

Effect of Vipassana Meditation in managing Stress of No- Collar Workers.

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ABSTRACT

Stress is the unpleasant state of an individual. It may be defined as one's disability to adapt oneself to the challenges of the environment. The study has tried to explore Stress among No-Collar Workers and also tried to explore the effectiveness of Vipassana Meditation on controlling stress among No Collar Workers. It made use of purpose sampling in selecting 100 Male No-Collar Workers. The sample responded to the valid and reliable instrument. Singh's Personal Stress Source Inventory (2005) was used to measure the level of the Stress of No Collar Workers. The design which was used to conceptualize the study and analyze the data was Pre test- Posttest design. The results of the present study have revealed that the Vipassana Meditation has significantly reduced stress among No-Collar Workers .

Keywords:- Vipassana Meditation, Stress and No-Collar Workers.

Stress is a state of very discomfort for a person. A person prevails in the state of disequilibrium until and unless he/she makes necessary changes in the environment or in himself/herself so that he/she may feel comfortable again. Our body discharges many unwanted and harmful enzymes and hormones in the state of stress which hampers psychological as well as physical health of the individual. Some changes are major, such as marriage or divorce, serious illness, or a car accident. Other changes are extreme, such as exposure to violence, and can lead to traumatic stress reactions. (National Institute of Mental Health, 2015). [Stress](#) is a normal part of life that can either help us learn and grow or can cause us significant problems. Stress releases powerful neurochemicals and hormones that prepare us for action (to fight or flee). If we don't take action, the stress response can create or worsen health problems. Prolonged, uninterrupted, unexpected, and unmanageable stresses are the most damaging. Stress can be managed by seeking support from loved ones, regular [exercise](#), meditation or other

relaxation techniques, structured timeouts, and learning new coping strategies to create predictability in our lives.(Medicinenet,2015).

Vipassana is the oldest of Buddhist meditation practices. Vipassana can be translated as “Insight,” a clear awareness of exactly what is happening as it happens.To see things as they really are, in their true perspective, in their true nature. It is a practical technique of self-examination, a scientific method of self-observation that results in the total purification of the mind and the highest happiness of full liberation. The objective of the technique is to purify the mind. Vipassana is a way of self-transformation through self-observation. It focuses on the deep interconnection between mind and body which can be experienced directly by disciplined attention to the physical sensations that form the life of the body and that continuously interconnect and condition the life of the mind. It is this observation-based self-exploratory journey to the common root of mind and body that dissolves mental impurity resulting in a balanced mind full of love and compassion.

No-Collar Workers:

No collar workers are defined as those people who are over qualified but unemployed or they are completely devoid of economic activities(ie educated unemployed). It has emerged as an emerging and growing elite in India and America. The definition of this type of workers is self explanatory as why the present has chosen this sample for the study. Since all the No-collar workers are highly qualified yet they are unemployed. This unemployment generates feeling of self devaluation, inferiority and depression among them in the long run because their unemployment not only proves detrimental for their economical and social survival but it also hampers their psychological well-being. All these negativity produces depression and suicidal ideation among them. So the present study has tried to identify their suicidal thoughts as well as the effectiveness of the therapy in controlling their suicidal thoughts.

Methodology

Objectives:-

1. To identify Stress among No-Collar Workers.
2. To identify the effectiveness of Vipassana Meditation in controlling Stress of No-Collar Workers.

Hypotheses

1. Vipassana Meditation would significantly decrease Stress among No-Collar workers.

Sample

A sample of 100 No-Collar Workers was chosen from Dehradun city. Only those respondents were selected for the study who were highly qualified such as some respondents were PhD holders while some were Engineers, Software designers, Accountants etc but were unemployed. Another precaution was made while selecting the candidates for the study ie only those respondents were selected for the study who were found to report high level of stress and candidates ranging from 28 years to 38 years were taken for the study.

Research Design

The design which is used to conceptualize the study and analyzed the data was Pre and Posttest design with Before and after conditions of Vipassana therapy.

Tool Used

Singh's Personal Stress Source Inventory (SPSSI), by Singh & Singh (2005), was utilized to measure the level of Stress of the respondents. The test comprises of 35 items which are to be rated on a three point rating scale ranging from seldom to frequently. The high score reflects the high stress level of the individuals.

2.Vipassana Meditation:

Vipassana is a form of mental training that will teach you to experience the world in an entirely new way. You will learn for the first time what is truly happening to you, around you and within you. It is a process of self-discovery, a participatory investigation in which you observe your own experiences while participating in them as they occur.

Steps of Vipassana Meditation

- Quiet location to meditate, sit in a comfortable position, close your eyes
- Start breathing normally.
- Focus on a portion of the breathing
- Find a beginning, middle, and an end to the breathing.
- Visualize the abdomen rising and falling.

Procedure:

All the participants of the study were individually informed about the purpose of the study and were applied with Stress Scale. After the pre test the respondents reporting high stress level were provided with the sessions of Vipassana meditation thrice in a week for 2 months by the researcher, while in other days they were instructed to practice the techniques by themselves twice a day i.e. early in the morning and at bed time. The participants were provided with daily record sheets which they fill up regularly and were checked twice weekly. After 2 months post test was taken and the pre- test and post- test scores were statistically analyzed by means of t-test to test the significance of difference.

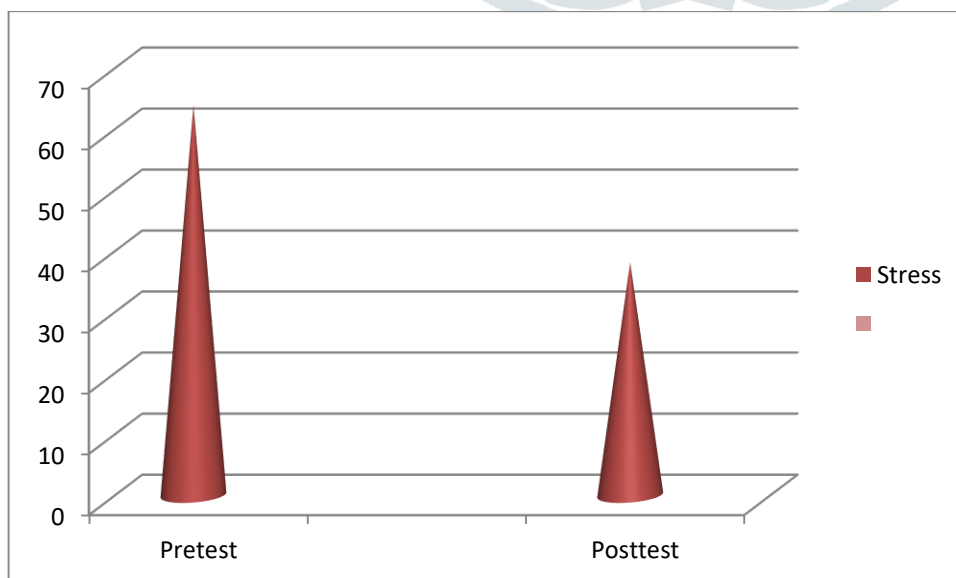
Statistical-Analysis:

The obtained data were analyzed using Mean,SD and t-test.

	Mean	SD	t value	Level of significance
Pre Test	63.91	10.94	21.33	*
Post Test	38.1	5.13		

* = Significant at .01 level

Graph-1: Mean of Males and Females on Before and After conditions of Therapy



Results and Discussion

Following results were obtained on the basis of data analysis

Effect of Vipassana Meditation in reducing Stress:

As it is clear from the inspection of Table-1 that significant differences were obtained in before and after conditions of Vipassana Meditation. It is further clear from the observation of Table-1 that after the introduction of intervention programme (Vipassana meditation) the stress of the respondents was reduced significantly. These results support the first hypothesis stating that Vipassana Meditation would significantly decrease Stress among No-Collar workers.

Since No-Collar workers are highly qualified yet they don't possess any job or career, it leads a lot of dissatisfaction towards life and society among them. The feeling of dissatisfaction gradually produces depression among them and this depression might develop feelings of suicide and stress among them. The present study has selected only those respondents who were having high level of stress. But after the intervention programme their stress level was found to reduce drastically. (M=63.91) in before condition and M=38.1 in After condition).

Vipassana Meditation may help mitigate psychological and psychosomatic distress. All the respondents of Vipassana meditation pronounced improvement in anxiety and depression (Hussaini, 2001). Since Vipassana meditation is mind-body awareness, it may be used to produce general physical well-being. It can relieve minor psychological abnormalities like irritability and short temperedness.

Vipassana Meditation was found to reduce Stress might be attributed to the fact that since Vipassana is responsible for developing awareness among individual i.e. awareness related to all the aspects of oneself help to come out of the stress to a great extent. The increased awareness due to Vipassana helps the individual's ability to adapt himself better to the environmental demands faced by the individuals. As a person feels confident that he can deal with any type of situation because of his capabilities and will power he feels less stressed and feels more satisfied and competent. It also helps an individual to realize his/her actual potential that helps them to get rid of depression and reducing their stress.

CONCLUSION

The results of the present study have suggested that Vipassana Meditation was found to be effective in reducing stress of No-Collar workers. The present study might prove to be beneficial in the counselling and therapy of the person suffering from stress. Stress is a normal part of life. Many events that happen to us and around us-- and many things that we do ourself -- put stress on our body. we can experience good or bad forms of stress from our environment, our body, and and our thoughts. So it is need of the hour to identify stress timely and preventive measures must be taken to reduce it such as Vipassana Neditation because it was found to be very effective in reducing the stress of the respondents in the present study. Some programe should be organized time to time to give traing of handinling stress effectively otherwise it may have very devastating physical and mental effects on the personalities of the individuals.

So Vipassana meditation which is a technique of arising awareness helps the individual to make them conscious of their own abilities and try to explore meaning in their life So the present study may prove fruitful for the counselling of No- Collar workers.

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