

Mindfulness meditation on stress among working men

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Abstract

The purpose of the present study was to investigate the effect of mindfulness meditation on stress among working men. To achieve the purpose of the study thirty working men were selected from Karaikudi, Tamilnadu, India during the year 2019. The subject's age ranges from 35 to 45 years. The selected working men were divided into two equal groups consists of 15 working men each namely experimental group and control group. The experimental group underwent a mindfulness meditation programme for six weeks. The control group was not taking part in any training during the course of the study. Stress was taken as criterion variable in this study. The selected subjects were tested on Stress was measured through perceived stress scale. Pre-test was taken before the training period and post- test was measured immediately after the six week training period. Statistical technique 't' ratio was used to analyse the means of the pre-test and post test data of experimental group and control group. The results revealed that there was a significant difference found on the criterion variable. The difference is found due to Mindfulness meditation given to the experimental group on Stress when compared to control group.

Keywords: mindfulness meditation, stress and 't' ratio

Introduction

Today, sports have become a part and parcel of our culture. It is being influenced and does influence all our social institutions including education, economics, arts, politics, law, mass communication and even international diplomacy (Alaguraja, K. et.al, 2019) [4]. Yoga is universally benefiting all people of all ages. The study of Yoga is fascinating to those with a philosophical mind and is defined as the silencing of the mind's activities which lead to complete realization of the intrinsic nature of the Supreme Being (Alaguraja, K. et.al., 2017) [1]. In the sports world, physical education is the most essential aspect due to the fact physical schooling increases the performance and the effectiveness of the sports (Alaguraja, K. et.al., 2018) [2].

Yoga is a system of exercises which helps the mind and body in order to achieve tranquillity and spiritual insight (Alaguraja, K. et.al, 2019) [5]. Make sure that when you practice yoga asanas, you don't just stretch the body because the mind has to be with the body. (Alaguraja, K. et.al, 2019) [8]. One can start practicing Yoga at any given moment of time and you may start with meditation or directly with pranayama without even doing the asanas (postures). (Alaguraja, K. et.al, 2019) [3]. Today's there is an escalating emphasis on appearing smarter, feeling better and living longer. In order to achieve these ideals as, scientific evidence tells us that one of the keys is high fitness and exercises (Alaguraja, K. et.al, 2019) [7]. When consciousness is operating with the intellect and with all the senses, by making an individual think that he or she is awake and aware, but the mind is actually less receptive and more critical (Yoga, P. et. al., 2019) [10]. Yoga is a practical aid, not a religion and its techniques may be practiced by Buddhist,

Jews, Christians, Muslims, Hindus and Atheist alike. Yoga is union for all (Selvakumar, K. et.al, 2019) [9].

Research Methodology

Selection of subjects

The purpose of the study was to find out the effect of Mindfulness meditation on Stress among working men. To achieve this purpose of the study, thirty working men. were selected as subjects at random. The age of the subjects were ranged from 35 to 45 years.

Selection of variable

Independent variable

- Mindfulness meditation

Dependent variable

- Stress

Experimental Design and Implementation

The selected subjects were divided into two equal groups of fifteen subjects each, such as a Mindfulness meditation group (Experimental Group) and control group. The experimental group underwent Mindfulness meditation for six days per week for six weeks. Control group, which they did not undergo any special training programme apart from their regular physical activities as per their curriculum. The following psychological variable namely Stress was selected as criterion variable. All the subjects of two groups were tested on selected criterion variable Stress was measured through perceived stress scale at prior to and immediately after the training programme.

Statistical technique

The 't' test was used to analysis the significant differences, if any, difference between the groups respectively.

Level of significance

The 0.05 level of confidence was fixed to test the level of significance which was considered as an appropriate.

Analysis of the Data

The significance of the difference among the means of the experimental group was found out by pre-test. The data were analysed and dependent 't' test was used with 0.05 levels as confidence.

Table 1: Analysis of t-ratio for the pre and post tests of experimental and control group on Stress (Scores in number)

Variables	Group	Mean		SD		df	't' ratio
		Pre	Post	Pre	Post		
Stress	Control	54.06	54.13	2.21	1.84	14	0.15
	Experimental	54.86	60.26	1.92	9.16		

*Significance at.05 level of confidence.

The Table-I shows that the mean values of pre-test and post-test of the control group on Stress were 54.06 and 54.13 respectively. The obtained 't' ratio was 0.15, since the obtained 't' ratio was less than the required table value of 2.14 for the significant at 0.05 level with 14 degrees of freedom it was found to be statistically insignificant. The mean values of pre-test and post-test of the experimental group on Stress were 54.13 and 60.26 respectively. The obtained 't' ratio was 2.53* since the obtained 't' ratio was greater than the required table value of 2.14 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically significant. The result of the study showed that there was a significant difference between control group and experimental group in Stress. It may be concluded from the result of the study that experimental group improved in Stress due to six weeks of Mindfulness meditation.

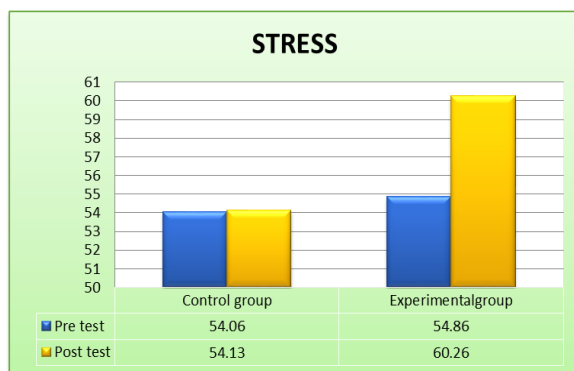


Fig 1: Bar Diagram Showing the Pre and Post Mean Values of Experimental and Control Group on Stress

Discussions on Findings

The result of the study indicates that the experimental group, namely Mindfulness meditation group had significantly improved the selected dependent variable, namely Stress, when compared to the control group. It is also found that the

improvement caused by Mindfulness meditation when compared to the control group.

Conclusion

On the basis of the results obtained the following conclusions are drawn,

1. There was a significant difference between experimental and control group on Stress after the training period.
2. There was a significant improvement in Stress. However the improvement was in favor of experimental group due to six weeks of Mindfulness meditation.

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