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"EFFECT OF VIPASSANA ON STRESS AND ANXIETY AMONG PREGNANT WOMENS"

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ABSTRACT:-

For the present study the effect of vipassana on stress and anxiety among pregnant women 50 pregnant women's selected from dhamma Ajanta vipassana center Aurangabad by using purposive 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.

Result is showing there is eventful difference between pre-test and post-test on stress among pregnant women also findings suggested that there is significant difference between pre-test and post-test on anxiety among pregnant women. Present study finds that vipassana is positively effect on stress and anxiety. Vipassana meditation is useful to decrease stress and anxiety between pregnant women.

KEYWORDS: vipassana, women, stress and anxiety.

INTRODUCTION :

The method of Vipassana meditation is a easy, practical way to attain real silence of mind And to lead a joyful, helpful life. Vipassana means 'to see things as they actually are' and the Method is a rational process of mental cleansing through self-observation. From time to time, we all understanding agitation, frustration and dissonance. When we bear, we Do not keep our sadness narrow to ourselves; in its place, we keep distributing it to others. Surely this is not a correct way to be alive. We all desire to live at peace in ourselves, and with those approximately us. After all, human beings are social animal: we have to live and interrelate with others. How, then, can we live peacefully? How can we stay pleasant-sounding ourselves, and maintain Calm and harmony approximately us?

Vipassana It was find again by Tathagat Gautama Buddha more than 2600 years before and was taught by him as a global medication for universal problems. This non-sectarian method aim for the total annihilation of mental impurity and the result and highest happiness of full liberation.

Vipassana is a way of self-change through self-inspection. Its focus on the deep interconnection among mind and body, which can be experience directly by restricted attention to the physical feelings that form the being of the body, and that constantly be linked and condition the life of the mind. It a inspection-based, self-investigative passage to the ordinary root of mind and body that dissolve mental uncleanness, ensuing in a unbiased mind full of love and sympathy. The scientific laws that function one's way of thinking, mind-set, judgment' and vibrations become clear. Through direct happening, the nature of how one grows or regresses, how one produce bear or fill oneself from suffer is understood. Life become describe by better wakefulness, non-

delusion, self-control and calm.

REVIEW OF LITERATURE:-

K. Gourounti1, V. Karapanou1 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:-
Research Design: used pre-test and post test research design for present study.

STATEMENT OF THE PROBLEM:-

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

OBJECTIVE:-
✦ To study the Effect of vipassana on stress among pregnant women.
✦ To study the Effect of vipassana on anxiety among pregnant women.

HYPOTHESES:-
✦ There will be positive Effect of vipassana on stress among pregnant women.
✦ There will be positive Effect of vipassana on anxiety among pregnant women.

Sample:-

For the present research 50 pregnant woman ware 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 samples were select from Aurangabad vipassana center by using purposive sampling method.

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 scales. 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's by given instruction, this was pre-test and after ten days when course was complete on the eleventh days post test was administrated from female vipassana seeker given to all 50 pregnant women's. After solving test was collected. Scoring of all the tools were done as directed in their respective manuals.

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.

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

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 6.2324 t = 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	
Post test	50	81.8	5.33	4.43

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 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 for reducing stress and anxiety.

CONCLUSION:-
Present study finds that vipassana is positively effect on stress and anxiety. Vipassana practice helpful to decrease stress and anxiety among pregnant women.

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 it cannot generalize for others.

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