A STUDY ON THE EFFECT OF MEDITATION ON MENTAL HEALTH OF HIGHER SECONDARY SCHOOL STUDENTS

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ABSTRACT

The present study aims at investigating the impact of meditation on the mental health of higher secondary school students. A sample of 100 XI standard students was drawn from Idukki District of Kerala. The experimental method was used for the study, with 50 students each in experimental and control groups. During the study meditation was given to the experimental group. The data were analysed using mean, S.D. 't' value and 'f' value. The study reveals that meditation has high influence on the mental health of the higher secondary school students.

INTRODUCTION

Eduation has an important role in making an individual mentally healthy, so that he can adjust to himself the world at large with maximum effectiveness and satisfaction. Mentally healthy students are productive, enjoy living and self expression, feel competent and esteemed sustain their efficiency under stress and find fulfillment complementary efforts towards group goals.

One of the aims of education is to make "a sound mind in a sound body". But nowadays the mental health of student is very low. Through meditation mental health be improved. It helps the students to take responsibility their own mental status and choosing to alter their responses so that they produce outcome that is more conducive to well being and happiness. The present investigation was an attempt to study the impact of meditation on the mental health of Higher Secondary School students.

NEED AND SIGNIFICANCE OF THE STUDY

Effective academic learning requires high and sustained intellectual efficiency which requires high mental health. Today stress and tension have become a way of life the corporate world becuase of increasing pressure to achieve and produce a faster rate. Great percentage of managers all over the world are suffering from depression, addiction and violence. Meditation helps the students take responsibility for their own mental states and choosing to alter their response, so that they produce outcome (both internally, in terms of mental states that they experience and externally, in terms of situations that they help to create) that is more conducive to well being and happiness.

A healthy body is essential for the development of one's full potential. Proper exercise, proper breathing, proper relaxation, proper diet and positive thinking are the requisite attendants of meditation. In order to remove distraction from the mind a healthy body and psyche are necessary. So this study helps the students to improve their mental health through meditation and it helps to improve the learning outcome.

OBJECTIVES

1. To find out the effect of meditation on the mental health of higher secondary schools students.

2. To find out whether any significant difference exists in the mean scores of the mental health tween male and female higher secondary school students.

3. To find out whether any significant difference exists in the mean scores of the mental health of secondary school students with respect to the type of family.

HYPOTHESES

1. There is an effect of meditation on the mental health of higher secondary school students.

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2. There exists a significant difference in the mean scores of the mental health of male and female higher secondary school students.

3. There exists a significant difference in the mean scores of mental health of the higher secondary school students with respect to their community.

4. There exists a significant difference in the mean scores of mental health of the higher secondary school students with respect to the type of family.

METHODOLOGY

The experimental method is used for collecting the data. The design selected is parallel group design. One is the controlled group and other group is treated as an experimental group. Parallel groups have been formed on the basis of age, standard, subject and intelligence of the student. The investigator has prepared the module of meditation for treating the experimental group. The various steps of meditation have been carefully planned and executed by the investigator herself. Pre-test and post-test of mental health have been conducted to find out effect of meditation.

SAMPLE

The sample for the present study constitutes 100 higher secondary school students (50 students each in the experimental and control groups).

TOOLS USED

The investigator used the following tools for the present study.

❖ Group test of intelligence by Nair and Anandavalliamma (1976)

❖ Mental health inventory by Peter Becker (1989)

DESCRIPTION OF THE TOOLS

1. Group test of intelligence

This test consists of five subjects among which two are verbal and three are non verbal. It has 100 questions split into 5 sections, each having 20 questions and carrying one mark each for the correct response. A respondent's total score in all the five tests is taken as a measure of his/

her intelligence. The reliability of the tests calculated by the split half method.

2. MENTAL HEALTH INVENTORY

The Trier Personality Inventory con statements and these statements are categorized areas. Among these 9 sub areas one is mental h this section contains 20 statements to assess men These statements are given in jumbled order include both positive and negative statemen statement has four alternative answers; namely 'often', 'sometimes' and 'never'. The reliabili inventory by the test - retest method was found t

STATISTICAL TECHNIQUE

The investigator used the following techniques to analyse the data.

1. Descriptive analysis - mean and standard

2. Differential analysis - 't' test and 'f' tes

ANALYSIS OF DATA

The data for each variable was tabulate mean scores and standard deviation were com study the effet of mditation on higher seconda students the mean and standard deviation were for the entire sample and sub samples of gender, c type of family. 't' test and 'f' test were used to significance of difference.

DESCRIPTIVE ANALYSIS

One of the important objectives of the pr is to find out the mental health of the higher secon students. Mental health scores have been an calculating the scores secured by each of the s the mental health inventory. It may also be r that the scale administered was for a maximum Hence securing above 40 shows, higher menta and below shows less mental health. The calcu and standard deviation of the pre-test mental of the control and experimental groups are g following tables.

TABLE-1

MEAN AND STANDARD DEVIATION OF PRE-TEST MENTAL HEALTH SCORES OF THE CONTROL GROUP

.No.	Sample		N	Mean	SD
	Entire sample		50	52.16	6.67
	Gender	Male	23	50.08	7.09
		Female	27	53.92	5.85
	Community	SC	5	46.40	7.82
		BC	12	55.83	5.82
		OC	33	51.69	6.19
	Father's Education	Literate	40	52.50	6.44
		Illiterate	10	50.80	7.72
	Mother's Education	Literate	39	52.64	6.51
		Illiterate	11	50.45	7.28
	Type of family	Nuclear	32	53.31	5.78
		Joint	18	50.11	7.76

It is found out that the mean value to the entire sample control group pre-test mental health is 52.16 which is ove the mid value of the total score of the test (80).

It is inferred from the data that the mean secured by sample is above the midlevel (40) of the mental health ale. Hence it is concluded that the control group is above average level of mental health with regard to pre-test.

TABLE-2

MEAN AND STANDARD DEVIATION OF POST-TEST MENTAL HEALTH SCORES OF THE CONTROL GROUP

No.	Sample		N	Mean	SD
	Entire sample		50	50.66	6.68
	Gender	Male	23	48.47	6.52
		Female	27	52.51	6.34
	Community	SC	5	45	7.96
		BC	12	54.75	5.81
		OC	33	50.03	6.08
	Father's Education	Literate	40	50.92	6.70
		Illiterate	10	49.60	6.80
	Mother's Education	Literate	39	51.00	6.13
		Illiterate	11	49.45	8.58
	Type of family	Nuclear	32	51.75	5.69
		Joint	18	48.72	7.94

It is found out that the mean value to the entire sample of control group post-test mental health is 50.66 which is above the mid value of the total score of the test (80).

It is inferred from the data that the mean secured by the sample is above the midlevel (40) of the mental health scale. Hence it is concluded that the control group is above the average level of mental health with regard to post-test.

TABLE - 3

MEAN AND STANDARD DEVIATION OF PRE-TEST MENTAL HEALTH SCORES OF THE EXPERIMENTAL GROUP

Sl.No.	Sample		N	Mean	SD
1.	Entire sample		50	52.56	6.16
2.	Gender	Male	16	51.00	6.81
		Female	34	53.29	5.80
3.	Community	SC	7	48.85	4.74
		BC	10	51.90	7.21
		OC	33	53.54	5.93
4.	Father's Education	Literate	41	52.21	6.02
		Illiterate	9	54.11	6.95
5.	Mother's Education	Literate	40	53.12	5.78
		Illiterate	10	50.30	7.42
6.	Type of family	Nuclear	37	53.18	6.17
		Joint	13	50.76	6.02

It is found out that the mean value to the entire sample of experimental group pre-test mental health is 52.56 which is above the mid value of the total score of the test (80).

It is inferred from the data that the mean secured by the sample is above the midlevel (40) of the mental health scale. Hence it is concluded the experiment group is above the average level of mental health with regard to pre-test.

Inference from the Table 1 in the next page

It is found out that the mean value to the entire sample of experimental group post-test mental health is 63.18 which is above the mid value of the total score of the test (80).

It is inferred from the data that the mean secured by the sample is above the midlevel (40) of the mental health scale. Hence it is concluded the experiment group is above the average level of mental health with regard to post test.

earch and Reflections on Education. Jan - March 2009

13

TABLE - 4
MEAN AND STANDARD DEVIATION OF POST-TEST MENTAL HEALTH SCORES OF THE EXPERIMENTAL GROUP

Sl.No.	Sample		N	Mean	SD
1.	Entire sample		50	63.18	7.43
2.	Gender	Male	16	61.81	6.72
		Female	34	63.82	7.76
3.	Community	SC	7	61.71	6.62
		BC	10	63.40	9.32
		OC	33	63.42	7.17
4.	Father's Education	Literate	41	62.90	7.38
		Illiterate	9	64.44	7.98
5.	Mother's Education	Literate	40	63.70	7.50
		Illiterate	10	61.10	7.14
6.	Type of family	Nuclear	37	64.54	7.13
		Joint	13	59.30	7.5

DIFFERENTIAL ANALYSIS

Analysis of Post-test Menal Health Scores of the Experimental and Control Groups

TABLE - 5
SIGNIFICANT DIFFERENCE BETWEEN EXPERIMENTAL GROUP AND CONTROL GROUP WITH REGARD TO MENTAL HEALTH SCORES IN POST-TEST

Variable	N	Mean	SD.	Std Error	df	Correl.	t	Level of Significance at 0.01 level
Experimental group	50	63.18	7.43	1.05	49	0.741	17.63	Significant at 0.01 level
Control group	50	50.66	6.67	0.94				

From the table it is found out that the 't' value between the groups is 17.63 which is significant at 0.01 level. Hence the hypothesis has been accepted. It is inferred that there exists a significant difference between the two groups, which may be due to the treatment, i.e. meditation given to them. So, it is concluded that the effectiveness of meditation has been proved scientifically with this experimental study. Hence the objective No. 2 has been accepted.

TABLE - 6
SIGNIFICANT DIFFERENCE BETWEE MEAN SCORES OF THE POST-TEST HEALTH SCORES OF THE MALE FEMALE STUDENTS OF THE EXPERIMENTAL GROUP

Variable	N	Mean	SD.	df	't' value	Remark a
Male	16	61.81	6.72	48	0.890	
Female	34	63.8	7.76			

In order to find out whether there is any difference between the mean score of mental he of male and female students 't' value is calcula value found to be 0.890 is not significant at 0.0

With this it could be inferred that in the p significant difference in mental health exists b male and female students.

Analysis of Post-test Mental Health ⸱ Experimental Group Students on the basis Family

TABLE-7
SIGNIFICANT DIFFERENCE BETWE MEAN SCORES OF THE POST-TEST ⸱ HEALTH SCORES OF THE STUDENTS EXPERIMENTAL GROUP DIVIDED (BASIS OF THEIR TYPE OF FAM

Variable	N	Mean	SD.	df	Calculated 't' value
Nuclear	37	64.54	7.13	48	2.273
Joint	13	59.30	7.15		

In order to find out whether there is any difference between the mean score of mental h of students based on their type of family calculated. The 't' value found to be 2.273 significant at 0.05 level.

With this it could be inferred that in t significant difference in mental health exists students of nuclear family and joint family.

Findings

1. There exists an effect of meditation on

health of higher secondary school students ('t' value 17.63).

2. There is no significant difference between the mean scores of the mental health male and female higher secondary students.

3. There is significant difference between the mean scores of mental health of higher secondary students with respect to the type of family.

INTERPRETATION OF FINDINGS

During the study the investigator gave meditation to experimental group students. The result shows that meditation had an effect on the mental health of the experimental group students. It is inferred that there exist a significant difference between the experimental group and the control group in the post-test of the mental health.

Mental health of male and female shows no significant difference because mental health can't be achieved within short period; it lies on various factors from conception itself, like genetic factors and environmental factors.

The investigator conducted the study in Idukki district Kerala. All communities gave full freedom to give training students in values of life. Community has no particular role to play in the life of the student who belongs to a different category. Due to this factor there exists no significant difference in the mental health of different communities.

Type of family shows significant impact on mental health because the isolation of children creates mental problems. The problem is very high in nuclear families because thay get very rare chances for sharing their problem. This creates a significant difference between the mean scores of mental health with respect to the type of family.

Through meditation and yoga they get more mental ability, they can control their feeling, develop self reliance positive attitude towards life, sharpen intelligence and learn to adjust themselves.

CONCLUSION

The stress of modern life can lead to mental suffering, feeling of inadequacy, isolation of powerlessness. Practice of Yoga/Meditation helps to intergrate the mental and physical plane, bringing about a sense of inner and outer balance. When there is perfect harmony between the body and mind, then one can achieve self realization. The findings of the present study reveal that meditation plays a vital role in the mental health of the students. It is necessary that education should be value-oriented, because the value of education forms the foundation of character development. It is able to inculcate tolerance, honesty, sympathy and sincerity in children.

OUR CONDOLENCES

We deeply mourn the sudden demise of our senior Staff Member **Dr. M. Alphonse Raj, Reader in Education**, on 02 March 2009. He was the member of the editorial board of our journal "RRE". He had served our institution in various responsibilities like Vice Principal, Dean of Studies, Staff Secretary, Staff-in-charge of Technology Lab, Consumer Club, Student Welfare and Extension Activities. We do experience his absence and the pain, created by his death. While we think of him gratefully for all that he had been to our institution, we also express our heart-felt condolences to the breaved members of his family. He is survived by wife, two sons and a daughter.

May his soul rest in peace.

Principal, Staff and Students.

Research and Reflections on Education. Jan - March 2009

15