

EFFECT OF MEDITATION ON ACHIEVEMENT STRESS OF ADOLESCENT STUDENTS OF DISTRICT FAZILKA

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ABSTRACT

Meditation is a practice that involves training the mind to achieve a state of focused attention, relaxation, and heightened awareness. It helps in reducing any type of stress. This paper aims to see the effect of meditation on achievement stress of adolescent students. This Experimental studies involves 100 adolescents of 10+1 class divided in two groups experimental and controlled. The hypothesis formulated suggests no significant effect of the meditation on achievement stress of adolescent students. Bisht achievement stress was used. The study revealed that above mentioned hypothesis was not accepted and it analyzed that by Om Chanting form of meditation reduces the achievement stress of adolescents.

KEYWORDS - Meditation, Academic Stress, Adolescent Students

INTRODUCTION –

Meditation is a practice that involves training the mind to achieve a state of focused attention, relaxation, and heightened awareness. It is often used for various purposes, including stress reduction, relaxation, improving concentration, and promoting overall well-being. While meditation has roots in various religious and spiritual traditions, many people practice it as a secular activity for its mental and physical health benefits. There are different forms of meditation, but most involve finding a quiet and comfortable space, adopting a specific posture (which can vary), and directing attention to a chosen point of focus. This focus could be the breath, a mantra, a sound, a visual object, or even the sensations in the body. The goal is to cultivate a state of mindfulness, where one is fully present in the current moment and detached from distracting thoughts. Popular types of meditation include Om Chanting, Mindfulness meditation, Loving Kindness meditation, Transcendental meditation, Zen meditation, Guided meditation and many more. It's important to note that meditation is a skill that develops with practice, and there is no one-size-fits-all approach. Individuals may explore different techniques to find what works best for them. Numerous scientific studies suggest that regular meditation practice can have positive effects on mental health, including reducing stress, anxiety, and depression. Additionally, it may improve attention, focus, and overall emotional well-being.

"Achievement stress" typically refers to the stress or pressure that individuals experience when striving to meet or exceed certain expectations or goals. This type of stress often arises in situations where there is a perceived need to achieve success or high levels of performance in academic, professional, or personal pursuits. Common sources of achievement stress are academic pressure, career expectations, personal goals, social comparison, perfectionism, etc. While a certain amount of stress can be motivating and help individuals perform at their best, chronic or excessive achievement stress can have negative effects on mental and physical well-being. It's important for individuals to manage and cope with achievement stress in healthy ways, such as setting realistic goals, practicing self-care, seeking support, and maintaining a balanced lifestyle.

Adolescent students, typically ranging from ages 12 to 18, navigate a crucial phase of personal and academic development. Characterized by rapid physical, emotional, and cognitive changes, adolescents often grapple with identity exploration and self-discovery. Their educational experiences become pivotal in shaping future aspirations and career choices. Educators and parents must foster a supportive environment that acknowledges the unique challenges adolescents face, promoting open communication and mental well-being. The adolescent years serve as a foundation for building critical thinking skills, independence, and a sense of responsibility that will guide them into adulthood.

NEED AND SIGNIFICANCE OF THE STUDY

Several studies are available which have assessed the effect of Yoga, and Yogic Life Style on managing the stress. But least studies have been done on effect of Meditation on Achievement Stress of Adolescent Students. In the present study investigator studied and did experiment on these variables.

OPERATIONAL DEFINITIONS –

Meditation In the present study ‘Om Chanting’ of 30 min daily for 30 days is taken as form of meditation.

Achievement Stress is the scores gained by adolescents of class +1 on achievement stress scale from Bisht Battery of Stress by Abha Rani Bisht.

Adolescent Students are the students studying in +1 class

OBJECTIVES OF THE PRESENT STUDY – To study the effect of Meditation on Achievement Stress of adolescent students.

HYPOTHESIS - There will be no significant effect of the meditation on achievement stress of adolescent students.

RESEARCH METHODOLOGY

DESIGN - Randomized Pre-test Post-Test Experimental Group Design was used in the present study.

SAMPLE - A sample of 100 students of + 1 class was drawn from two private schools in Fazilka District by Random Sampling Technique.

TOOLS

a. Bisht's Battery of Achievement Stress Scale was used to assess the achievement stress of adolescent students.

b. Raven's Standard Progressive Matrices (SPM) (1938) to assess intelligence of adolescent students.

STATISTICAL TECHNIQUES - The data was analyzed by using descriptive and inferential statistics, such as mean, standard deviation, and t-test.

RESULTS AND DISCUSSION

The results have been discussed in the light of hypothesis “There will be no significant effect of the meditation on achievement stress of adolescent students.”

Table 1 Showing t-Value between Experimental and Control Group

Group	N	Mean	SD	t-ratio	Interpretation
Experimental Group	50	29.02	5.25	5.63	Significant at both levels of significance
Control Group	50	35.15	5.62		

The table -1 shows a highly significant difference between achievement stress of experimental and control group ($t=5.63$) at 0.01 level of significance. So, the null hypothesis, "There will be no significant effect of the meditation on achievement stress of adolescent students" stands rejected. It is found that control group had more achievement stress ($M=35.15$) than experiment group ($M=29.02$). The experimental group had less achievement stress due to meditation practices. So the finding of the present study revealed that "There was significant effect of the Meditation on academic stress of adolescent students."

EDUCATIONAL IMPLICATIONS

The harmful impact of achievement-related stress on students and society, leading to adverse effects on personality and even suicide, has prompted extensive research. Meditation emerges as a powerful tool in mitigating stress, particularly among adolescents. Experimental findings highlight the effectiveness of meditation in reducing achievement stress, instilling confidence, and altering perspectives. Researchers advocate for the integration of meditation into the regular lives of students, proposing its inclusion in educational curricula and practical activities. With its non-religious nature, simplicity, and adaptability, meditation can seamlessly become a part of school routines, including morning assemblies, without disrupting schedules or discipline.

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