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EFFECT OF VIPASSANA MEDITATION ON SELECTED PSYCHO-PHYSIOLOGICAL PULSE RATE ,VITAL CAPACITY, SELF- CONFIDENCE OF WOMEN

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ABSTRACT :

Most ancient meditation techniques long lost to humanity, it was rediscovered by Gotham Buddha more than 2500 years ago. The word Vipassana means seeing things as they really are. It is the process of self- purification by self-observation. One begins by observing the natural breath to concentrate the mind. With a sharpened awareness one proceeds to observe the changing nature of body and mind, experiences the universal truths of impermanence, suffering and egolessness.

KEYWORDS : ancient meditation techniques ,natural breath , truth-realization .

INTRODUCTION:

This truth-realization by direct experience is the process of purification. The entire path (Dhamma) is a universal remedy for universal problems and has nothing to do with any organized religion or sectarianism. For this reason, it can be freely practiced by everyone, at any time, in any place, without conflict due to race, community or religion, and will prove equally beneficial to one and all.

VIPASSANA MEDITATION

It is a technique that will eradicate suffering. It is a method of mental purification which allows one to face life's tensions and problems in a calm, balanced way. It is an art of living that one can use to make positive contributions to society .Although Vipassana was developed as a technique by the Buddha, The technique works on the simple basis that all human beings share the same problems and a technique which can eradicate these problems will have a universal application. People from many religious denominations have experienced the benefits of Vipassana meditation, and have found no conflict with their profession of faith.

BENEFITS OF MEDITATION:

Many people have discovered the tremendous impact meditation can have on stress-reduction and overall wellness. This includes:

- increased relaxation,
- greater control of a busy mind or overwhelming emotions, and
- Lowers high blood pressure
- Lowers the levels of blood lactate, reducing anxiety attacks
- Improves the immune system

Statement of the Problem:

“Effect of Vipassana Meditation on Selected Psycho –Physiological Variables of women”

OBJECTIVES:

- ✦ To find out the effect of Vipassana Meditation (VM)
- ✦ To investigate the effect of VM on selected Psycho-Physiological
- ✦ To examine the effect of VM on Self-Confidence.
- ✦ To assess the overall experience of Women who practice Vipassana.

HYPOTHESIS:

- ✦ There would be a significant positive effect of Vipassana Meditation (VM) on Selected Psycho – Physiological Variables of women
- ✦ Vipassana Meditation (VM) would have a positive effect on Psycho- Physiological Variable of women
- ✦ Self-Confidence would increase significantly after attending the course of Vipassana Meditation (VM)

LIMITATION:

- ✦ The study is limited only Vipassana meditation
- ✦ The study is limited only Vipassana meditation on selected Psycho-Physiological Variables of degree college women's
- ✦ The study is limited only degree college women's
- ✦ The study is limited to 40 degree college women's and 40 vijayapur

DELIMITATION:

- ✦ The present study Vipassana meditation on Selected Psycho-Physiological Variables of women
- ✦ The study was delimited to the students between the ages 17 to 25 years.

SIGNIFICANCE OF THE STUDY:

- ✦ The study will be significant in Vipassana meditation on selected Psycho-Physiological variables of degree college women's.
- ✦ The study was significant in determining different training schedules for degree college women's.
- ✦ The study was significant in assessing the , psychological levels of degree college women's.

1.Pulse rate: Pulse is the throbbing sensation felt over the walls of arteries. It is defined as the pressure difference transmitted in the form of a wave over the arterial walls. Pulse rate is almost the same as heart rate (60 to 80 per minute). The wrist is the common site where pulse is usually felt. At this site, the radial artery is very superficial. This pulse is called as radial pulse. Other arteries where pulse can be felt are carotid artery, facial artery and temporal artery. In case of 10 per cent rise of 1 f. Generally, veins do not exhibit pulsation. The only vein which exhibits pulsation is jugular vein (which is nearer to heart).

METHODOLOGY

The methodology adapted for the present study “Effect of Vipassana Meditation on Selected Psycho –Physiological Variables of women” selection of subjects, experimental design, selection of variables, selection of tests, collection of data and statistical procedure have been explained in this chapter

SELECTION OF SUBJECTS:

The purpose of the study was to find out the “Effect of Vipassana Meditation on Selected Psycho –Physiological Variables of women” The age of the subjects ranged from 17 to 25 years. Women the investigator was explaining the purpose, nature, studying in degree college Vijayapur.

(A) Independent Variables: Vipassana Meditation and Women

(B) Dependent: 1) Pulse rate
2) Vital capacity
3) Self – Confidence

Pulse Rate:



Purpose: The expansion and elongation of arterial walls passively produced by the pressure changes during systole and diastole of ventricles. It is an indicator of hemodynamic condition of a person.

Equipments: A timer.

Procedure: The teacher trainee was asked to lie down in supine position. Then to examine the observer places her three fingers i.e. index, middle and ring finger on the radial artery. The hand and forearm of the teacher trainee should be in semi prone position. The index finger is used to fix the radial artery; the middle finger is used to feel the palpation and the ring finger to control the volume of flow of blood in the radial artery.

Score: The number of beat per minute recorded.

Vital Capacity:



Purpose: To measure vital capacity of the subjects

Equipment: Wet Spirometer

Procedure: The test was conducted in sitting position. Subject was asked to take one or two deep breaths. Then, after a deepest possible breath subject was asked to place his mouth on the mouth piece of the spirometer and to exhale the air fully from his lungs slowly and steadily. Special care was taken to prevent air escaping either through the nose or around the edge of the mouth piece.

Scoring The reading in the dial of the spirometer was noted against each subject and recorded in milliliter. Three trials were given and the best score was taken.

Self Confidence:



Self Confidence: Student Self- Confidence Scale by M. Basavanna this 51 item Scale is developed on 17 to 25 year and measures the Self Confidence among the students.

Procedure: The 100 items along with the directions were reprinted. Since the items as scored in the provisional form were found to be discriminative, the same scoring procedure was retained for the items included in the final form according to the scoring key, the scores vary between 0 to 100 and here again lower the score higher would be the level of self-confidence and vice – versa.

Training Schedule:

Days	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Time 7: 45	Assemble in room	Assemble in room	Assemble in room	Assemble in room	Assemble in room	Assemble in room	Assemble in room
7:45 To 8:00	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up
8:00 to 8:15	Pranayam	Pranayam	Pranayam	Pranayam	Pranayam	Pranayam	Pranayam
8: 15 to 8:45	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation
8:45 to 9:00	Group discussion	Group discussion	Group discussion	Group discussion	Group discussion	Group discussion	Group discussion

Training will given to the 75 minutes every day.

Training will give to subject up to 6 week..

Research Design-Table:

Variables	Tests / Tools Administered
Vipasana Meditation	
Pulse rate	Stethoscope
Vital capacity	Spiro meter
Self – confidence	Standard question are developed by M. Basavanna

CHAPTER – IV

ANALYSIS AND INTERPRETATION OF DATA

The study was intended to carry out to assess the effect of Vipasana Meditation on selected Psycho–Physiological Variables of women studying in degree collage vijayapur. The selected physiological research variables were such as vo2 max, pulse rate, variables the has chosen for the study and psychological variable chosen for study were self confidence variables, the analyses of data collected to find out the influence of Vipasana meditation and has been presented in this chapter.

However valid, reliable and adequate the data may be, it does not serve any useful purpose unless it is carefully processed, systematically classified and tabulated, scientifically analyzed, intelligently interpreted and rationally concluded.

After the data had been collected, it was processed and tabulated using Microsoft Excel - 2007 Software. The data collected on physiological variables pulse rate and psychological variables

Table No -1.3

Mena, SD and t-value of pulse rate of pre test and post test of Degree college students

Type of test	Mean	SD	t-value	df	p-value	Remark
Pre test	78.4750	6.14353	5.42465	3.753	39	S
Post test	74.9500	4.34387				

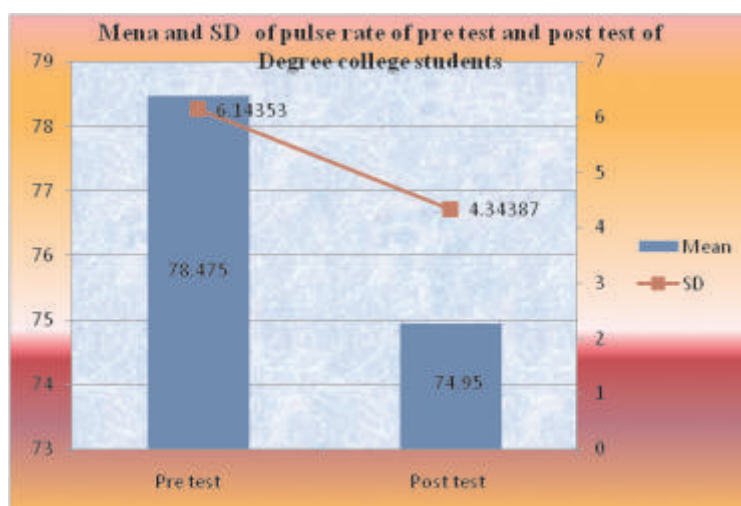


Table No – 1.3

The table no 3 that, The Mean SD & T – Value of Pulse rate and pre test and post test degree college Student The Mean is 78.48, SD 6.14 test & T- Value 5.42 in pre test

The mean SD, 74.10 is mean 4.34 SD Respectively the calculate t – value great than P- value at .75 Significant level at 0.00 level

This Shows that there are Significant deferent between pre test and post test which are draided Specity of 6 week training vipasana meditation training that resion post test degree College students are less blood pressure in pre test degree students there fore formulating hypothesis is accepted because the resional vipasana meditation practicing in following vipasana meditation there BP – is lesser then pre test of students

Table No -1.4

Mena, SD and t-value of vital capacity of pre test and post test of Degree college students

Type of test	Mean	SD	t-value	df	p-value	Remark
Pre test	2772.5000	580.88681	-3.762	39	.001	S
Post test	3180.0000	540.27533				

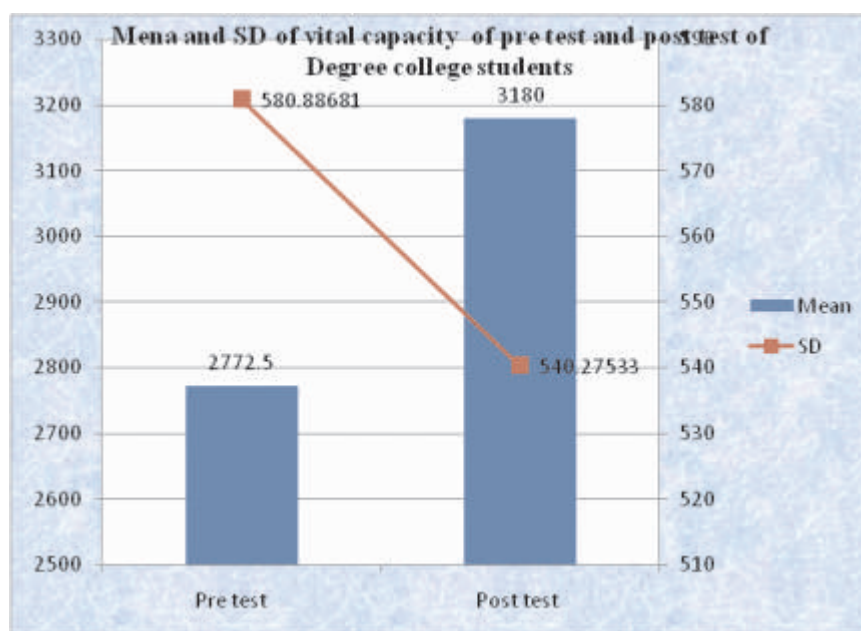


Table No-1.4

The table no 4 that, The Mean SD & T – Value of vital capacity and pre test and post test degree college Student The Mean is 27.50, SD 58.88 test & T- Value 3.76 in pre test

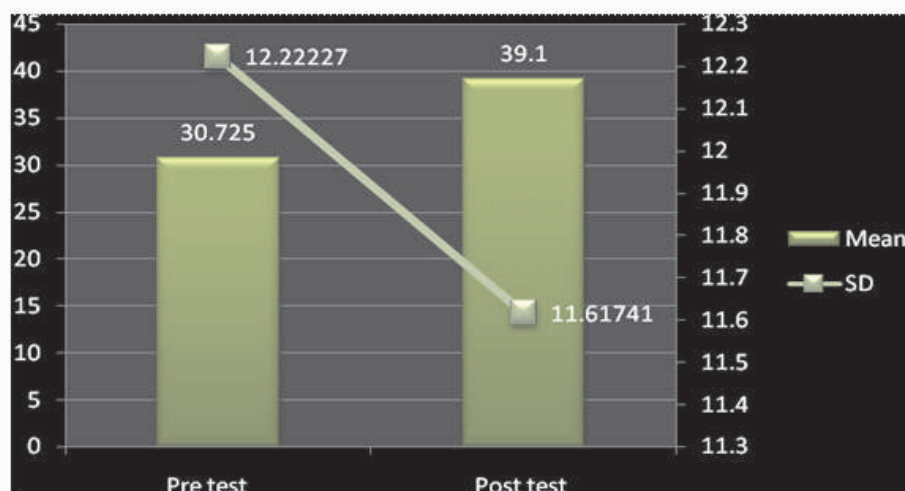
The mean SD, 31.00 is mean 54.27 SD Respectively The calculate t – value great than P- value at .001 Significant level at 0.00 level

This Shows that there are Significant deferent between pre test and post test which are draided Specity of 6 week training vipasana meditation training that resion post test degree College students are less blood pressure in pre test degree students therefore formulating hypothesis is accepted because the resional vipasana meditation practicing in following vipasana meditation there BP – is lesser then pre test of students .

Table No -1.5

Mean, SD and t-value of self confidence of pre test and post test of Degree college students

Type of test	Mean	SD	t-value	df	p-value	Remark
Pre test	30.7250	12.22227	-3.021	39	.004	S
Post test	39.1000	11.61741				



CHAPTER – V

SUMMARY, CONCLUSION AND RECOMMENDATIONS

The purpose of the study was to investigate the “Effect of Vipassana Meditation on Selected Psycho–Physiological Variables of women”. The researcher selected physiological variables pulse rate, vital capacity and psychological variables self confidence, six weeks of vipasana meditation training were given to 80 degree college women Subject before training the researcher conducted pre-test performance on physiological and psychological variables .The performance of the pre-test was recorded. After the 6weeks of vipasana meditation training the post-test performance was recorded on physiological and psychological performance .The result of post-test performance indicates significant improvements.

CONCLUSIONS:

- Based on the findings the following conclusion were draw from the present study.
- Six weeks vipasana meditation training has shown significant improvement on psychological performance variables of the subject.
- Six weeks training has shown significant improvement on physiological performance variables of the subject.

SUMMARY AND CONCLUSION:

1.There are signification different between pre test and post test systolic blood pressure comprise to the vipasana meditation post test strongly believe of practices. Vipasana meditation that is constration nature breathing system .which would help to overall development of personality kindles love and opection of post test practicenar of vipasana meditation of college student comprise to the pre test non vipasana meditation there for the formulaties hypotisis accepted .

2.There are signigent deferent between distolioic blood pressure of pre test and post test degree callege students pre test student our-less HBD- (High blood pressure) compire to the post test college students are low Bp because of they are practicenar of vipasana meditation.

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