



A STUDY ON MINDFULNESS MEDITATION PRACTICES ON SELECTED PSYCHOLOGICAL PARAMETER AMONG OBESE ADOLESCENCE

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ABSTRACT The purpose of the present study was to investigate the effect of a study on mindfulness meditation practices on selected psychological parameter among obese adolescence. To achieve the purpose of the study thirty male obese adolescence were selected from Chennai, Tamilnadu, India during the year 2021. The subject's age ranges from 14 to 17 years. The selected subjects were divided into two equal groups consists of 15 subjects each namely experimental group and control group. The experimental group underwent a mindfulness meditation practices programme for eight weeks. The control group was not taking part in any training during the course of the study. Self esteem was taken as criterion variable in this study. The selected subjects were tested on self esteem was measured through Rosenberg Self-Esteem Scale. Pre-test was taken before the training period and post- test was measured immediately after the eight week training period. Statistical technique 't' ratio was used to analyse the means of the pre-test and post test data of experimental group and control group. The results revealed that there was a significant difference found on the criterion variable. The difference is found due to mindfulness meditation practices given to the experimental group on self esteem when compared to control group.

KEYWORDS : Mindfulness meditation practices, Self esteem and 't' ratio.

INTRODUCTION

Obesity is a condition due to improper lifestyle. In the current scenario young adolescents mostly buying the diseases through modern foods like fast food junk foods and preserved foods etc... These foods having more amounts of fats. These fats are store as a visceral fat. This type of fat leads more life killing diseases like hypertension heart attack diabetes extra. So currently the world facing more dangerous hazard is obesity. For that people are wants to aware about this disease and fight again them.

RESEARCH METHODOLOGY

Selection of subjects

The purpose of the study was to find out the effect of mindfulness meditation practices on selected psychological parameter among obese adolescence. To achieve this purpose of the study thirty obese adolescence were selected as subjects at random. The age of the subjects were ranged from 14 to 17 years.

Selection of variable

Independent variable

- Mindfulness meditation practices

Dependent variable

- Self esteem

Experimental Design And Implementation

The selected subjects were divided into two equal groups of fifteen subjects each, such as mindfulness meditation practices group (Experimental Group) and control group. The experimental group underwent mindfulness meditation practices for five days per week for eight weeks. During the training session the subjects are instructed to maintain social distance. Control group, which they did not undergo any special training programme apart from their regular physical activities as per their curriculum. The following psychological variable namely self esteem was selected as criterion variable. All the subjects of two groups were tested on selected criterion variable self esteem was measured through Rosenberg Self-Esteem Scale at prior to and immediately after the training programme.

ANALYSIS OF THE DATA

The significance of the difference among the means of the experimental group was found out by pre-test. The data were analysed and dependent 't' test was used with 0.05 levels as confidence.

TABLE I Analysis of t-ratio for the pre and post tests of experimental and control group on Self esteem

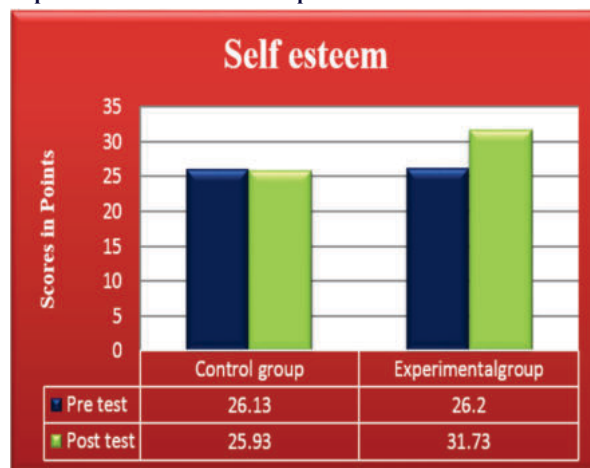
(Scores in points)

Variables	Group	Mean		SD		Degree of freedom	't' ratio
		Pre	Post	Pre	Post		
Self esteem	Control Group	26.13	25.93	1.45	1.16	14	1.00
	Experimental Group	26.20	31.73	1.37	2.12		

*Significance at .05 level of confidence.

The Table-I and II shows that the mean values of pre-test and post-test of the control group on self esteem were 26.13 and 25.93 respectively. The obtained 't' ratio was 1.00, since the obtained 't' ratio was less than the required table value of 2.14 for the significant at 0.05 level with 14 degrees of freedom it was found to be statistically insignificant. The mean values of pre-test and post-test of the experimental group on self esteem were 26.20 and 31.73 respectively. The obtained 't' ratio was 8.19* since the obtained 't' ratio was greater than the required table value of 2.14 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically significant. The result of the study showed that there was a significant difference between control group and experimental group in self esteem. It may be concluded from the result of the study that experimental group improved in self esteem due to eight weeks of mindfulness meditation practices.

Figure-1 Bar Diagram Showing the Pre and Post Mean Values of Experimental and Control Group on Self esteem



DISCUSSIONS ON FINDINGS

The result of the study indicates that the experimental group, namely mindfulness meditation practices group had significantly improved the selected dependent variable, namely self esteem, when compared to the control group. It is also found that the improvement caused by mindfulness meditation practices when compared to the control group.

CONCLUSION

On the basis of the results obtained the following conclusions are drawn,

1. There was a significant difference between experimental and control group on self esteem after the training period.
2. There was a significant improvement in self esteem. However the improvement was in favor of experimental group due to eight weeks of mindfulness meditation practices.

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