



## THE EFFECT OF MEDITATION ON PHYSIOLOGICAL PARAMETER

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### *Abstract*

*Yoga is complete science of life that originated in India many thousands of years ago. It is the oldest system of personal development in the world encompassing body mind and spirit. The ancient Yogis had a profound understanding of man's essentials nature and of what he needs to live in harmony with himself and his environment. They perceived the physical body as a vehicle with the mind as the driver the soul man's true identity and action emotion and intelligence as the three forces which pull the body vehicle while the proactive of positive thinking and meditation gives clarity mental power and concentration.*

*Meditation is the practice by which there is constant observation of the mind. It means focusing the mind on one point stilling the mind in order to perceive the self by stopping the waves of thought you come to understand your true nature and discover the wisdom and tranquility the lie down.*



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### **Objectives of the Study**

- 1) To measure the physiological parameters. [Blood pressure and pulse rate]
- 2) To design meditation programme based on the analysis of physiological parameters.
- 3) To study the effectiveness of meditation programme.

### **Sample**

All the male students of Charashekhar Agashe College of physical education, Pune who have participated in intercollegiate competition in any event are considered to be the population for the current study.

The researcher selected 30 students aged 21 to 25 years through stratified random sampling. These 30 students were divided in two groups. Control group and experimental group

### **Tools used for data collection**

Pulse rate was measured by stethoscope.

Scoring : Pulse rate was counted in Beats/min

### **Blood pressure.**

Blood pressure is measured by Sphygmomanometer

Scoring : The blood pressure was counted in mm/Hg

### **Meditation tools**

<b>Sr.no.</b>	<b>Meditation tools</b>
1	Om
2	Incense
3	Candle or oil lamp
4	Fresh flowers
5	Mantras

### **Design of the study**

Pre-test, post – test, equivalent

<b>Independent variable</b>	<b>Dependent variable</b>
Meditation	Blood pressure
	Pulse rate

### **Procedure**

	<b>Time</b>
Step1 Prayer ( padmasana)	2 minutes
Step2 Bearthing concentration	1 minutes
Step3 Ears concentration	2 minutes
Step4 Breathing concentration	3 minutes
Step5 Ears concentration	3 minutes
Step6 Lie down	30 minutes
Step7 Open & close eyes	5 minutes
Step8 Open eyes	4 minutes
Step9 Padmasana (position)	5 minutes

### **Prayer**

Sahana vavatu, sahanov bhunaktu Sahaviryankaravavahai

Tejasvinavadhitamastu ma vidvisavahai Om shanti shanti shanti

### **Conclusions**

The purpose of this study was to study the effect of meditation on physiological parameters of post graduates of C.A.C.P.E.

For this study 30 subjects were selected and divided into two groups. A pre-test was conducted on both the groups. Then the experimental group was given meditation for 1 month (one hour/day). A post test of the same testing variables was taken after one month. To find out the significant difference ‘t’

**Means and standard deviation of pre-test pulse rate of control and experimental groups**

	Group	N	Mean	Std. deviation
<b>Pre-Test Pulse Rate</b>	Control	15	69.8667	8.53452
	Experimental	15	68.7333	7.01495

**The mean difference of pre-test pulse rate of control group and experimental group**

	F	Sig.	T	Df	Sig. (2-tailed)	Mean difference
<b>Pre-Test Pulse Rate</b>	0.172	0.681	0.397	28	0.694	1.133

**Means and standard deviation of the change in pulse rate of control and experimental groups after post test**

	Group	N	Mean	Std. deviation
<b>Change In Pulse Rate</b>	Control	15	-.1333	6.52322
	Experimental	15	-5.0000	3.40168

**The mean difference of the change in pulse rate of control and experimental groups after post test**

	F	Sig.	T	Df	Sig. (2-tailed)	Mean difference
<b>Pre-Test Pulse Rate</b>	3.608	0.068	2.562	28	.016	4.8667

**Recommendations**

Pulse rate can maintained using meditation.

Meditation can be use in the different training process of players.

**References**

*Guide to yoga meditation (1994). Bombay: Yogendra publication.*

*Paths of meditation. Chennai: Ramakrishna math publication.*

*Swami Harshananda. A Short guide to meditation. Chennai: Ramakrishna math publication.*

*Yogacharya, S.B.(1982). The science of yogic meditation. Bombay : published by taraporevala sons.*

**Websites**

[www.humankietics.com](http://www.humankietics.com)

[www.rkmath.org](http://www.rkmath.org).