



EFFECT OF TRANSCENDENTAL MEDITATION PRACTICE ON STRESS

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ABSTRACT The purpose of the present study was to investigate the effect of transcendental meditation on stress among middle aged people. To achieve the purpose of the study thirty middle aged people were selected from Tittagudi, Tamilnadu, India during the year 2022. The subject's age ranges from 35 to 45 years. The selected middle aged people were divided into two equal groups consists of 15 middle aged people each namely experimental group and control group. The experimental group underwent a transcendental meditation programme for six weeks. The control group was not taking part in any training during the course of the study. Stress was taken as criterion variable in this study. The selected subjects were tested on Stress was measured through perceived stress scale. Pre-test was taken before the training period and post- test was measured immediately after the six week training period. Statistical technique 't' ratio was used to analyze 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 transcendental meditation given to the experimental group on Stress when compared to control group.

KEYWORDS : Transcendental Meditation, Stress and 't' ratio**INTRODUCTION**

Yoga is universally benefiting all people of all ages. The study of Yoga is fascinating to those with a philosophical mind and is defined as the silencing of the mind's activities which lead to complete realization of the intrinsic nature of the Supreme Being. In the sports world, physical education is the most essential aspect due to the fact physical schooling increases the performance and the effectiveness of the sports

RESEARCH METHODOLOGY**Selection of subjects**

The purpose of the study was to find out the effect of transcendental meditation on Stress among middle aged people. To achieve this purpose of the study, thirty middle aged people were selected as subjects at random. The age of the subjects were ranged from 35 to 45 years.

Selection of variable**Independent variable**

- Transcendental Meditation

Dependent variable

- Stress

EXPERIMENTAL DESIGN AND IMPLEMENTATION

The selected subjects were divided into two equal groups of fifteen subjects each, such as a transcendental meditation group (Experimental Group) and control group. The experimental group underwent transcendental meditation for six days per week for six weeks. 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 Stress was selected as criterion variable. All the subjects of two groups were tested on selected criterion variable Stress was measured through perceived stress scale at prior to and immediately after the training programme.

Statistical technique

The 't' test was used to analysis the significant differences, if any, difference between the groups respectively.

Level of significance

The 0.05 level of confidence was fixed to test the level of significance which was considered as an appropriate.

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 Stress**

(Scores in number)

Variables	Group	Mean		df	't' ratio
		Pre	Post		
Stress	Control	53.73	53.93	14	0.46
	Experimental	55.06	62.13		

*Significance at .05 level of confidence.

The Table-I shows that the mean values of pre-test and post-test of the control group on Stress were 53.73 and 53.93 respectively. The obtained 't' ratio was 0.46, 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 Stress were 55.06 and 62.13 respectively. The obtained 't' ratio was 11.52* 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 Stress. It may be concluded from the result of the study that experimental group improved in Stress due to six weeks of transcendental meditation.

Figure-1**Bar Diagram Showing the Pre and Post Mean Values of Experimental and Control Group on Stress****DISCUSSIONS ON FINDINGS**

The result of the study indicates that the experimental group, namely transcendental meditation group had significantly improved the selected dependent variable, namely Stress, when compared to the control group. It is also found that the improvement caused by transcendental meditation 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 Stress after the training period.
2. There was a significant improvement in Stress. However the improvement was in favor of experimental group due to six weeks of transcendental meditation.

Conflict of Interest: I declare that no conflict of interest could be perceived as prejudicing the impartiality of the research reported.

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Ethical Approval: Ethical review and approval was not required for the study on human participants in accordance with the local legislation and institutional requirements. The patients/participants provided their written informed consent to participate in this study.

Informed Consent: Informed consent was obtained from all individual participants included in the study.

Data Availability: The datasets used and/or analyzed during this study are available from the corresponding author on reasonable request.

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