CHAPTER V

SUMMARY, FINDINGS AND CONCLUSIONS
Summary, Findings and Conclusions

Summary

The present day study was conducted with the basic objective of studying and understanding the impact of open eye meditation technique of Swami Sridharanandji’s Athma Vidhya Parishilana Yoga on psychological variables such as Personality, Emotional Intelligence and Well-Being of college students.

Stress, fierce competition, emotional turbulences in everyday life and in relationships lead the youth to ill health, substance abuse, alcohol addiction, depression which all lead to the physical and psychological well-being getting affected. Sometimes the young adult may even resort to drastic measures as robbery, suicide and murder.

Many of these astray young adults are seeking a way out of this. Along with proper medication, counselling coupled with the use of an appropriate intervention many young adults are able to navigate their way out and become better responsible and strong individuals.

The present study is an attempt made to find out the effect of Athma Vidhya Parishilana technique of meditation on psychological variables such as Personality, Emotional Intelligence and Well-Being of college students. In this study meditation was introduced as an intervention to the college students for three months after which the changes in the above mentioned variables were noted.
Conclusions

The data obtained from the present day study was analysed and discussed at length, and the following conclusions were drawn.

**Personality-related conclusions:**

- The impact of meditation has rendered the personality of male college students significantly more positive and integrated.
- The impact of meditation has rendered the personality of female college students significantly more positive and integrated.
- The impact of meditation has rendered the personality of the male college students significantly more positive and integrated than the female college students.

**Emotional Quotient-related conclusions:**

- The impact of meditation has rendered the emotional quotient of male college students significantly enhanced.
- The impact of meditation has rendered the emotional quotient of female college students significantly enhanced.
- The impact of meditation has rendered the emotional quotient of the male college students slightly more enhanced than the female college students.
Wellbeing-related conclusions:

- The impact of meditation has rendered the wellbeing of male college students significantly improved.

- The impact of meditation has rendered the wellbeing of female college students significantly improved.

- The impact of meditation has rendered the wellbeing of the female college students significantly more improved than the male college students.