Chapter - V

EFFECT OF P.M. ON INSECURITY FEELINGS

Security is a basic need, as recommended by Maslow, a feeling of insecurity results in retaliation, aggression and stress. Insecurity feeling explains as being unsure, unstable, shaky, apprehensive, or lacking in self-confidence etc. Insecurity feeling is the sign of an indefinite condition of feeling unsafe, threat or fear, smallness, failure which become sensitive, nervous, gullibility, withdrawal reactions, friendlessness and lack of self-confidence (Pati 1976).

According to Maslow (1953) human desires are arranged in ascending hierarchy of needs. As soon as one need is satisfied the next need in the hierarchy is activated. They are safety and security needs, belongingness and love needs, self-esteem needs and lastly self actualization needs or needs of personal fulfilment.

Alam and Srivastava (1980), Saha and Gupta (1980), stated that feeling insecurity is important variable which exercise immense influence on human behaviour and personality.

Forman and Davies (2003), find that family instability increases adolescent risk for psychological problems by directly undermining their
insecure appraisals of family. Result also supported a pathway whereby family instability predicted parenting difficulties and parenting difficulties, in turn, indirectly predicted adolescents internalizing and externalizing symptoms through its association with lower levels of perceived insecurity in the family. Suls (1981) suggests that High social insecurity subjects reported feeling more stress, being more upset following poor school performance and social insecurity.

Researchers have indicated that Meditation brings about positive changes in withdrawal reactions, friendlessness, and lack of self-confidence which in turn has a rectification effect on insecurity feelings. Inspired by the advantages of Meditation to bring about positive changes in such aspects, the present investigator has decided to test impact of P.M. directly on the insecurity feelings factor.

**Plan of Data analysis:**

The data obtained on Pati’s insecurity feeling questionnaire at pre-experimental, post - experimental stage - I and post experimental stage – II of the intervention will be treated statistically in two manners as suggested earlier in third chapter. In inter - group comparison (section- A) the subjects of both the group will be compared face to face at their three experimental stages i.e.
1. Pre - experimental stage
2. Post - experimental stage - I
3. Post - experimental stage – II

In intra-group comparison (section-B) the subjects of same group will be compared themselves (within group) at two level, i.e.

1. Pre - and post - stage – I
2. Pre - and post - stage – II

The collected data will also be analyzed and compared with standard scores table (table – 37), for assessing level of insecurity feeling presented as follows:

<table>
<thead>
<tr>
<th>Standard scores for assessing Insecurity feelings proneness of Pati’s Insecurity Questionnaires.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below 26</td>
</tr>
<tr>
<td>From 27 to 43</td>
</tr>
<tr>
<td>From 44 to 60</td>
</tr>
<tr>
<td>On and above 61</td>
</tr>
</tbody>
</table>
Section - A

Inter-group comparison

In this section, the subjects of both the groups are compared at three stages to see the homogeneity between the groups, if any; at pre experimental stage and to pan out the net effects of P.M. practice on insecurity feelings at post-stage – I and post - stage – II.

1. Insecurity feeling at Pre-experimental stage:

It is observed in table - 38 and figure - 39 that there is no significant difference between the mean scores of the subjects of both the groups (control group mean = 57.8 and experimental group mean = 57.125) at pre - experimental stage. On comparing the insecurity feeling data of subjects of both the groups with the standardized table of Pati (1976), it is observed that the subjects of both the groups have moderate type of insecurity feelings. Subjects of both the groups show a homogeneous trend in insecurity feeling at this level of experiment. The findings confirm first (H1) hypothesis proposed earlier. At this stage the subjects of both the groups found to be more unsure, unstable, shaky with week self confidence. And they are also suffering from feeling of unsafe threat and fear with withdrawal reaction tendency.
2. Insecurity feeling at post – experimental stage - I

After two months intervention of Preksha Meditation (P.M.) and normal activity it is found that the subjects of experimental group who were subjected to two months practice of P.M. improved significantly (p< .0005) in their security feeling from those of control group who were indulged in normal activity. Their mean score (M=51.63) decreased significantly in comparison to the mean score of control group (M=57.84). This implies that the subjects of experimental group increased their security feeling and their self-confidence as they became more stable, more sure about their future (Table - 38 and Figure - 39). The findings confirm twelve (H12) hypothesis proposed earlier.

3. Insecurity feeling at post - experimental stage – II

It is very clear from the Table – 38 and Figure – 39, that the subjects of experimental group now have reduced their insecurity feeling at high level of significance (p< .0005) after six month of Preksha Meditation (P.M.) practice in comparison to the subjects of control group. The mean score of experimental group (M=41.27) reduced highly significantly than the mean score of control group (M=58.77). Here it is very interesting that the subject of experimental
group when decreased their insecurity feeling, on other hand the
subjects of control group increased their insecurity feeling as the mean
score of control group increased at this stage in comparison to the
subjects of experimental group. The findings again confirmed the
twelve (H12) hypothesis proposed earlier.

In the view of Pati’s standard table (table-37) of insecurity feeling
it is very clear that the subjects of experimental group have shifted from
stage of moderate type insecurity feeling to mild type insecurity feeling.
Now they found to be more batter in their self - confidence, feeling of
safety and they also reduced their fear tendency in comparison to the
subjects of control group. They become more assured about their future
and become emotionally more stable.
Section B

(B) Intra-group comparison: (within the groups)

The intra-group analysis will highlight the changes within group in the practitioners of P.M. and the normal activity and also the magnitude of changes, if any. The Sandler’s ‘A’ test with criterion of $p \leq 0.05$ is applied for measuring and comparing the magnitude of changes between the different stages of the experiment.

(1) Pre- and post-stage - 1 (Insecurity feeling after two months)

Table - 39 and Figure - 40 show the Mean and the Sandler’s ‘A’ value of the Insecurity feelings on Pati’s Insecurity Questionnaire at pre- and post- stage - 1 of both the groups. The result explains that the subjects of the experimental group have reduced in their level of insecurity feeling significantly ($p < .0005$) at post-stage - 1 as compared to their pre-stage. The mean score of these subjects reduced significantly from 57.12 to 51.63 after two months of their P.M. practice but still they remained in moderate type of insecurity feelings according to Pati’s standardised norms (1976) (c.f. table – 37). The obtained results confirmed the thirteen (H13) hypothesis proposed earlier.
It is also observed that there is no significant change occurred in the level of insecurity feelings of subjects of control group after two months i.e., at post – stage - I, which shows that the normal activity and the test sensitivity have not imposed any effect on insecurity feelings of the subjects of the control group.

(2) Pre - and post - stage - II (Insecurity feeling after six months)

Table – 40 and figure – 41 present the Mean scores and Sandler’s ‘A’ values of the Insecurity feelings obtained on Pati’s Insecurity Questionnaire at pre and post stage - II of the experimental group.

At this stage, the level of insecurity in subjects of the experimental group decreased highly significantly (p < .0005) as compared to their pre-experimental stage. Their mean scores decreased from 57.12 to 41.27 at this stage. As compared to Pati’s (1976) standardized table – 37 of insecurity feelings proneness, the subjects fall in the category of mild insecurity feelings from moderate insecurity feelings of pre-stage. This reveals that the subjects have improved their self-confidence, responsiveness and modulated their withdrawal reactions. The findings corroborate thirteen (H13) hypothesis proposed earlier.
On the other hand the subjects of control group have increased the level of their insecurity feeling significantly at p<.01 level of confidence. Here it is interesting to note that the subjects of control group have not reduced their insecurity feeling rather they increased the same after two months and six months of the experiment (Table - 40 and figure – 41).

**Discussion**

In present research, investigation of insecurity feeling is assessed by the Pati’s (1976) Insecurity questionnaire. The obtained results consistently substantiate with the findings of the previous studies of the related factors other than the insecurity feelings.

As marked level of work has not been done directly on insecurity feeling but some related issues tested by some researchers on meditation technique like, Fehr, Nerstheimer and Torber (1972) and Fehr (1974) on meditation technique attested the positive effect of T. M. practice on friendliness, liveliness, and self-reliance in the subject while Penner, Zingle, Dyck, and Trunch, (1974) observed greater social extraversion and greater personal integration in subjects of the T.M. group.
Orme – Johnson, Kiehlbauch, Moore, and Bristol, (1971) concluded that the subjects decreased their social introversion i.e. increased social ease and outgoingness by T.M. practice. Brown (1976) observed that the students who practiced T.M. have improved their sense of social responsibility and sociability. And Hanley and Spates, (1978) found marked reduction in pronounced feelings of social inadequacy in T.M. practitioners.

Gaur and Walokar (2002) observed positive effect of P.M. on the level on fear in children. Gaur et. al. (2005) found a significant reduction in insecurity feelings in teenage children practicing P.M. technique.

A study has been conducted directly on insecurity feeling by Gaur and Shah (2007), they observed significant positive improvement (p < 0.005) in level of security feeling of juvenile delinquents after two months of P.M. practice, they further observed a highly significant improvement in level of security feeling after four months practice of P.M. technique.

After referred all the above researches on T.M. and P.M. finally it is observed that the subjects who practiced both the meditation techniques improved their self-confidence, friendliness and sociability.
This shows that the subjects who practiced meditation reduced their insecurity feelings and became more confident. Similar findings are observed in the present investigation. After two months of their P.M. practice, the subjects of the experimental group reduced their insecurity feelings significantly and now they become more social, self-confident, self-assured, and friendly, freed from introversion. After six months of Preksha meditation practice, the subjects of experimental group have reduced insecurity feeling at highly significantly level and became more secured and confident. Accordingly, the findings of this investigation are very similar to the findings of above refereed studies. On other hand the insecurity feelings have increased in the subjects of control group. Here it may be inferred that the daily routine activities of these subjects increased the insecurity feelings.

Now, it is clear from the above mention results that the improvement in insecurity feelings is achieved after practice of Preksha meditation technique.
Conclusion

It may be concluded from the results that the subjects of both the groups were homogenous at their pre-experimental stage and having moderate type of insecurity feeling (c.f. table – 37). This result corroborates the first hypothesis formulated earlier. But after two months practice of PM the experimental group developed the feeling of security as compared to the subjects of control group. Their mean score of insecurity feeling decreased significantly. After six months practice of PM again the experimental group was found with higher secured feeling and has shifted from moderate insecurity feeling to mild insecurity feeling. Here the early propose twelve (H12) hypothesis is also confirmed by these results (table – 41 and figure – 42).

In intra-group comparison a significant reduction (p < 0.0005) is found in the level of insecurity feelings in the experimental group at post-experimental stage – I (two months) as compared to their pre-experimental stage and this reduction increased further at post-experiment stage – II (six months) of Preksha Meditation training. This result supports thirteen (H13) hypothesis proposed earlier.
Therefore, it may be concluded that Preksha Meditation is reputed to impose the positive influence on insecurity feelings. At the pre-stage, subjects had at moderate level of insecurity feelings and after two months practice of Preksha Meditation there was an improvement in the level of insecurity feelings although they were still at the moderate level. After continuing six months of Preksha meditation practice their insecurity feelings reduced to mild level. The findings suggest that longer duration practice of Preksha meditation brings out more significant improvement. This reveals the positive influential effects of Preksha meditation leads the subjects to develop more self-confidence, better responsiveness and friendship oriented personality.