



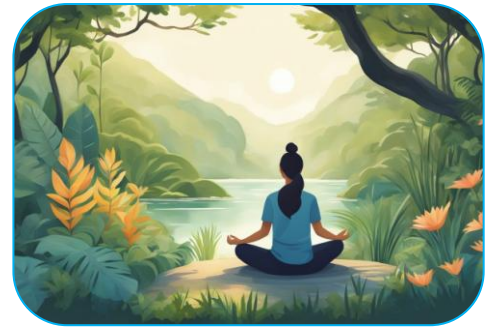
EFFECT OF TRANSCENDENTAL MEDITATION ON STRESS PARAMETERS OF COMMERCE STUDENTS

Dr. Avadhesh Kumar

Assistant Professor, Govt. Degree College Jalalabad, shahjahanpur (U.P.)

ABSTRACT :

The purpose of this study was to determine the effect of Transcendental Meditation on Stress parameters of Commerce students. Sixty Commerce students with age ranging between 17 to 20 years were randomly selected as subjects of the study. The Experimental Group – A participated in Transcendental Meditation whereas control group (Group-B) did not participate in any yogic programmes. The training was conducted for a period of twelve weeks, five days a week. To find out the significance of the differences between pre and post test means of the experiment group and control group, 't' test was applied. The result of the study revealed that there were significant improvement was found in stress parameter between the subjects belonging to experimental group and that of control group. Experimental group was better than the control group.



KEY WORDS: *Transcendental Meditation, Stress and Commerce.*

INTRODUCTION

Transcendental Meditation, technique of meditation in which practitioners mentally repeat a special Sanskrit word or phrase (mantra) with the aim of achieving a state of inner peacefulness and bodily calm. The technique was taught by the Hindu monk Swami Brahmananda Saraswati, also known as Guru Dev (died 1953), and was promoted internationally from the late 1950s by one of his disciples, the Maharishi Mahesh Yogi (1917?-2008), through the latter's Spiritual Regeneration Movement. The Maharishi coined the term *Transcendental Meditation* to distinguish the technique from other meditative practices and to emphasize its independence from Hinduism (indeed from any religion). In the West, Transcendental Meditation eventually came to be taught and practiced as a secular path toward mental, emotional, and physical well-being. The popularity of Transcendental Meditation in the West increased significantly in the late 1960s, when the British rock group the Beatles and other celebrities joined the Maharishi's following and began to meditate.

There have been hundreds of studies conducted on this form of meditation that have shown it to be effective in stress management and anxiety reduction, as well as other physical and mental health benefits. Some of these studies are better conducted than others, however, as noted by researcher Adam Holt, who assessed 55 studies on TM and another form of meditation, mindfulness-based stress reduction (MBSR).⁵ There is even more evidence showing strong benefits with this technique.

The main concern with the studies done on TM was that there may have been selection bias—some of the studies may have selected participants who were more cut out for the practice and would be more likely to show a positive response. There were, however, many studies in which participants

did show improvements with subjects assigned randomly to the TM group or a control, showing a real link between the practice and the beneficial outcomes. MBSR was found to be more beneficial by the body of studies examined, however. It was associated with greater cell longevity and immunity as well as immune system recovery after stress and lower inflammatory response. There is also more research supporting it as a tool for reducing symptoms of stress, anxiety, depression, and even insomnia.

However, many people find MBSR to be more challenging to practice, and the typical MBSR training program lasts eight weeks as opposed to a four-day training program for TM. This may make transcendental meditation a more attractive and accessible option for many people. Given the amount of research conducted on TM, it shows great promise, but more research should be conducted, according to many psychologists, so that we can know even more about this useful and effective technique.

METHODOLOGY SUBJECTS:

Sixty Commerce students, with age ranging between 17 to 20 years were randomly selected as subjects from B.Com students of Govt. Degree College Jalalabad, Shahjahanpur (U.P.). Thirty subjects (N=30) were selected for experimental group and Thirty (N=30) acted as control group.

EXPERIMENTAL TREATMENTS:

The Experimental Group-A participated in Transcendental Meditation and the control group (Group-B) did not participate in practice of yogic programmes. The training was conducted for a period of twelve weeks, five days a week. The scholar explains and demonstrated the Transcendental Meditation Techniques experimental group A, all the subjects of the experimental groups participated in training programmes. The details of the training programme are as follow: Five days a week training session. Each session of training was 20 minutes duration. Total training programme was for twelve week.

CRITERION MEASURES:

This Miller and Allen stress inventory contains twenty five question to be answered with two alternatives choice i.e. 'yes' and 'no'. The inventory provides information on a variety of stress indicators and in this report, would logical validity obviously the examiner who marks "Yes" by many items would be viewed as having a high level of stress. A low- stress individual would respond "No" to most of the items. It would be unusual for an individual to mark "No" by all items, since everyone function with a certain level of stress, for information on other aspects of this inventory, including reliability validity and scoring, refer to the original source.

Scoring: The total index score is the sum of the points for the 10 items in form A minus the sum of the points for the 10 items in form B.

Statistical Procedures:

To determine the effect of Transcendental Meditation on stress parameter of Commerce students of Govt. Degree College Jalalabad, Shahjahanpur (U.P.). 't' test was applied.

RESULTS:

The 't' test was applied to find out the significance of difference between the pre-test and post test means of the selected variables. The level of significance was chosen to test the hypothesis was 0.05.

Table- 1
COMPARISON OF STRESS PARAMETERS OF COMMERCE STUDENTS

GROUP	TEST	MEAN	S.D	t- ratio
Experimental Group	Pre- Test	34.63	3.72	6.14*
	Post test	30.24	3.12	
Control Group	Pre- Test	35.05	5.60	0.806
	Post Test	35.89	5.61	

*Significant, $t_{0.05(29)} = 2.00$

Table 1 indicates the mean and standard deviations of experimental group and control group on stress parameter. Significant difference was found between the mean scores of experimental group (Pre and posttest) in relation to impact of Transcendental Meditation practice on stress of Commerce students, as the 't'- value was found 6.14 which was higher value than the required value at 0.05 level of significance. It is evident from table-1 that insignificant difference was found between the mean scores of control group (Pre and posttest) in relation to impact of Transcendental Meditation practice on stress of Commerce students, as the 't'- value was found 0.806 which was lower value than the required value at 0.05 level of significance.

CONCLUSION:

On the basis of results obtained it is concluded that there was a significance improvement in the experimental group of stress parameter after the twelve weeks of Transcendental Meditation practice on Commerce students. Secondly, insignificance difference was found in the control group after without any training practice

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