

## The Effect of Non-Structured Meditation Training Programme on Psychological Distress between Males and Females

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### Abstract

The study was to compare the effect of non-structured meditation training programme on psychological distress between males and females. For the study, subjects were selected in two stages, initially 150 subjects were selected randomly from Indira Gandhi Institute of Physical Education and Sports Sciences comprising of 94 males and 56 females, aged ranging from 17 to 25 years studying in different courses of study. In the second phase, out of primarily selected 150 subjects, only 30 students (18 males and 12 females) were short listed for final analysis, those who have scored higher on Cornell's Medical Index Health Questionnaire (CMIHQ) were selected as subjects for the study. The result presented in Table no 1 indicates the descriptive statistics of male and female which shows that the mean of male and female is 9.06 and 7.83 in psychological distress respectively while as the S.D of male and female is 7.60 and 4.60 in psychological distress respectively & Table no. 2 depicting that there was significant difference between the psychological distress between male and female. The mean value for psychological distress is 9.06 and 7.83 respectively for male and female respectively while as the t-value is 0.498 and 0.548 for males and females respectively. Hence, it is concluded that there is a significant difference between the male and the female in psychological distress. This indicates favorable effect of non-structured meditation training programme on psychological distress between males and females. In the light of the findings, it is concluded that there is a significant effect of non-structured meditation training programme on psychological distress between males and females.

**KEYWORDS:** Meditation & psychological Distress.

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### INTRODUCTION

Psychology is the scientific study of the mind and behavior. Psychology is a multifaceted discipline and includes many sub-fields of study such areas as human development, sports, health, clinical, social behavior and cognitive processes.

Meditation is a practice in which an individual trains the mind and induces a mode of consciousness to realize some benefit, although it can be argued meditation is a goal in and of itself. The term meditation refers to a broad variety of practices (much like the term sports), which range from techniques designed to promote relaxation, contacting spiritual guides, building internal energy (chi, ki, prana, etc.), receiving psychic visions, getting closer to a god, seeing past lives, taking astral journeys, and so forth, to more technical exercises targeted at developing compassion, love, patience, generosity, forgiveness and more far-reaching goals such as effortless sustained single-pointed

concentration, single-pointed analysis, and an indestructible sense of well-being while engaging in any and all of life's activities. Thus, it is essential to be specific about the type of meditation practice under investigation.

Meditation is a technique which gives a unique quality of rest to mind and body. It allows stress and tiredness to be released in a natural way, resulting in greater energy, clarity and enjoyment of life.

The focused meditation technique will calm your mind and soothe your emotions. It's easy to learn, and if you practice it regularly it will certainly help you on your way to inner peace and serenity. Focusing your attention is generally one of the most important elements of meditation. Focusing your attention is what helps free your mind from the many distractions that cause stress and worry. You can focus your attention on such things as a specific object, an image, a mantra, or even your breathing.

Focused meditation could be described as an attention meditation technique, where we choose to focus on one thing to the exclusion of all else. Even though I use the word attention, it is not about trying too hard. There are many different things we can use as our object of focus, and we'll get to those in a moment. By choosing to focus on one thing only, we begin to quiet our busy minds and feel peace in the spaces between the thoughts. Because you will find it difficult to stop thinking totally, you will begin to notice patterns in your thinking and your emotions, giving you more insight into yourself.

Effects of meditation come in many different forms from the psychological effects of meditation to the physiological effects of meditation. Although there have been many different studies into the effects of meditation it has only been recently that the professionals in the field of science medicine have started to take notice of the positive effects of meditation and to, in some cases, prescribe the use of meditation to patients.

The various effects of meditation are quite extensive in range. Meditation has long been thought to have beneficial spiritual consequences, but recently, science has also backed up claims of physical benefits that are worth the consideration of anyone hoping to begin meditative study. It shows that more and more positive effects of meditation are being found and substantiated as meditation becomes more mainstream. Deliberation and meditative practice have been proven to allow people to change the way their minds work and to obtain different levels of consciousness.

### **Objective of the study**

The objective of the study was to compare the effect of non-structured meditation training programme on psychological distress between males and females.

## **METHODOLOGY**

### **Selection of Subjects**

For that study, subjects were selected in two stages, initially 150 subjects were selected randomly from Indira Gandhi Institute of Physical Education and Sports Sciences comprising of 94 males and 56 females, aged ranging from 17 to 25 years studying in different courses of study.

In the second phase, out of primarily selected 150 subjects, only 30 students (18 males and 12 females) were short listed for final analysis, those who have scored higher on Cornell's Medical Index Health Questionnaire (CMIHQ) were selected as subjects for the study.

### **CRITERION MEASURE**

With a view to assess physical and psychological distress of the subjects, the Cornell's Medical Index Health Questionnaire (CMIHQ) was used as criterion measure for the present study by N.N. Wig, DwarkaPershad&S.K.Verma.

### **DESCRIPTION OF THE QUESTIONNAIRE**

Cornell's Medical Index Health Questionnaire (CMIHQ) was used to collect the data. The CMIHQ has 195 statements invention. Each statement has 2 options- YES or NO. The subject has to encircle one of the options after reading the statement carefully.

The CMI is self administering questionnaire and can be given to people singly or in groups. A serious disorder is to be suspected when more than 25 items are marked as "yes". Each "yes" answered item is counted and may be considered as score.

The questionnaire measures two variables i.e.

- Physical Distress
- Psychological Distress

### **COLLECTION OF THE DATA**

Initially the questionnaire was administered on 150 subjects. After scoring the questionnaire according to the instruction in scoring manual the subject who scored higher were selected for the second phase of the study. Initial data was taken as pre data.

Thirty subjects were given experiments and after the training for four weeks, five days in a week, again the questionnaire was administered which is taken as post score.

### **ADMINISTRATION OF THE TRAINING PROGRAMME**

Training program was prepared with the consultant of the supervisor and other experts in yoga and physical education. A 5 minutes training programme were administrated on males and females for one month, 5 days in a week.

The group of males and females was instructed to focus on anything they want to, such as their breathing or any other part of the body and the subjects were observed by the scholar while undergoing training.

## STATISTICAL ANALYSIS

For the analysis of data following statistics were computed for final evaluation:

- **Descriptive analysis**
- Mean
- Standard Deviation

### 1. T-test :- independent t-test

The level of significance was set at .05level.

## RESULT OF THE STUDY

### 1. Descriptive Statistics for Male & Female on Psychological Distress

GENDER	N	MEAN	S.D.
Psychological distress male	18	9.06	7.60
Psychological distress female	12	7.83	4.60

Table No.1 indicates the descriptive statistics of male and female, which shows that the mean of male and female is 9.06 and 7.83 in psychological distress respectively while as the S.D of male and female is 7.60 and 4.60 in psychological distress respectively.

### 2. Comparison Between Male & Female on Psychological Distress

Variable	MEAN	MEAN DIFFERENCE	Std. ERROR DIFFERENCE	t	df	Sig. (2-tailed)
Psychological distress male	9.06	1.222	2.457	.498	28	.623
Psychological distress female	7.83	1.222	2.232	.548	27.835	.588

Table no. 2 depicting that there was significant difference between the psychological distress between male and female. The mean value for psychological distress is 9.06 and 7.83 respectively for male and female respectively while as the t-value is 0.498 and 0.548 for males and females respectively. Hence, it is concluded that there is a significant difference between the male and the female in psychological distress.

## Discussion and Findings

The present study was undertaken to compare the effect of non-structure meditation exercise program on psychological distress. Initially the study was conducted on 150 subjects, but for the final analysis 30 subjects (18 males and 12 females) were shortlisted. The data was analyzed by using parametric statistics. On the basis of findings following conclusion were drawn: The result shows that meditation is having positive effect on psycho-physical distress of athletes. There are also some additional beneficial characteristics of this practice. This method is inexpensive, allows wide application rate, is non-invasive, simple to learn and to use in a daily routine. It uses the integral approach and is useful in preventive as well as sanative sense. Besides it helps athletes to take more actual role to the combat management and development of their psychological state and circumstances and competitions they face. The psychological benefits of meditation is builds self-confidence, helps control own thoughts, helps with focus & concentration, improved learning ability and memory, increased feelings of vitality and rejuvenation, increased emotional stability, increases one's perceptual ability and motor performance, better more sociable behavior, less aggressiveness, helps cure insomnia, greater tolerance, gives composure to act in considered & constructive ways, grows a stable, more balanced personality, develops emotional maturity and the physiological benefits are increases exercise tolerance, leads to a deeper level of physical relaxation, reduces anxiety, decreases muscle tension, helps in post-operative healing, enhances energy, strength and vigour, greater Orderliness of Brain Functioning, less energy wasted, relaxes our nervous system, produce lasting beneficial changes in brain electrical activity and finally contribute in improving sports performance of an athlete.

## CONCLUSION

In the light of the findings, it is concluded that there is a significant effect of non-structured meditation training programme on psychological distress between males and females.

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