



EFFECT OF SAHAJ SAMADHI MEDITATION ON SMARTPHONE ADDICTION AMONG YOUNG ADULTS

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Abstract: The purpose of this study was to study the effect of 6 weeks Sahaj Samadhi Meditation Program on Smartphone Addiction of young adults. Quasi Experimental pre-test and post-test non-equivalent design was used. For this study 28 young adults (males and females) aged between 18 to 25 years were selected purposively. The sample was selected by non-Probability based Purposive sampling technique. To measure smartphone addiction, the researcher used Smartphone Compulsive Test by Dr. David Greenfield in 2017. In order to measure Smartphone Addiction of the participants, the researcher had administered The Smartphone Addiction Proneness Scale - 15 Items (SAPS) developed by Dongil Kim in 2014. The questionnaire consists of 15 items including Disturbance of Adaptive, Virtual Life Orientation, Withdrawal, Tolerance was used as data collection tool. Then total selected 28 participants, were separated into two different groups i.e., experimental (n=14) and control (n=14). 6 weeks Sahaj Samadhi Meditation intervention was developed and implemented only to experimental group. After 6 weeks, post-test data was collected for all 28 participants. The collected data was analyzed using descriptive statistics and further to study the effect by comparing change in performance of the experimental group with the control group, independent sample t test was used. The calculated t -values for Disturbance of Adaptive were 3.226. The p values were .003, which shows significant difference at 0.05 level of significance. The calculated t -values for Virtual Life Orientation, Withdrawal and Tolerance were, .574, .395, 2.393 respectively. The p values were, .571, .696, .024, respectively, which shows no significant difference at 0.05 level of significance. All the statistical analysis was done by SPSS software. The findings of this study indicated that there was a significant difference on Disturbance of Adaptive and no significant difference on Virtual Life Orientation, Withdrawal and Tolerance among young adults. The findings from this study can provide useful information to other researchers.

Keywords- Smartphone Addiction, Sahaj Samadhi Meditation, Young Adults, Disturbance of Adaptive, Virtual Life Orientation.

I. Introduction

The propagation of personal computers in the 1990's gave birth to a digital revolution. The distribution rate of smartphones is in an upward trend worldwide since 2000. Such widespread use of smartphones has been named "Smart Revolution," and has been bringing dramatic changes in people's daily lives. Smartphones, as programmable digital devices, provide a level of functionality comparable with personal computers (Raento, Oulasvirta, & Eagle, 2009). Smartphones have clearly brought us several advantages. However, during recent years, several detrimental aspects associated with smartphone use have been reported. For instance, excessive use of mobile digital technologies has been negatively linked to academic outcome and subjective well-being. The overuse of smartphones can cause headaches, irritability, anger, problems with concentration, and eye fatigue (Acharya, and Waghrey (2013). While smartphone use has been increasing across economic and age sectors, university students have been seen as one of the most important target markets and the largest consumer group of smartphone services (Head & Ziolkowski, 2012). Smartphone overuse can be a sign of smartphone addiction as per the studies of Kim et al, excessive use of smartphone can affect the social, psychological wellbeing and health. (Kim H., 2013). Consistent use of smartphones has adverse effects on users' life which usually starts with social disorders that can ultimately lead to depression and stress. The term "addiction" is used to describe more of behavioral addiction when it comes to smartphone use. Addiction to smartphone usually leads to cognitive

and behavioral symptoms which include progressive loss of controlling tolerance and withdrawal symptoms, which are quite similar to substance-related addiction (Lee H, Kim JW., 2017). Globally the smartphone usage is increasing day by day with more and more users being addicted to it. In India, the studies have mainly been focused on the patterns of smartphone usage, rather than the addictive potential and psychological impacts among college students in particular (Bhatt S, Gaur A., 2019). The researcher trying to find out, Dose Sahaj Samadhi Meditation curtails smartphone addiction? Can practices of Sahaj Samadhi meditation change smartphone user's compulsive behavior. 'Sahaj Samadhi Meditation' is a natural, effortless system of meditation. The Sahaj Samadhi program teaches you a meditation technique that alleviates the practitioner from stress-related problems, deeply relaxes the mind. For this research, Sahaj Samadhi meditation was 6 weeks intervention program. The meditation based on mantras, which take yogi to the deepest level of consciousness. The objective of this research study was to determine the effect of Sahaj Samadhi meditation on smartphone addiction among young adults.

II. Definitions

2.1. Sahaj Samadhi Meditation

Sahaj means natural or effortless. Sahaj Samadhi refers to a type of meditation practice that yogis consider to be a natural and effortless system of meditation. This type of meditation found by Art of Living. For this research, Sahaj Samadhi meditation was 6 weeks intervention program. The meditation based on mantras, which take yogi to the deepest level of consciousness.

2.2. Smartphone Addiction

It is a disorder involving compulsive overuse of mobile device. Smartphone addiction as the lack of control to use of smartphone. The definition of addiction is the dependence on a substance or activity. In research, smartphone addiction which was assessed by the scores achieved by Smartphone Addiction Proneness Scale (SAPS) questionnaire.

2.3. Young Adults

Young adults are generally a person in the years following adolescence. The term is used to refer to adults in approximately the 18 to 25 years age range. In this research, Smartphone addictive young adults between the ages of 18-25 was used as subjects.

III. Materials and Method

Purpose of this research is to study the effect of Sahaj Samadhi Meditation on smartphone addiction among young adults and for this **Experimental research method** was used.

3.1. Population and Samples

The Smartphone addictive young adult's aged between 18-25 years male and female was considered as population for this research study. In this research study, non-Probability based convenience sampling technique was used for sample selection. Out of 30 participants, 28 samples were selected for research study. Pre-test post-test Non-equivalent group research design was used.

3.2. Variables and Tools

In this research study, Sahaj Samadhi meditation was considered as independent variable. In this research study Smartphone addiction was considered as dependent variable. In this study compulsive smartphone users were selected by Smartphone Compulsive Test. Selected 30 young adults was considered as research participants. This tool is a paper pencil questionnaire developed by Dr. David Greenfield in 2017 at The Centre for Internet and Technology Addiction, West Hartford, Connecticut, USA. It is specifically designed and developed for the screening of smartphone addiction. It has 15 questions on a dichotomous scale. In this research Smartphone addiction was measured by using Smartphone Addiction Proneness Scale (SAPA) questionnaire. A Smartphone Addiction Proneness Scale (SAPS) 15-item scale developed by Dongil Kim in 2014 in Seoul, South Korea for measures smartphone addiction proneness in young adults. The scale is coded from 1 = "strongly disagree" to 4 = "strongly agree." The SAPS appears to be a reliable and valid diagnostic scale for screening young adults who may be at risk of smartphone addiction. The

minimum score is 15 and maximum score is 60. In this Questionnaire there are four different parameters are measured i.e. Disturbance of Adaptive, Virtual Life Orientation, Withdrawal, Tolerance.

3.3. Procedure

To study the effect of Sahaj Samadhi Meditation on smartphone addiction among young adults. 30 Participants was selected for this study using convenience sampling. Researcher was first conduct scrutiny test (Smartphone compulsive Test). This questionnaire was converted into Google Form. This Google Form was shared with participants through WhatsApp. Then pre-test was conducted on both groups and pre-test data of was collected by using Smartphone Addiction Proneness Scale via Google form. Sahaj Samadhi Meditation 6 week's intervention was developed and it was implemented only for experimental group. The control group was continued with their normal physical activities. After 6 weeks intervention the same Goggle Form link was shared to participants for the post test data collection. Then result was determined by comparing effect of pre-test and post-test. The Effect of Change in Comparative pre-test post-test resultant was estimated by using Descriptive and Inferential Statistics techniques via SPSS tool.

Procedure Flow Chart

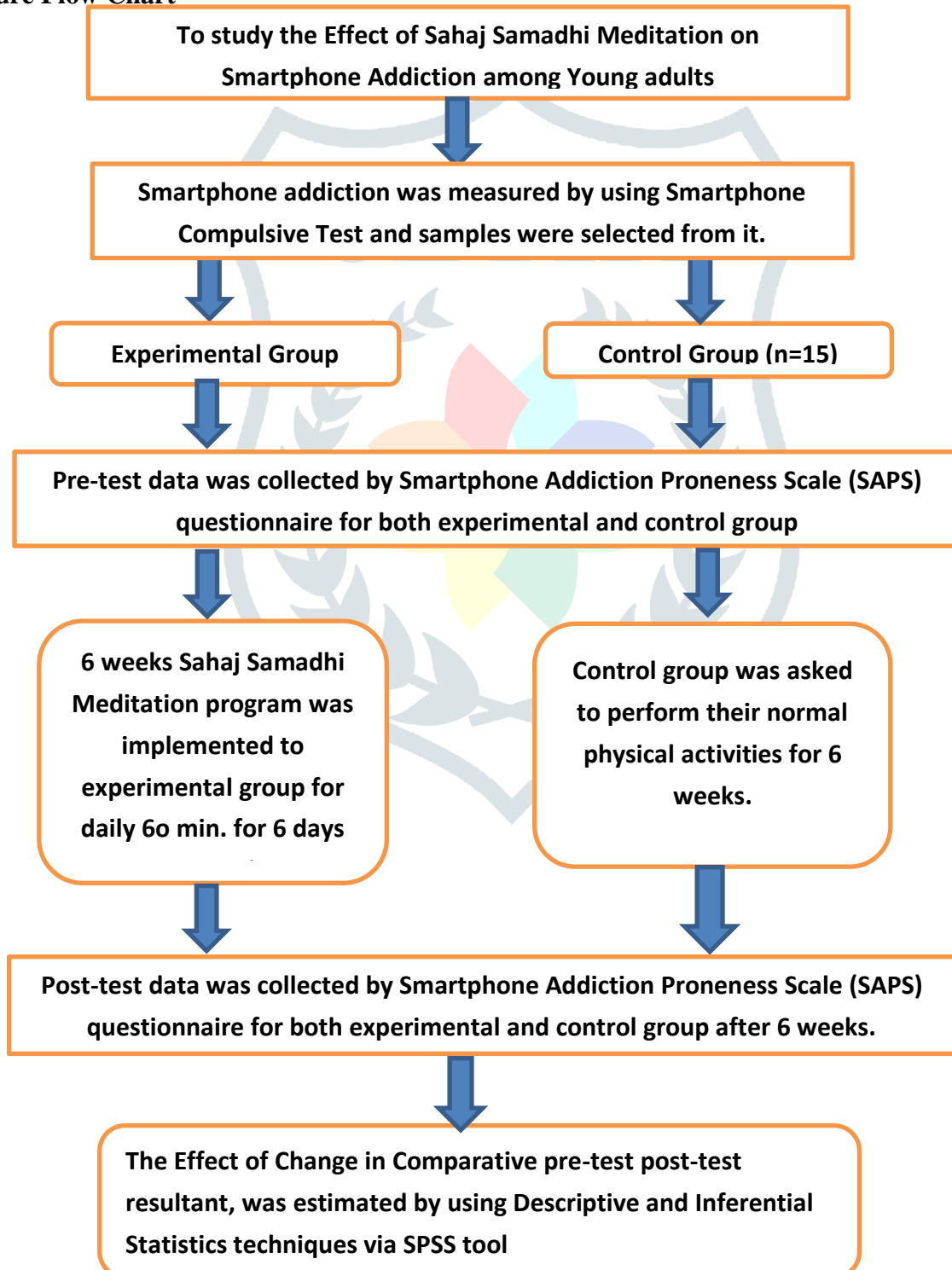


Fig. No. 3.1. procedure in diagram form

3.4. Statistical Technique

Descriptive analysis was computed by calculating Mean, Standard Deviation (SD), and Standard Error of Mean (SEM) of collated pre-test and post-test data. Change in Performance was computed for both experimental and control groups by calculating the difference between pre-test and post-test data. Descriptive statistics for change in performance was also computed by calculating Mean, Standard Deviation (SD), and Standard Error of Mean (SEM). Calculating the effect of Sahaj Samadhi Meditation on Smartphone addiction, by comparing the change in performance of experimental group with change in performance of control group by using Independent Sample t-test.

IV. Results

The collected pre-test and post-test smartphone addiction score of 28 participants were statistically analysed by using descriptive and inferential statistics using SPSS software. Change of performance was calculated by measuring the difference of pre-test and post-test SAPS score. Descriptive statistics of pre-test, post-test and change in performance for both experimental and control group were summarized as shown in Table no. 4.1

Table No. 4.1
descriptive statistics of saps scores for smartphone addictive young adults

Group N= 14	Value	Pre DOA	Pre VLO	Pre withdrawal	Pre- Tolerance	Post DOA	Post VLO	Post withdrawal	Post Tolerance
Experimental Group	Mean	13.21	5	10.36	10.79	11.79	4.07	9.114	8.93
	SEM	.187	.257	.452	.350	.261	.322	.361	.385
	SD	.699	.961	1.692	1.311	.975	1.207	1.351	1.439
Control Group	Mean	12.86	5	10.64	10.36	12.64	4.43	9.71	10.21
	SEM	.294	.210	.427	.387	.225	.251	.322	.422
	SD	1.099	.784	1.598	1.447	.842	.938	1.204	1.578

In Table no. 4.1 shows, the pre-test mean Disturbance of Adaptive scores in experimental and control groups are 13.21 and 12.86 with SD of .699 and 1.099 and SEM of .187 and .294, respectively. The post-test mean Disturbance of Adaptive scores in experimental and control groups are 11.79 and 12.64 with SD of .975 and .842 and SEM of .261 and .225, respectively. The pre-test mean Virtual Life Orientation scores in experimental and control groups are 5 and 5 with SD of .961 and .784 and SEM of .257 and .210, respectively. The post-test mean Virtual Life Orientation scores in experimental and control groups are 4.07 and 4.43 with SD of 1.207 and .938 and SEM of .322 and .251 respectively. The pre-test mean Withdrawal scores in experimental and control groups are 10.36 and 10.64 with SD of 1.692 and 1.598 and SEM of .452 and .427, respectively. The post-test mean Withdrawal scores in experimental and control groups are 9.14 and 9.71 with SD of 1.351 and 1.204 and SEM of .361 and .322, respectively. The pre-test mean Tolerance scores in experimental and control groups are 10.79 and 10.36 with SD of 1.311 and 1.447 and SEM of .350 and .387, respectively. The post-test mean Tolerance scores in experimental and control groups are 8.93 and 10.21 with SD of 1.439 and 1.578 and SEM of .385 and .422, respectively.

Compared the change in performance of experimental group with change in performance of control group by using Independent Sample t-test in SPSS software. Inferential statistics were calculated as shown in Table no.4.2

Table No.4.2

inferential statistics for change in performance of saps scores for smartphone addictive young adults

		Levene's Test for Equality Variances		t-test for Equality of Means				
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	SEM
CIP DOA	Equal variances assumed	0.13	1.57	3.23	26.00	.003	1.21	.38
	Equal variances not assumed			3.23	25.67	.003	1.21	.38
CIP VLO	Equal variances assumed	0.58	0.45	0.57	26.00	.571	0.36	.62
	Equal variances not assumed			0.57	24.15	.571	0.36	.62
CIP Withdrawal	Equal variances assumed	0.44	0.51	0.39	26.00	.696	0.29	.72
	Equal variances not assumed			0.39	25.75	.696	0.29	.72
CIP Tolerance	Equal variances assumed	1.57	0.22	2.39	26.00	.024	1.71	.72
	Equal variances not assumed			2.39	22.31	.026	1.71	.72

The Table no.4.2 shows, for Disturbance of adaptive the Levene's Test for Equality of Variances, the calculated significant value was 1.57 which is more than 0.05 hence equal variances are assumed. The mean difference is 1.21. The calculated t value is 3.23, for df 26, it shows significant difference at 0.05 level of significance ($p=0.003$). For Virtual Life Orientation, Withdrawal and Tolerance the Levene's Test for Equality of Variances, the calculated significant value was 0.45, 0.51 and 0.22, respectively, which is more than 0.05 hence equal variances are assumed. The mean difference is 0.36, 0.29 and 1.71, respectively. The calculated t value is 0.57, 0.39, 2.39, respectively for df 26, it shows no significant difference at 0.05 level of significance ($p=.571$, $.696$ and $.024$, respectively).

4.1. Discussion

Meditation may significantly reduce stress, depression, and pain, and enhance peace, self-concept, and well-being (Hölzel, Britta K. Nov. 2011). The results of the present study clearly showed that a 6-week Sahaj Samadhi Meditation program significantly improves Disturbance of Adaptive behavior but it also shows no significant improvement in Virtual Life Orientation, Withdrawal and Tolerance in the experimental group ($N=14$) compared to the control group. But in earlier studies it was found that mind subtraction meditation led to a significant improvement in the effect of daily life disturbances, withdrawal symptoms, and tolerance caused by smartphone addiction (Choi. E., et al. 2020). The study conducted on 36 volunteers with normal or corrected-to-normal visual acuity and normal color vision the results of this study indicate that the link between attention and conscious experience is possibly changed by SSM meditation practices (Singh. A, 2019). These results suggest that adopting a mindfulness or meditation practice for as little as once per week for six weeks may improve attention, adaptive disturbance in college students. The results of the present study corroborate with previous reports stating that SSM also may helpful in reducing smartphone addiction.

4.2. Conclusion

The results of the study show, Sahaj Samadhi Meditation helps in improvement of disturbance of adaptive but there is no significant improvement in other three parameters.

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