



EFFECTS OF MEDITATION AND POSITIVE THOUGHTS ON REDUCTION OF STRESS AMONG UNDER GRADUATE GIRLS

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Abstract

Wellness is a psychological state of being comfortable, healthy or happy and mindfulness or meditation is helpful to increase this and reduce stress. Stress is a way of responding of our body to any kind of demand. In present study, a 30-minute session of meditation and positive thoughts was conducted on a group of 30 under graduate girl students. Perceived stress scale was used for measuring stress. Results showed a positive change in stress and wellbeing attitude.

Keywords: Meditation, Stress

Introduction

Stress is an inevitable part of life, and it can affect an individual's physical and mental well-being. Meditation and positive thoughts are two practices that have been shown to reduce stress and promote mental well-being. In this study, the effects of a 30-minute session of meditation and positive thoughts on the reduction of stress among undergraduate girls were examined.

Background

Stress is a response to a stimulus that disrupts an individual's physical or mental equilibrium. It is a natural and unavoidable part of life. However, excessive stress can lead to negative consequences such as anxiety, depression, and other health problems. Meditation is a self-regulation practice that focuses on training attention and awareness to bring mental processes under greater voluntary control. Positive thinking is a practice that involves focusing on positive thoughts and emotions to promote well-being.

Objectives

The objectives of this study were to:

- Measure the stress levels of undergraduate girls before and after the meditation and positive thoughts session
- Examine the effects of mindfulness on undergraduate girl students
- Determine if there were any differences in stress reduction between rural and urban girl students

Hypothesis

The following hypotheses were tested in this study:



- There would be no significant difference between the stress levels of undergraduate girls before and after the meditation and positive thoughts session
- There would be no significant difference in stress reduction between rural and urban girl students

Methodology

A total of 30 undergraduate girls, both from rural and urban areas, were recruited for the study. The Perceived Stress Scale was used to measure stress levels before and after the 30-minute meditation and positive thoughts session. The meditation session was administered for 15 minutes for three weeks, followed by a 30-minute positive thinking session. The F-test was used for further analysis.

Table 1: F-table

Source	Mean Square	df	F
PRE/POST CONDITION	4896.06	1	significant
URBAN/RURAL	1.66	1	
INTERACTION	-35.60	29.42	significant
Within	-1.21		

Results

There is a significant difference is found in pre and post meditation condition because meditation reduce anxiety and conflict in the subjects. A person feels more comfortable and his views to perceive the problems are totally changed, after listening positive thought daily. Life related and health related problems become minimize and he feel happier and satisfied, so his anxiety reduced. So that stress level l is found significantly low after meditation sessions. Feeling of irritation is totally removed and he feel relaxed, so these factor are responsible for reducing stress.

Discussion

The study's findings suggest that a combination of meditation and positive thoughts can reduce stress levels among undergraduate girls. This finding supports previous research that mindfulness-based stress reduction techniques are useful in reducing emotional and physical symptoms of stress. The study also highlights the importance of considering the urban and rural context when examining the effects of mindfulness on stress



reduction.

Conclusion

The study provides evidence that a 30-minute session of meditation and positive thoughts can reduce stress levels among undergraduate girls. The findings have implications for mental health interventions that seek to promote mindfulness practices as a way of reducing stress and promoting well-being. Further research is needed to explore the long-term effects of meditation and positive thoughts on stress reduction and well-being.

Literature Review

In a systematic analytical study, it was found mindfulness based stress reduction technique useful in reducing emotion symptoms (e.g. anxiety, depression and stress) and improve physical symptoms (e.g. pain) (Goyal, M.2013). Meditation program can reduce the negative dimensions of psychological stress can reduce the negative dimensions of psychological stress. Mindfulness meditation program particular show all small improvements in anxiety, depression and pain with moderate evidence and small improvements in stress/ distress and the mental health component of health related quality of life with low evidence (Malinowski).

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