

## **EFFICACY OF MEDITATION ON ANXIETY**

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The aim of the present study was, find out the effect of Meditation on Anxiety. This study was conducted at Ankur Rehab Centre, Indore ,(M.P.). For this purpose 30 working male and females were selected randomly. Pre-Post single group research design has been used to find out the efficacy of meditation on anxiety and control the extraneous variable. Sinhas comprehensive anxiety test (SCAT) used to obtain the score on anxiety. After collecting the Pre-Post data, it's interpreted through t-test. Results indicate Meditation decrease the level of anxiety.

Key Words-: (1) Meditation

(2) Anxiety

Anxiety is a common experience to all of us on an almost daily basis. Feeling anxious is normal and can range from very low levels to such high levels that social, personal, and academic performance is affected. Anxiety is our body's way of responding to a physical, emotional or intellectual challenge. What student has not felt a bit anxious before a final exam or oral presentation? In fact, moderate anxiety during these situations can be mobilizing, resulting in better performance. However, if your anxiety is at the point where you are too anxious to go to the exam, or if your mind consistently goes blank you cannot recover, you are probably not experiencing ordinary, everyday anxiety. Anxiety is a medical problem when it is persistent,

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overwhelming, and interferes with your day-to-day functioning. Symptoms of anxiety commonly include unrealistic fears and worries, physical complaints, such as upset stomach or rapid heart rate, and the avoidance of anxiety producing situations. Over 19 million American adults struggle with anxiety. While the exact cause of anxiety disorders is uncertain, the problems probably result from a combination of factors including genetics, brain chemistry, personality, and life events. Anxiety can be successfully treated. The goal is not to eliminate anxiety, but to reduce it to a manageable level. With the right treatment, many people begin to feel better immediately or in just a few weeks.

There are many definitions of anxiety, but a useful one is apprehension or excessive fear about real or imagined circumstances. The central characteristic of anxiety is worry, which is excessive concern about situations with uncertain outcomes. Excessive worry is unproductive, because it may interfere with the ability to take action to solve a problem.

Although the signs of anxiety vary in type and intensity across people and situations, there are some symptoms that tend to be rather consistent across anxiety disorders and are shown in cognitive, behavioral, and physical responses. Not all symptoms are exhibited in all children or to the same degree. All people show some of these signs at times, and it may not mean that anxiety is present and causing problems. Most of us are able to deal with day-to-day anxiety quite well, and significant problems are not common.

In general, anxiety disorders are treated with medication, specific types of psychotherapy, or both. Treatment choices depend on the problem and the person's preference. Before treatment begins, a doctor must conduct a careful diagnostic evaluation to determine whether a person's symptoms are caused by an anxiety disorder or a physical problem. In psychotherapy there are many ways to treat the anxiety but indigenous psychotherapies has own important. There is several method of curing anxiety; mostly techniques are based on ideology of great Indian Sage Patanjali's "Astangayoga." Asana, Pranayama and Meditation are frequently used for treating the anxiety by the Psychotherapist.

There are many types of meditation, most of which originated in ancient religious and spiritual traditions. Generally, a person who is meditating uses certain techniques, such as a specific posture, focused attention, and an open attitude toward distractions. Meditation may be practiced for many reasons, such as to increase calmness and physical relaxation, to improve psychological balance, to cope with illness, or to enhance overall health and well-being. The term meditation refers to a group of techniques, such as mantra meditation, relaxation response, mindfulness meditation, and Zen Buddhist meditation. Most meditative techniques started in Eastern religious or spiritual traditions. These techniques have been used by many different cultures throughout the world for thousands of years. Today, many people use meditation outside of its traditional religious or cultural settings, for health and well-being. In meditation, a person learns to focus attention. Some forms of meditation instruct the practitioner to become mindful of thoughts, feelings, and sensations and to observe them in a nonjudgmental way. This practice is believed to result in a state of greater calmness and physical relaxation, and psychological balance. Practicing meditation can change how a person relates to the flow of emotions and thoughts.

Some types of meditation might work by affecting the autonomic (involuntary) nervous system. This system regulates many organs and muscles, controlling functions such as heartbeat, sweating, breathing, and digestion. It has two major parts:(1)The sympathetic nervous system helps mobilize the body for action. When a person is under stress, it produces the “fight-or-flight response”: the heart rate and breathing rate go up and blood vessels narrow (restricting the flow of blood). (2)The parasympathetic nervous system causes the heart rate and breathing rate to slow down, the blood vessels to dilate (improving blood flow), and the flow of digestive juices to increase. It is thought that some types of meditation might work by reducing activity in the sympathetic nervous system and increasing activity in the parasympathetic nervous system.

**Aim of the study-:** The aim of the study is “To examine the effect of Meditation on Anxiety.”

**Hypothesis-:** In this study researcher formatted null hypothesis.

Ho: There is no significant effect of Meditation on Anxiety.

**Variables-:** Description of Variable is given below-

**Independent Variable-** Meditation

**Dependent Variable-** Anxiety

## **Methodology**

**Sample-** This study was conducted at Ankur Rehab Centre ,Indore, (M.P.). For this purpose 30 working male and females were selected randomly. Their educational and economic level are treated as control variable. The mean of age was found 43.5 years.

**Research Design-** Pre-Post single group research design has been used to find out the efficacy of meditation on anxiety and control the extraneous variable.

**Tool Used-** For obtaining the score on Anxiety Sinha Comprehensive Anxiety Test (S.C.A.T) by- Dr.L.N.K. Sinha and Dr.A.K.P. Sinha has been used. This test is collection of 40 items. Each item has two response Yes or No. This test is highly valid and reliable.

**Procedure-** In this research “Om Meditation” has been used twice in a day (In morning 5:30 to 5:45 and in evening 6:00 to 6:15) till 7 weeks, on the participants.

## **Result**

**Hypothesis-** There is no significant effect of Meditation on Anxiety.

Group	Mean	S.D	r	S.Ed	t-Value
Pre	31.73	5.96	+0.15	2.1	8.29*
Post	14.33	6.09			

\*significance at 0.01 level of confidence according to d.f-29

Result shows that there is significant difference between Pre group mean and Post group mean and calculated t-value is significant at the 0.01 level of confidence. On the bases of our result null hypothesis is rejected at 0.01 level of confidence. Hence “Meditation effect positively on Anxiety.” i.e. Meditation reduce the level of Anxiety.

## **Discussion and Interpretation**

In recent years there has been a steady stream of research showing the power of mindfulness meditation to reduce the level of anxiety. As Anxiety is apprehension or excessive fear about real or imagined circumstances. Under high level of anxiety body cannot perform better because off extra pressure on nervous system. In one area of research, scientists are using sophisticated tools to determine whether meditation is associated with significant changes in brain function. A number of researchers Indicates that meditation decreases the level of anxiety disorder {see for more detail Singh, A(2009)}. Meditation improving the mind’s ability to pay attention- Aftanas, L., & Golocheikine, S. (2002) and we know that lack of attention is the main symptom of

anxiety. Since attention is involved in performing everyday tasks and regulating mood, meditation might lead to other benefits. Meditation is a state to cultivated positive energy instead of negative energy. So it works on not only psychological disorders but physiological disorder also.

According to Arambula, P et. al. (2001) found in her study “Kundalini Yoga Meditation is antidote on neurotic disorder. If meditated body assume in meditation that the laser beam of positive energy reduces the complexes of our subconscious, meditated body feels batter, energetic and healthy.” “Meditation provide a new insight to understanding the circumstances in healthy way which convert distress in eustress” –Dwivedi, S.K (2010). We know that anxiety is the out put of unhealthy insight, if meditation develop a healthy insight i.e. its works on deep rooted cause on anxiety. Nikhara, M & Dwivedi,S.K(2010) found in a study that meditation, reduces the level of stress. Yognidra, a type of meditation works on anxiety as antidote- Dwivedi,S.K (2009),Nikhara,M & Rajpoot,J.(2010).According to Rushman (1998)-“cognitive modification is more assertive intervention than other intervention and its easily obtain through Meditation.” “Meditation can enhance our immunity power”-Lynin (2002)

### **Conclusion**

Meditation can play a role to mitigate the symptoms and severity of anxiety. The effect of meditation on anxiety is found positive. However, the brain mechanisms involved in meditation-related anxiety relief were unknown.

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