



“A Study the effect of Meditation on Emotional Stability”

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Abstract

The research work based on to understand the level of emotion on mediators so I worked on my research work on “To study the effect of meditation on emotional stability.” In this worked have applied on Dev Sanskriti university,haridwar(U.K.) on graduation level student. There is no any group as like control or experimental group. I was taken in one group of student (N=20) and did a method of Pre-Post test. The meditation will be applied for 20 days and take post test of group. In this method I have used tool E.M.S. (emotional maturity scale) prepared by Dr.Yashvir Singh and Dr.Mahesh Bhargava. In this research we get very effective result that $P < 0.01$ level highly significant. So this method is prove that if we will do practice of meditation than you get most effective and valid result. All the barriers of your life will be removed an you get stability on your emotion level. All problem is related your emotion so try to practice of meditation in your life and fell the calm, pleasure, happiness and emotional stable.

Key words : Meditation, emotional Stability.

Introduction- Meditation is indiginous technique that formed an important part of many 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 to be beneficial to reducing stress levels, improving health on a physical level, and to empower the individuals practising with a greater level of spiritual fulfilment. In regards to references that have been made 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 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 *meditation*". In popular usage, the word "meditation" and the phrase "meditative practice" 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 toward **Enlightenment** and **Nirvana**. The closest words for meditation in the classical languages of Buddhism are *bhāvanā* and *jhāna/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 laughe(2000): “The person who have 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 what and where of emotions, we can easily watch them build and then dissipate, without losing control.

Emotional maturity comes with understanding from within, this is not a matter of will.” Recent research indicates that mindfulness, both as a disposition and as a state induced in the laboratory, is related to better affect regulation. Baer, Smith, Hopkins, Krietemeyer, and **Toney (2006)** as well as **Brown and Ryan (2003)** found that dispositional mindfulness was related to several indicators of emotion regulation. In an fMRI study with college students,

Creswell, Way, Eisenberger, and Lieberman (2007) found that those higher in MAAS-measured dispositional mindfulness showed less reactivity to emotionally threatening visual stimuli, as indexed by lower amygdale activation, as well as stronger prefrontal cortical (PFC) activation, suggestive of better executive control. More mindful students also showed a stronger inhibitory association between the PFC and amygdale, suggesting better regulation of emotional reactions.

Relaxation may or may not be a byproduct. Recent research provides evidence for unique patterns of psychophysiological response in mindfulness-based versus relaxation-based practices. Differences between these practices also appear to translate into psychological effects. In a randomized controlled trial with 83 medical students, graduate nursing students, and undergraduate students majoring in premedical or pre-health studies, all of whom reported distress, **Jain et al. (2007)** found that month-long programs in mindfulness meditation and somatic relaxation produced similar salutary effects on distress reduction and enhancement of positive mood relative to no-treatment control students. However, those enrolled in the mindfulness meditation program had a more specific ability to reduce distractive and ruminative thoughts and behaviors (cf., **Shapiro et al., 2007**). This reduction helped to explain the effect of mindfulness meditation on the reduction of distress in these students.

These studies suggest that mindfulness-based training may enhance students' capacities to tolerate the stresses of higher education, reflected in self-reported decreases in stress, negative emotion, and other psychological symptoms. This research also suggests that mindfulness practice may enhance positive psychological states (see also **Davidson et al., 2003; and Shapiro, Santerre & Schwartz, 2002, for review**). This is potentially important in educational contexts, since positive emotions have been shown to enhance abilities to process and retain new information, and to create patterns of thought that are flexible and creative (**Fredrickson, 1998**). Further, individuals who report more positive emotions show more constructive and flexible coping, more abstract and long-term thinking, and more successful affect regulation following stressful events (**Fredrickson, 1998**).

Objective: The aim and objective of research “to study the effect of meditation on emotional stability” to know the level of emotion in meditation practitioners.

Hypothesis: This research work I have taken a one **Null Hypothesis** is that

1. “There are no significant effect of meditation in emotional stability.”

Method: My research based on empirical study and for its I have taken N=20 sample method by **Purposive SamplingTools: musical meditation** with instruction in own word, EMS(**Emotional Maturity Scale**).

EMS prepared by **Dr.Yashvir Singh and Dr.Mahesh Bhargava**,agra(U.P.). The reliability of this scale Test-Retest method is **.75** and validity of this scale is **.64 (N=46)**.

Procedure: I have fill EMS before practice of meditation by samples. Then I given instruction and done practices and technique of meditation for 20 days to 5-7 minute . After 20 days again I fill the EMS questionnaire by practitioners and calculate data then get effective result by this work. All the condition will be applied on control condition.

Result table: in this research we get more Data and this data analysis through statically method and find T-value of the Raw Score. The table given below:

	Number of sample	mean	Sd	r	SEd	df	t-value
Pre-Test	20	19.93	6.95				
				.09	1.16	19	7.52
Post-Test	20	28.63	9.56				

The result is shown that Pre-test value that **M1=19.93** and **Sd1=6.95** and Post-test value **M2=28.63** and **Sd2=9.56**. you can see the big difference between mean and standard deviation. **Correlation(r)=.90** means high correlation. You can also seen **df=19** on **T-value** is **7.52** is too significant so the Null Hypothesis rejected and result gave new concept that there is a lot of significant of meditation in emotional stability.

Interpretations and Discussion- The research have proven that indigenous technique always gave more and more motivation and inspiration to our soul. Meditation is one of the unique technique while realize our self and get positive commitment. Meditation maintain your emotion be to constructive to destructive. Always destructive emotion brought a lot of mental disorder and syndrome. The result are prove that through meditation we stable own emotion level. Statically proven by **T-test p>0.01** level to more significant. And correlation seen highly positive that **Correlation(r)=.90** . so it is a statically representation of project you will be seen all the supported of review literature like **Dr.Betal(2005)** is proven that “effect of Transcendental Meditation on home,health,social and emotional adjustment.”since you see through meditation we be capable to adjust in emotional barrier.

Meditation is an essential element in all of the world's major contemplative spiritual and philosophical traditions (Goleman, 1988; Walsh, 1999). In recent years, meditative practices have been taught in secular forms that do not require adherence to cultural and religious beliefs (Hart, 2007; Duerr, 2004; Kabat-Zinn, 1996).

"Meditation," as the word is used in this paper, is an umbrella term that encompasses a wide variety of practices such as mindfulness meditation and meditation (also called "zazen"). While techniques may differ, all types of meditation share the common goal of training an individual's attention and awareness so that consciousness becomes more finely attuned to events and experiences in the present.

Daniel Goleman (1972) suggests that the family of meditation techniques can be broadly divided into two groups: concentrative meditation and mindfulness meditation. See the table below for characteristics of each of these types of meditations.

Conclusion

Meditation can affect people over many different levels, with each person taking a varying level of effect from the meditating they do. In short we are all individuals, and as such achieve differing effects from the meditation we do. Though we do share common links through a diverse variety of things we do all react and behave differently to different stimulus. This is a strong point to note when you are first starting out with meditating, your results are likely to be different to other peoples. Some people take to meditation faster than others, and everyone goes to slightly different depths with it. Spiritual healers within the various cultures that still have them, go to a very deep level of trance and meditation when they are working, yet often they can so in what many would class as a waking state. Monks and others seeking enlightenment can reach levels where they go to very deep meditative states for days, free of the need for water or food due to the way they have shifted their energy levels. So whatever duration and depth you can go to and wish to go to with your meditation is totally ok, when you start out take it easy on yourself and be gentle in terms of what you do.

Pragya unfolds amazing self confidence and strong will power which paves the way for all round success. This segment emphasizes on strengthening Emotional inner balance to build a strong individual who stands unshaken amidst adversities. It is of utmost importance to keep unwanted negative emotions at bay as they have serious repercussions on our physical well being. Emotional well being is not just the absence of depression, anxiety or any psychological issues but the presence of positive characteristics.

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