EFFECT OF MEDITATION ON MENTAL HEALTH, ADJUSTMENT AND ACADEMIC ACHIEVEMENT OF SECONDARY SCHOOL STUDENTS

A SUMMARY

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SUMMARY

In today’s competitive world where the growing competition in almost every field creates its own stress and disturbances, it is important to have good health for better performance. A healthy and balanced life is almost very difficult without the control and discipline of mind. In the modern time of stress and competition, the mind is not peaceful and relaxed. So there is a dire need of meditation in society to control the mind. Meditation is a conscious mental process that induces a set of integrated physiological changes termed the relaxation response. In meditation, a person learns to focus his attention and suspend the stream of thoughts that normally occupy the mind. This practice is believed to result in a state of greater physical relaxation, mental calmness and psychological balance. It aims at helping the students to discipline their emotions and to attain a sense of inner balance, harmony and relaxation. The present study was undertaken with the purpose of studying effect of meditation on mental health, adjustment and academic achievement of secondary school students. Sahaja yoga technique was followed by the investigator in the present study. The study was conducted on sample of 200 secondary school students of Amritsar city. The random sampling was used for the selection of the data. 100 students selected as control group and 100 as experimental group was selected for the study in two schools. The pre test post test equivalent group design was employed. The pre test was employed before the meditation technique followed by the investigator. The scores of mental health, adjustment and academic achievement test were called pre-test scores. Then meditation was given to experimental group and the control group was studied as per routine timetable. After the meditation treatment of three months given to the experimental group, the same mental health, adjustment and academic achievement test were conducted to both groups and these scores are called post-test scores. The experimental and control group were compared according to their pre and post test scores. The difference was called gain scores of mental health, adjustment and academic achievement. The relevant techniques like mean, standard deviation, skewness, kurtosis and t-ratio were used for testing the hypothesis. The result revealed that the meditation group was higher in mean gain scores of mental health than that of control group. It was also found that there was significant difference in mean gain scores of various dimensions of mental health of experimental group and control group. It was also found that meditation group was higher in mean gain scores of adjustment and various dimensions of adjustment than that of control group. The result indicated that the
meditation technique employed by the experimental group helped them to improve their academic achievement.