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EFFECT OF DYNAMIC MEDITATION ON REALIZATION OF TRANSPERSONAL SELF, LEVEL OF ANXIETY AND MENTAL HEALTH.

ABSTRACT

Present era is a time where nobody wants to be left behind in the blind race of materialism. We live in a different world from our forefathers. Stress is the most obvious outcome of the modern life style and increased level of anxiety and mental health hazards are bound to happen with the increased level of stress in our lives. In search of answering the question if spirituality can be a help in present scenario of stress bombardment in modern life style, this study was designed to examine the effect of dynamic meditation on realization of transpersonal self, level of anxiety and mental health.

The sample of the study comprised 60 subjects of both sexes, within age group of 18-55., meeting the inclusion criteria of the study. There were 30 subjects in the experimental group and 30 in control group. The sample of the research was taken from Bareilly UP region. The present study was a pretest- posttest design. In the present investigation realization of transpersonal self was assessed by semi structured interview qualitatively with a phenomenological approach. Anxiety was measured by anxiety test developed by Sinha & Sinha (1995) whereas; mental health was measured by mental health inventory developed by Jadish and Shrivastava (1983)

Data collected through anxiety and mental health questionnaire was analyzed through ANCOVA. Qualitative data which was collected with the help of semi structured interview was analyzed with a phenomenological approach by analyzing and identifying themes within qualitative interview data before and after the meditation. Qualitative data was also presented quantitatively through percentage scores and was being analyzed by chi square test too.

Analysis of qualitative data brings us with 6 important aspects of transpersonal experience i.e.

- 1- Experience of being detached from physical body
- 2- Experience of illuminating blissful and eternally calm self
- 3- Experience of bliss and calmness which don't have a cause.
- 4- Experience of guardians or higher self over the physical and mental existence
- 5- Perceiving the experience as indescribable
- 6- Perceiving the experience as transformational

Significant reduction in anxiety scores and improvement in mental health scores was found while comparing the pre and post scores of the experimental group and control group, which shows significant reduction in the level of anxiety and improvement in mental health after the meditation workshop. Significant improvement of scores was found on the scales of integration of personality, autonomy, environmental mastery after dynamic meditation training in experimental group in comparison to control group. On the other hand no significant difference could be established in terms of positive self evaluation, perception of reality and group oriented attitude dimensions of mental health before and after dynamic meditation training between the two groups. So to sum up in the present study we found dynamic meditation lowers the level of anxiety and enhances the mental health along with facilitating the realization of transpersonal self.