

# Effect of Meditation on Stress Management

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## Abstract

The goal of the study was to determine the impact of meditation on the ability of Indira Gandhi Technical and Medical Science University employee of Ziro, Arunachal Pradesh to handle their stress management. 50 employees, whose ages ranged from 45 to 50 years, were specifically chosen as subjects for the study. The chosen participants were split into two equal groups, the experimental group and the control group. While the control group received no training, the experimental group engaged in six weeks of meditation practice. Data from the pre- and post-tests were gathered using a questionnaire from the International Stress Management Association. The 't' test was used to analyze the collected data at a 0.05 level. Regular meditation considerably aided private employees in managing their stress.

**Keywords: Meditation, stress management, university, etc**

## Introduction

Through the advancement of science, modern living has become utterly comfortable and simple. However, it has a negative impact on people's lifestyles and makes them less active. The upshot is that there is a lot of stress, tension, anxiety, dissatisfaction, etc. in the globe. A person's normal response to not being able to handle particular demands and situations is stress, but persistent stress can harm their health and wellness.

## Stress

The body's natural defense against danger and predators is stress. Hormones that prime the body to avoid or face danger are released in a deluge when this happens. This is sometimes referred to as the fight-or-flight response.

Humans react partially physically when faced with a challenge or threat. In order to either stay and face the challenge or flee as quickly as possible, the body mobilizes resources. The levels of the hormones cortisol, adrenaline, and norepinephrine increase in the body. These result in the following physiological responses: a higher blood pressure level, increased muscular readiness, sweating alertness.

All of these elements enhance a person's capacity to react in a potentially dangerous or difficult circumstance. The release of norepinephrine and epinephrine also quickens the heart rate. Stressors are

the external stimuli that cause this reaction. Examples include loud noises, aggressive behavior, a moving vehicle at high speeds, frightful movie sequences, or even going on a first date. As there are more stressors, stress levels tend to rise as well.

### **Meditation**

In order to achieve some advantage, to educate the mind to merely recognize its content without being involved with it, or as a means to a goal in and of itself, one engages in the practice of meditation. The term "meditation" is used to describe a wide range of practices, including those meant to facilitate calmness, increase inner vitality or energy, and foster compassion, love, patience, generosity, and forgiveness. A highly ambitious style of meditation seeks to achieve effortlessly continuous single-pointed focus in order to give the practitioner an unbreakable sensation of wellbeing while engaging in any activity of daily life.

### **Objectives of Study**

The goal of the current study was to ascertain the impact of consistent meditation on I.G.T.A.M.S.U University employee's ability to manage stress.

### **Procedure and Methodology**

Fifty I.G.T.A.M.S.U University employees of Ziro, Arunachal Pradesh, ranging in age from 45 to 50, were purposefully chosen as the study's participants. They were divided into two equal groups, 25 in experimental group and 25 in control group. While the control group received no training, the experimental group regularly practiced meditation throughout a six-week period.

With the use of the International Stress Management Association questionnaire, the degree of stress was identified. Data from the pre- and post-tests were gathered, and they were statistically analyzed using the 't' test at a significance level of 0.05.

**Table 1: Procedure of training**

<b>Sl No.</b>	<b>Exercise</b>	<b>Number</b>	<b>Duration</b>
<b>2.</b>	Forward and Backward bending	10 times	2 min.
<b>1.</b>	Meditation	5 time	10 min.

## Results & Findings

The gathered information was categorized and shown in tabular format. The raw scores were sorted in accordance with the study's design. The results of appropriate statistical calculations and computations were given. Following a one- month training period, the following comparison of stress levels between the control group and the experimental group is made.

**Table 2: Result of pre-test and post-test of control group**

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Control Group	Mean	SD	't' test
Pre test	16.82	4.18	1.072
Post test	15.61	3.51	

Table 2 displays the control group's pre- and post-test stress levels. It demonstrates that the pre-test mean stress level was 16.82, and the post-test mean stress level was 15.61, respectively. The 't' value was 1.072, which was not statistically significant at the 0.05 level, as shown by the data.

**Table 3: Result of pre-test and post-test of Experimental group**

Experimental Group	Mean	SD	't' test
Pre test	16.48	4.69	2.017
	8		
Post test	11.52	2.38	
	2		

Table 3 displays the experimental group's pre- and post-test stress levels. The mean stress level before the meditation practice in pre- test was 16.48, while the mean stress level after the meditation practice in post- test was 11.52. Additionally, it demonstrates that the "t" value was 2.017, which at the 0.05 level was a statistically significant difference.

## Discussion on Findings

The results of statistical analysis have shown and demonstrated a significant differential training effect of regular meditation practices on the management of stress on I.G.T.A.M.S.U University employees of Ziro ,

Arunachal Pradesh. According to statistical analysis, the experimental group showed substantial pre- and post-training effects from practicing meditation regularly for one- month, but the control group showed no significant differences.

Practicing meditation for just 15 minutes a day for one- month had a significant impact on stress management. Meditation is a straightforward technique that can help manage stress, reduce anxiety, improve cardiovascular health, and increase your capacity for relaxation.

## Conclusion

It is obvious that meditation aid in stress management. The following conclusions might be formed in light of the findings:

- Meditation decreased the level of stress among I.G.T.A.M.S.U University employees of Ziro, Arunachal Pradesh.
- I.G.T.A.M.S.U University employees of Ziro, Arunachal Pradesh might lower their stress levels by engaging in regular physical activity.

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