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CONCLUSIONS AND SUGGESTIONS

5.1. Introduction

There are certain characteristics of scientific study. One of the major one is to present the findings systematically. Systematization gives a clear picture and a gestalt idea. Though such systematic arrangement only it becomes possible to get an idea to what extent the objectives were fulfilled. One also gets an idea about the resting of hypothesis, and their acceptance or rejection.

In the present investigation though quantitative measures were used to be specific and precise; some introspective reports were also taken into consideration.

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 in future.

5.2. Conclusions about the impact of Meditation on 'Anxiety':

One of the major objectives of the study was to find out the impact of meditation on anxiety.
Hypothesis related to this variable was formulated as under:

"There will be negative relationship between Anxiety and Dynamic Meditation."

This hypothesis was confirmed and it was found that there was a remarkable decrease in the state of Anxiety in the subjects doing dynamic meditation. This difference in anxiety state was found to be significant at 0.01 level.

Investigator repeated the experiment to have a cross validation and similar results were obtained.

In both the experiments some subjects were randomly selected for personal interviews, their anecdotal records were prepared. It was found that most of them felt better after meditation, found themselves more relaxed and less tensed.

5.3. Conclusions about the impact of Meditation on 'Emotional Maturity':

The next variable of the study was 'Emotional Maturity.' It was decided to find out as to what happens to the level of emotional maturity after performing dynamic meditation over a certain period of time. Hypothesis for the variable was formulated as under:

'Dynamic Meditation and Emotional Maturity are positively related with each other'.
Subjects with emotional instability were benefitted by dynamic meditation. Significant difference was found in the scores. It was found that dynamic meditation brings positive impact for emotional instability. Thus it could be said that individuals would be helped through dynamic meditation in overcoming the problems of emotional instability. In the replication of the experiment which was carried out to cross validate the results, similar conclusions were drawn.

Subjects in both the experiments reported their feelings also in the same direction.

5.4. Conclusions about the impact of Meditation on 'Frustration':

'Frustration' was also taken into account as one of the measures in this study. For this measure the hypothesis was framed as under:

'Negative relationship exists between Dynamic Meditation and Frustration.'

This hypothesis was confirmed in the experiment. Decrease in the level of frustration was found. Such a decrease was also found to be highly significant at 0.01 level.

Similar results were obtained in the cross validation study also.
While conducting interviews of some subjects who took part in the experiment, specific exploration was done to know about their feelings regarding frustration experienced. Here also it was found that subjects reported about the positive impact of meditation. So it could be concluded that dynamic meditation is related negatively with frustration.

5.5. **Conclusions about the impact of Meditation on the feeling of Security - Insecurity:**

It was assumed that there is no relationship between dynamic meditation and Security - Insecurity.

Results of both the experiments clearly indicated that there was consistent decrease in the scores of feeling of insecurity. This means subjects taking dynamic meditation were positively benefitted and then felt more secured after meditation.

However, some subjects reported that they found themselves more insecure because after meditation their perception about the worldly affairs changed a lot, they visualized the relationship in different perspectives and hence sense of security was affected. But this change was considered positive by them.
5.6. **Conclusions about the impact of Meditation on the level of General Adjustment:**

In the original experiment the variable was not taken into account, while experimenting for cross-validation this measure was considered.

Increase in the level of adjustment was found.

In personal interviews almost all the subjects reported that their relations with others were comparatively more smooth and their dealings with others was also good. They reported that others also made remarks and noted this positive change.

Thus, it was found that Dynamic meditations bring positive impact on the quality of adjustment in the life of an individual.

5.7. **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 should be replicated.

If possible bigger groups may be formed and similar and similar studies may be conducted to cross validate the obtained results.
In the present investigation it was found that though the place, timing, instructions and environment were kept constant, the subjects were tensed with the 'Exam. 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 subjects do not have any compulsory things hanging on their minds.

It is said that along with other physiological and environmental aspects the 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 mundane 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.

Mord it is felt that in many other areas also dynamic meditation technique should be tried out. Such as Industrial set up. In most of the modern organizations stress and
anxiety are clearly becoming burning problems. Executive stress is a regular phenomenon. In different industrial set ups wherever possible some studies should be tried out to find out and to see the impact of dynamic meditation.

Psychiatry is also one such field. Along with Zen and Yoga therapies this technique can be tried out to see its impact on neurotics, if not on psychotics. Day-to-day routine problems can be looked upon from different perspective if an individual does dynamic meditation.

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.