Original Article

A Study On Meditation Practices On Self Esteem Among Middle Aged Working Women

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Abstract

Introduction: The purpose of the present study was to investigate the effect meditation practices on self esteem among middle aged working women.
Aim and Objective: To achieve the purpose of the study thirty working women were selected from Karaikudi (Urban), Tamilnadu, India during the year 2022.
Materials and methods: The subject's age ranges from 35 to 45 years. The selected women subjects were divided into two equal groups consists of 15 subjects each namely experimental group and control group. The experimental group underwent a meditation practices programme for ten weeks. The control group was not taking part in any training during the course of the study. Self esteem was taken as criterion variable in this study. The selected subjects were tested on self esteem was measured through Rosenberg Self-Esteem Scale (RSE) (psychological questionnaire). Pre-test was taken before the training period and post- test was measured immediately after the ten week training period. Statistical technique't' ratio was used to analyse the means of the pre-test and post test data of experimental group and control group.
Results: The results revealed that there was a significant difference found on the criterion variable.
Conclusion: The difference is found due to meditation practices given to the experimental group on self esteem when compared to control group.

Keywords: Meditation practices, Self esteem and't' ratio.

INTRODUCTION

Meditation is a practise that involves employing a combination of mental and physical approaches to focus or clear your thoughts. There are many various types of meditation, which have been practised for thousands of years. However, it has only been in the last several decades that contemporary science has begun to thoroughly examine this practise. Technology has enabled some of the major advancements in science's understanding of meditation.

Meditation practice these practices are playing and major role in improving self esteem. Today most the types of meditations originated and in practice by the different institutions. These meditations are helping the people to attain their needs easily.

RESEARCH METHODOLOGY

Selection of subjects

The purpose of the study was to find out the effect meditation practices on self esteem among middle aged working women. To achieve this purpose of the study, thirty working women were selected as subjects at random. The age of the subjects were ranged from 35 to 45 years.

Selection of variable

Independent variable

- Meditation

Dependent variable

- Self Esteem

EXPERIMENTAL DESIGN AND IMPLEMENTATION

The chosen participants were split into two equal groups of fifteen each, one for meditation techniques (Experimental Group) and the other for control. For ten weeks, the experimental group practised meditation six days a week. Apart from their usual physical exercises as prescribed by their curriculum, members of the control group did not participate in any extra training programmes. Self-esteem, the next psychological variable, was chosen as the criterion variable. The chosen criterion variable was tested on each individual in each of the two groups. The Rosenberg Self-Esteem Scale (RSE) 26 was used to assess self-esteem both before and just after the training programme.

Statistical technique

The‘t’ test was used to analysis the significant differences, if any, difference between the groups respectively.

Level of significance

The 0.05 level of confidence was fixed to test the level of significance which was considered as an appropriate.

ANALYSIS OF THE DATA

The significance of the difference among the means of the experimental group was found out by pre-test. The data were analysed and dependent‘t’ test was used with 0.05 levels as confidence.

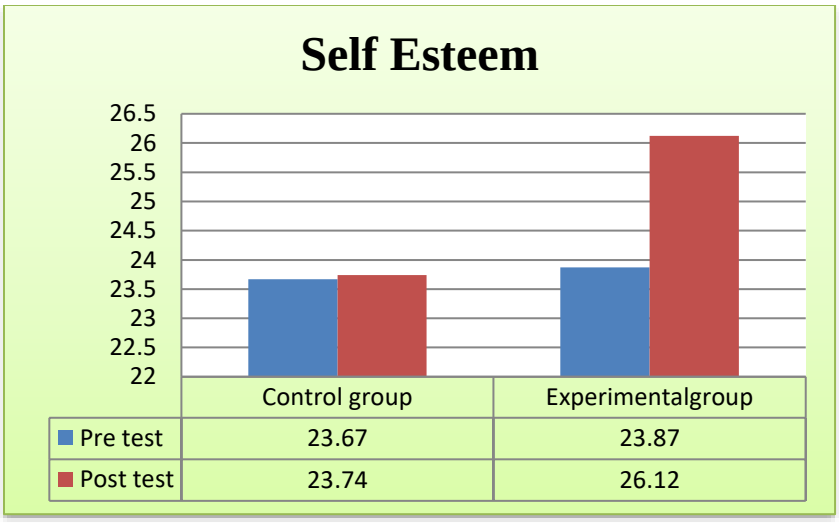
TABLE Analysis of t-ratio for the pre and post tests of experimental and control group on Self Esteem (Scores in Points)

Variables	Group	Mean		SD		df	‘t’ ratio
		Pre	Post	Pre	Post		
Self Esteem	Control	23.67	23.74	1.43	1.42	14	0.33
	Experimental	23.87	26.12	1.55	1.51		**19.18***

***Significance at .05 level of confidence.

The Table shows that the mean values of pre-test and post-test of the control group on self esteem were 23.67 and 23.74 respectively. The obtained ‘t’ ratio was 0.33, since the obtained ‘t’ ratio was less than the required table value of 2.14 for the significant at 0.05 level with 14 degrees of freedom it was found to be statistically insignificant. The mean values of pre-test and post-test of the experimental group on self esteem were 23.87 and 26.12 respectively. The obtained ‘t’ ratio was 19.18* since the obtained ‘t’ ratio was greater than the required table value of 2.14 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically significant. The result of the study showed that there was a significant difference between control group and experimental group in self esteem. It may be concluded from the result of the study that experimental group improved in self esteem due to ten weeks of meditation practices.

Figure-1 Bar Diagram Showing the Pre and Post Mean Values of Experimental and Control Group on Self Esteem



DISCUSSIONS ON FINDINGS

The result of the study indicates that the experimental group, namely meditation practices group had significantly improved the selected dependent variable, namely self esteem when compared to the control group. It is also found that the improvement caused by meditation practices when compared to the control group.

CONCLUSION

On the basis of the results obtained the following conclusions are drawn,

1. There was a significant difference between experimental and control group on self esteem after the training period.
2. There was a significant improvement in self esteem. However the improvement was in favor of experimental group due to ten weeks of meditation practices.

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Informed Consent: Informed consent was obtained from all individual participants included in the study.

Data Availability: The datasets used and/or analyzed during this study are available from the corresponding author on reasonable request.

Authors' Contribution:

All authors have made important contributions to the research work reported in this manuscript/Article.

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