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## “EFFECT OF VIPASSANA ON STRESS AND ANXIETY AMONG PREGNANT WOMENS”

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### ABSTRACT: -

**F**or the present study the effect of vipassana on stress and anxiety among pregnant women's 50 pregnant women's selected from dhamma Ajanta vipassana center Aurangabad by using random sampling method perceived stress scale and state trait anxiety inventory were used for data collection. Descriptive statistics mean, and t-test was used for statistics treatment. Results show there is significant difference between pre-test and post-test on stress among pregnant women's; also findings suggested that there is significant difference between pre-test and post-test on anxiety among pregnant women's. Present study finds that vipassana meditation positive effect on stress and anxiety. Meditation practices helpful to reduce stress and anxiety among pregnant women's.

**KEYWORDS:** vipassana, women's, stress anxiety.

### INTRODUCTION:

Stress and anxiety during pregnancy do not only have negative impacts on the course of the pregnancy, it can also affect its outcome, the development of a child and maternal well-being. It is widely recognized that stress during pregnancy may affect neuron end chronic development in the foetus and the formation of a secure attachment bond with the newborn and, consequently, the socio-emotional development of the child (Campbell and Cohn, 1997; Jacobsen, 1999). High anxiety during pregnancy has been linked to lower birth weight, shorter birth length, shorter gestations (Hosseini et al., 2009) and increased uterine artery resistance (Teixeira et al., 1999). Anxiety in pregnancy could have long-term effects on children's behavioral/emotional problems (O'Connor et al., 2002). The psychological consequences of



such stress may be amplified by hormonal changes that occur during the course of pregnancy. Studies have also found that partner conflict during pregnancy is related to pregnancy related worries or concerns (Da Costa et al., 1999) and emotional distress (Brown, 1994). Emotional and instrumental support from friends and family and an embedded sense of community help women to cope effectively with stress (Younger et al., 1998).

Vipassana meditation as an effective technique of stress management. Stress management refers to the wide spectrum of techniques and psychotherapies aimed at controlling a person's levels of stress, especially chronic stress, or distress as advocated by Hans Selye (1936;56).

There are many different types of Meditation. The focus of this research is Vipassana Meditation and its efficacy in helping adolescents through their difficult years. The Buddha thus taught a technique of meditation through which the practitioner discovered for himself the laws of nature that governed the universe.

### REVIEW OF LITERATURE:-

K. Gourounti<sup>1</sup>, V. Karapanou<sup>1</sup> at all (2015) study was to investigate the prevalence of antenatal anxiety (AA) and antenatal depression (AD) in high-risk pregnant women hospitalized for a medical disorder.

Peter P.M. Depare and Alhassan abass (2015) This study reiterates the rising levels of pregnancy specific stress and anxiety, with social and medical factors such as literacy levels, gestational period, age, marital status and parity playing major roles in the determination of pregnancy related stress and anxiety levels.

Sandesh Pantha, Bruce Hayes, Bharat Kumar Yadav(2014) There was high prevalence of stress among the women attending ANC clinic at Patan Hospital. As this is the data from one of the urban population of Nepal, the prevalence of stress in the rural areas might be even more than this number.

### METHODOLOGY:-

#### Statement of the problem:-

To study the effect of vipassana on stress and anxiety among pregnant women's.

#### OBJECTIVE:-

- + To study the Effect of vipassana on stress among pregnant women's.
- + To study the Effect of vipassana on anxiety among pregnant women's.

#### HYPOTHESES:-

- + There will be positive Effect of vipassana on stress among pregnant women's.
- + There will be positive Effect of vipassana on anxiety among pregnant women's.

#### Sample:-

For the present research 50 pregnant woman's were selected from dhamma Ajanta vipassana center Aurangabad city. Stress measurement scale was used for the data collection. the age range of present sample is 21-35 year. All sample was select from Aurangabad vipassana center by using Stress measurement scale.

#### Variables:-

##### Independent variable:-

1) Vipassana.

##### Dependent variable:-

1) Stress.  
2) anxiety

#### Tools and measures:-

##### PERCEIVED STRESS SCALE:-

Present scale developed by Sheldon cohan .it is a measure if the degree to which situations n once life are appraised as stressful. Present scale has 10 statements every statement has five alternative options 0 = Never 1 = Almost Never 2 = Sometimes 3 = Fairly Often 4 = Very options. Present test is highly reliable and valid.

##### state trait anxiety inventory (STAI):-

Present scale is developed by Charles spielberge, R.L.Gorsuch and R.E.Llushene.resent scale consist of 40 questions on self report basis. In this scale measure two types of anxiety state anxiety and trait anxiety. This is four point scale. Present test is highly reliable and valid.

**Procured of data collection:-**

Data was collect from dhamma Ajanta vipassana center Aurangabad city , first researcher went to center and stress management scale and anxiety scale was administrated on 50 pregnant women by given instruction this was pre-test after one day vipassana mediation given to all 50 pregnant women. After some time same stress and anxiety scale was administrated on 50 pregnant women and post-test was taken and data was collected.

**Statistical analyses:-**

Data ware analysis by using mean, SD, t-test .

**Results:-**

**Table no.1 show mean SD and t difference on vipassana on stress among pregnant women’s.**

TEST	N	MEAN	SD	t-value
Pre-test	50	16.21	6.8	3.16
Post test	50	12.38	5.2	

The two-tailed P value equals 0.0021 By conventional criteria, this difference is considered to be very statistically significant. The mean of Group One minus Group Two equals 3.8300  
 95% confidence interval of this difference: From 1.4276 to 6.2324t = 3.1637 df = 98 standard error of difference = 1.211

**Table no.2 show mean SD and t difference on vipassana on anxiety among pregnant women’s.**

TEST	N	MEAN	SD	t-value
Pre-test	50	86.38	5.00	4.43
Post test	50	81.8	5.33	

The two-tailed P value is less than 0.0001 By conventional criteria, this difference is considered to be extremely statistically significant. The mean of Group One minus Group Two equals 4.5800 95% confidence interval of this difference: From 2.5290 to 6.6310 t = 4.4314 df = 98 standard error of difference = 1.034

**DISCUSSION:-**

The aim of the present study was to find the effect of vipassana on stress and anxiety level among pregnant women. Table no 1 show there is mean difference between pre test and post test. pre-test mean is 16.21 and SD is 6.8 post test mean is 12.38 and SD is 5.2 t-value is 3.16 which is significant on 0.05 level there for hypothesis no.1 There will be positive Effect of vipassana on stress among pregnant women’s is accepted. table no 2 show there is mean difference between pre test and post test .pre test mean is 86.38 and SD is 5.00 post test mean is 81.8 and SD is 5.33 t-value is 4.43 which is significant on 0.05 level there for hypothesis no.2 There will be positive Effect of vipassana on stress among pregnant women’s is accepted. Results reverent to Peter P.M. Depare and Alhassan abass (2015) levels of pregnancy specific stress and anxiety, with social and medical factors such as literacy levels, gestational period, age, marital status and parity playing major roles in the determination of pregnancy related stress and anxiety levels. During permanency pride women’s face stress, anxiety and depression .regular meditation effect positively to reduce anxiety and stress and present study also found that

positive effect of vipassana meditation for reducing stress and anxiety.

#### **CONCLUSION:-**

Present study finds that vipassana meditation positive effect on stress and anxiety. Meditation practices helpful to reduce stress and anxiety among pregnant women's.

#### **SCOPE AND LIMITATIONS:-**

This study gives good explanation of effect of vipassana on stress and anxiety level among pregnant women Which can be helpful. Yet there are lots of improvements that can be made. This results only related to pregnant women's it cannot generalized for others.

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