Findings, Conclusion, Implications, Limitations & Suggestions

Chapter VI

The researcher arrived at the stage of drawing conclusion on the basis of findings. Everything is combined together while writing the findings. On the basis of analysis and interpretation of the data discussed in the previous chapter certain findings have been obtained and conclusions were drawn. The description of the findings are as follows:

Findings of the Study

The findings of the present research study are as follows:

- There is a significant positive effect of prayer along with meditation on Alpha EEG. The data further reveals that there is a significant positive effect of meditation on Alpha EEG.
- There is a significant positive effect of prayer along with meditation on GSR. Further data shows that there is a significant positive effect of meditation on GSR.
- Effects of daily interventions (Prayer along with meditation and only meditation) show immediate effects in enhancing Alpha EEG and GSR.
- Result shows that there is a significant positive effect of prayer along with meditation on attention regulation. The data further reveals that there is a significant positive effect of meditation on attention regulation.
- In Group I (Prayer along with Meditation) and in Group II (Only Meditation) significant positive effect was found in different subtests of attention regulation (Digit Span Test, Syllable Counting Test, Digit Counting Test).
It was also found that effect of prayer along with meditation was significantly more than the effect of meditation alone on attention regulation, when attention regulation was measured through digit counting test.

There is a significant positive effect of prayer along with meditation on emotional intelligence. This significant effect was found in different parameters of emotional intelligence i.e. self-awareness, empathy, self-motivation, emotional stability, managing relations, integrity, self-development, value orientation, commitment and altruistic behavior.

Result shows that there is a significant positive effect of meditation on overall emotional intelligence. Analysis of data of different parameters of emotional intelligence reveals that significant effect was found only in self-awareness, empathy, self-motivation, emotional stability and commitment, but no significant effect was found in managing relations, integrity, self-development, value orientation and altruistic behavior, indicating that meditation alone does not improve these positive characteristics of emotional intelligence.

Prayer makes a person humble, controls egotism, and fulfills one’s heart with empathy, commitment and ultimately emotional stability.

It was found that there is a significant positive effect of prayer along with meditation on psychological well-being. Results reveal that there is no significant effect of meditation on psychological well-being.

Intervention of prayer along with meditation is more effective in enhancing emotional intelligence and psychological well-being among university students in comparison to intervention only through meditation.
In the second chapter researcher proposed a model on the basis of previous researches. Here in the present study researcher adds some additional information on the basis of the findings of the present study.

**Figure 6.1: How the Intervention of Prayer along with Meditation Works**

This model shows that in stressful situations people mostly use prayer and meditation as coping strategies. Through prayer and meditation an individual can cope with the stressful situations and also prayer and meditation vent negative emotions as a result mind feels relaxed and calm. Relaxed and calm mind, which is always considered the source of positive emotions and mental state, leads to emotional stability, empathy and also helps in developing the understanding of managing relation and creating self-awareness. All these positive changes in emotional intelligence lead to higher psychological well-being.
Conclusion

Thus, the results of the present research lead to the conclusion that there is significant effect of prayer and meditation on alpha waves, galvanic skin response, attention regulation, emotional intelligence and psychological well-being. Other important finding of the present research is that there is a significant effect of meditation on alpha waves, galvanic skin response, attention regulation and emotional intelligence. Prayer and meditation is more effective in enhancing emotional intelligence and psychological well-being in comparison to only meditation. Prayer relieves one from egotism and makes a person humble. This condition of mind is helpful in focusing attention during meditation. Thus, prayer acts as facilitator for meditation. For ordinary persons with no previous experience of meditation, direct practice of meditation is not so effective. It is difficult to control one’s attention from worldly affairs and to focus attention at one point. But prayer helps in focusing of attention. During prayer and meditation, one’s mind becomes aware of its motives, emotions and other characteristics. Mind perceives itself and sees the extent to which one is responsible for its own mental sufferings, self-generated miseries, fears and tensions. This appraisal or perceptual awareness loosens the hold of these negative mental processes, and relieves the mind. When the mind is purified, it sees the solution of these problems through intuitive consciousness. Thus, prayer and meditation act as coping strategies to solve one’s daily life problems and to keep the body and mind fit.

Educational Implications

- The practice of prayer and ‘OM’ chanting meditation can also be used as one of the powerful means like any other yogic practices like Asanas, Pranayama in calming down the mind,
enhancing memory, in effective regulation of attention and in improving emotional intelligence and well-being.

Prayer and meditation yields tremendous benefits without any negative side effects. Both are simple techniques which can be practiced by anyone, at any time, and in any place. Regular practice of prayer and meditation helps an individual in better dealing with negative life events.

The study is very important in the present scenario since people are stressed from overwork, information overload and the increasing cut-throat competition in all the fields such as educational achievement, admissions in academic Institutes, selection in jobs, business and sports. Stress deteriorates the performance of students which results in low academic performance and absenteeism. The present study gives us an idea that through regular practice of prayer and meditation alpha waves, attention regulation, emotional intelligence and psychological well-being can be enhanced and stress can be reduced.

Therefore, the author suggests that Prayer and meditation training should be considered one of daily programs in universities and colleges. Prayer and Meditation is not limited to specific religion. Meditational practice is not limited to specific settings and can be performed even in student life along with daily activities.

Social Implications

The results of the present study reveal that the practice of Prayer and Meditation improves the feeling of connection to others and this feeling improves the emotional intelligence and psychological well-being. Prayer and meditation affect the mental functioning, personal growth and self-actualization. All these aspects affect the interpersonal and social behavior of an individual, such as altruistic behavior and feeling of universal brotherhood.
Healthy citizens make healthy society and mental health is as important as the physical health. If people in a society are mentally healthy it will lead to a well-developed society. In today’s haphazard life, stress has become an evitable part of life. Spiritual practices, prayer, meditation, attending religious services not only reduce the stress among individuals but also strengthen the positive aspects of human personality. It enhances the hidden qualities of men and also helps in developing the society.

**Limitations and Suggestions**

- The study has been conducted on a limited sample of university students taken from Dayalbagh Educational Institute, Agra and Dev Sanskriti Vishwavidyalaya, Haridwar. A more exhaustive study needs to be conducted on a wider sample selected from various geographical areas specially from rural areas. Before generalizing the results of the study, cross-cultural research is suggested.

- The study is limited to university students of age 18-24 yrs. only. So the results cannot be generalized on all age groups. Further research can be done on different age groups as well, to generalize the results for all age groups.

- Only one month intervention was given in the present study. In future researches it should be ascertained whether longer interventions can give still better results.

- Pre and post design has been used in the present research. Multiple research assessments approach can also be used in future research in the area to get more reliable results.

- Intervention has been given to only normal university students, the same may be given to students with learning disabilities and abnormal students also.
The study is limited to female university students only. Further research may be conducted on male students also.

Further study can also be done to see the effect of Dhyan: Surat Shabd Yoga (of Radhasoami Mat) upon EEG, GSR, attention regulation and emotional stability etc.