CHAPTER-5
ANALYSIS AND INTERPRETATION

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CHAPTER - 5
CONCLUSIONS AND SUGGESTIONS

5.1 INTRODUCTION:

One of the major characteristics of science is to present the findings systematically. Systematization gives an idea as to what extent the objectives were fulfilled. Conclusions give a clear picture about the testing of hypothesis, and their acceptance or rejection.

The present investigation was designed in a manner in which more emphasis was on an individual. Measurement was used but more qualitative aspect and introspective report were taken into consideration. However, quantitative indicators were also considered to be specific and precise.

This concluding chapter gives review of conclusions, and an account of acceptance or rejection of hypothesis. As this was a unique venture in its own right the investigator felt it worth to make some suggestions for the work to be done in the same direction.

5.2 CONCLUSIONS ABOUT THE IMPACT OF MEDITATION ON “STRESS”.

One of the major objectives of the study was to the impact of meditation on Stress.

One of the Hypothesis was as under:

\[ \text{Ho}_1 \] “There will be positive impact of meditation on Stress”.

Looking to the overall scores of stress in experimental and control groups for pre-test and post-test. It was observed that in
control group there was some points decrease of stress score by 21 points, whereas there was decrease of 95 points in stress score in the experimental group.

Thus this hypothesis was accepted and it was concluded that:

‘Meditation has positive impact on stress’.

This means more a person becomes meditative less will be his/her stress.

Second Hypothesis was framed as under:

\[ \text{Ho}_2 \]

\textbf{“There will be decrease in the amount of stress in the group of meditators”}.

To test this the stress scores were compared. It was found that the group’s overall stress was 1055 and the mean was 52.75 before the experiment. After the experiment the score were 960 and mean were 48 respectively. This means there was a decrease in the amount of stress in the meditators. This means that one can use meditation to get rid from stress. Thus the hypothesis was accepted.

Third Hypothesis was as under:

\[ \text{Ho}_3 \]

\textbf{“There will be significant difference in the amount of stress between meditators and non-meditators”}.

To test the difference ‘t’ test was applied. This difference was found to be significant in meditators. Before meditation in experimental group mean was 52.75, S.D. was 7.01. After the meditation treatment mean was 48 and S.D.6.29 respectively. ‘t’ ratio was 5.47. Thus difference was found significant at 0.01 level.
In non-meditators group difference was not found to be significant. Statistical difference was not obtained. Thus this hypothesis was accepted and it was concluded that: There will be significant difference in the amount of stress between meditators and non-meditators.

5.3 CONCLUSIONS ABOUT THE IMPACT OF MEDITATION ON “ANXIETY”

One of the major objectives of the study was to examine the impact of meditation on anxiety. One of the hypotheses was as follows:

**Ho**<sub>1</sub> “There will be positive impact of meditation on Anxiety.”

Looking to the overall scores of Anxiety in experimental and control groups for pre-test and post-test. It was observed that in control group there was some points increase of anxiety score by 30 points. Whereas there was decrease of 171 points in anxiety score in the experimental group.

Thus this hypothesis was accepted and it was concluded that:

“Meditation has positive impact on Anxiety.”

This means more a person becomes meditative less will be his/her anxiety.

Second Hypothesis was framed as under:

**Ho**<sub>2</sub> “There will be decrease in the amount of Anxiety in the group of meditators.”

To test this the Anxiety scores were compared. It was found that the group’s overall anxiety score was 776 and the mean was 38.8 before the experiment. After the experiment the score
were 605 and 30.25 respectively. This means there was a decrease in the amount of anxiety by 171 points in the meditators.

This means that one can use meditation to get rid from anxiety. Thus the hypothesis was accepted.

Third Hypothesis was as under:

\( H_0^3 \) “There will be significant difference in the amount of Anxiety between meditators and non-meditators.”

To test the difference ‘t’ test was applied. This difference was found to be significant in meditators. Before meditation in experimental group mean was 38.8, S.D. was 11.26. After the meditation treatment mean were 30.25 and S.D. 8.90 respectively. ‘t’ ratio was 3.64. Thus difference was found significant at 0.01 level.

In non-meditators group difference was not found to be significant. Statistical difference was not obtained.

Thus this hypothesis was accepted and it was concluded that: There will be significant difference in the amount of anxiety between meditators and non-meditators.

5.4 CONCLUSIONS ABOUT THE IMPACT OF MEDITATION ON “FRUSTRATION.”

The other objective of the study was to the impact of meditation on frustration.

For this the Hypothesis framed was as under:

\( H_0^1 \) “There will be positive impact of meditation on frustration.”

Looking to the overall scores of frustration in experimental and control group for pre-test and post-test. It was observed that in control group there was some points increase of
frustration score by 88 points. Whereas there was decrease of 130 points in frustration score in the experimental group.

Thus this hypothesis was accepted and it was concluded that: ‘Meditation has positive impact on frustration.’

This means more a person becomes meditative less will be his/her frustration.

Second Hypothesis was framed as under:

\[\text{H}_0^2\] “There will be decrease in the amount of frustration in the group of meditators.”

To test this the frustration scores were compared. It was found that the groups overall frustration score was 2094 and the mean was 104.7 before the experiment. After the experiment the score were 1964 and 98.2 respectively. This means there was a decrease in the amount of frustration by 130 points in the meditators.

This means that one can use meditation to get rid from frustration. Thus the hypothesis was accepted.

Third Hypothesis was as under:

\[\text{H}_0^3\] “There will be significant difference in the amount of frustration between meditators and non-meditators.”

To test the difference ‘t’ test was applied. This difference was not found to be significant. May be because the S.D. was too large, that is the dispersion in frustration score was too big.

Thus though Most of individuals were benefited. Statistical difference was not obtained.
5.5 SUGGESTIONS FOR THE RESEARCH IN THE SIMILAR DIRECTION:

Meditation is a new frontier from the psychological research point of view. So, many planned studies should be done in the area.

This study gave certain encouraging results. To be clear about the phenomenon such studies be replicated.

It possible bigger group may be formed and similar studies may be conducted to cross validate the obtained result in frustration.

In the present investigation it was found that though the place, timing, instructions and environment were kept constant, some subject were tensed with the annual examination anxiety. Most of the subjects reported in their introspective reports that while performing meditation their main stream of thoughts was ensuing examination. Thus it is suggested that such experiments may be carried out in the vacation period when the subject do not have any compulsory things hanging on their minds.

It is said that along with other physiological and environmental aspects that mental set of the subject plays an important role in such experiments. To maintain this, if possible such meditation camps can be arranged either on hill stations or at the bank of river, or sea. Forest atmosphere can also be utilized. While making arrangements if the subjects are cut-off from the mandane daily routine activities they can be given more benefits of the meditation. Along with this if the subjects are given more theoretical knowledge by way of lectures and question answer
sessions the process can be made more clear and scientific. In
question answer sessions individual guidance can be provided to
the subjects.

In nut-shell as meditational psychology happens to be
an emerging field more and more scientific experiments be
performed and results may be cross - validated and scientific
diffusion may be done which will help an individual and the whole
humanity at large.