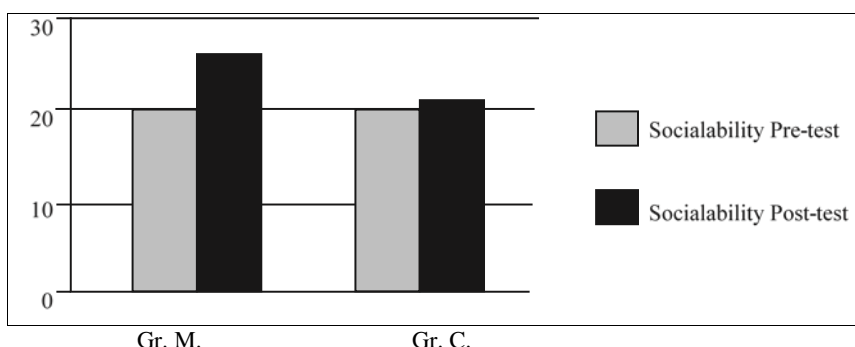


Fig 1: A comparison of means of pre and post test data on socialability among Gr. M and Gr. C

Social ability refers to the ability or characteristic of a person who deals easily with social performance situation. Socialability includes psychological and social attributes, which can influence individual’s attitudes, habits, beliefs and ideas. Sports contribute a great deal to the development of socialization utilized by an individual to understand himself and others, to direct his own behaviour. Table-I represents

meditation group improved socialability significantly at .05 level of confidence. These improvements have been presented by bar graph (Fig.1). Singh, M.P. (2009) [5], Deshpande (2009) [8], Eilin Ekeland (2004) [9] have reported that yogasanas have greater impact on socialability as well as self-concept and self-esteem.

Table 2: Group Means Increase in Self-concept among Gr. M and Gr. C after One Year Treatment

Variable	Type of test	Gr. M (n=45)			Gr. C (n=45)		
		Mean	SD	t	Mean	SD	t
Socialability	Pre-test	233.75	2.08	3.41	233.69	2.12	0.73
	Post-test	257.91	3.35		233.82	1.95	

Significant at .05 level of confidence.

Table 2 represents the mean values of pre and post test for self-concept of Gr. M and Gr. C. The mean values of pre-test and post-test of Gr. M were 233.75 and 257.91 respectively in

self-concept. On the other hand, mean values of pre-test and post-test of Gr. C were 233.69 and 233.82 respectively in selfconcept. The t-value of self-concept of Gr. M was 3.41 and the t value of Gr. M in relation to improvement of self-concept was significant at .05 level of confidence after six months treatment. The t-value of self-concept of Gr. C was 0.73. To be significant at .05 level of confidence the t-value should be greater than 2.01. The t-value of Gr. C was not improved significantly at .05 level of confidence after six months treatment.

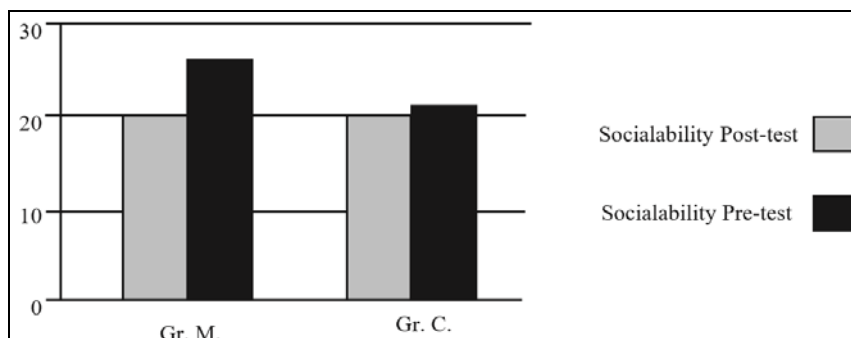


Fig 2: A Comparison of Means of Pre and Post Test Data on Self-Concept among Gr. M and Gr. C

Meditation or Dhana, a part of astanga yoga play great role for the improvement of self-concept which has been reported by Anderson and Freshman (1982)^[11], Deshpande, Nagendra and Raghuram (2009)^[8], Morison and Ibrahim (1981)^[12] and Yadhav (2006)^[14]. In this study, Meditation group improved significantly after six months treatment. Meditation have a greater impact on the mind and the senses than other exercises with the result that meditation help to develop one’s physical and mental powers to make the mind clam and control the emotion. Yoga involves and includes eight paths (i.e. astanga yoga – yama, niyama, asana, pranayama, pratyahara, dharana, dhyana and Samadhi.). The astanga yoga based on idealistic approach, a real road to attain god consciousness, self-consciousness and self-concept.

Conclusion

Under the conditions of the present study the results seem to be concluding that the following:

Significant improvement of socialability was observed by administering six months treatment of meditation among school going girls but no significant improvement was observed among control group in comparison of socialability after six months treatment. Significant improvement of self-concept was observed by administering six months treatment of meditation among school going girls but no significant improvement was observed among control group in comparison of self-concept after six months treatment.

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