

Impact of Meditation on Mental Health

*Tribhuwan Sunil Laxman
Shri Bankatswami college, Beed.

Abstract

The aim of this study was the determined of the effect of Meditation on Mental Health. For this purpose 50 college going students were selected with purposive sampling selection method from Beed District. The purposive sampling method was used. Pretest Posttest research design was used. Present study was measured the impact of Meditation on Mental Health. Descriptive statistics Mean and S.D. and 't' test was applied for the results. Mental Health Inventory was administered on college students. 't' value is significant at 0.01 level. The results showed that Meditation treatment positive effect on Mental Health.

Keywords: Meditation, Mental Health, Pre-test, Post Test

In the mindfulness of breathing meditation practice we use the breath as an object of awareness. We follow the physical sensations of the breath as it flows in and out of the body. This meditation practice isn't a breathing exercise. We allow the breath to flow naturally and are simply aware of it. So there is no control over the breath. One of the first things we learn when we try to do this meditation practice is how distracted our minds are! All sorts of thoughts and feelings flow into our awareness, and then we find we've forgotten all about the breath. This is a good thing to learn. If we don't know this we can't do anything about it. Most of what comes into our minds is not very useful, and often it's actually bad for us. For example we find ourselves worrying or getting angry, or putting ourselves down. The simple principle behind this meditation practice is that if we keep taking our awareness back to the breath — over and over again — then our mind gradually quiets down and we feel more contentment.

As for modern developments, in trying to formulate a definition of meditation, a useful rule of thumb is to consider all meditative techniques to be culturally embedded. This means that any specific technique cannot be understood unless it is

considered in the context of some particular spiritual tradition, situated in a specific historical time period, or codified in a specific text according to the philosophy of some particular individual. Thus, to refer to Hindu meditation or Buddhist meditation is not enough, since the cultural traditions from which a particular kind of meditation comes are quite different and even within a single tradition differ in complex ways. The specific name of a school of thought or a teacher or the title of a specific text is often quite important for identifying a particular type of meditation. Vipassana, or insight meditation, for instance, as practiced in the United States is derived from the Theravada tradition of Buddhism, and is usually associated with the teachings of the Burmese monk Mahasi Sayadaw; Transcendental Meditation is associated exclusively with the teachings of Maharishi Mahesh Yogi, whose tradition is Vedantic Hinduism; and so on.

Mental health describes either a level of cognitive or emotional well-being or an absence of a mental disorder. From perspectives of the discipline of positive psychology or holism mental health may include an individual's ability to enjoy life and procure a balance between life activities and