



# Attention to functionality, mental state and health Effects of Meditation : A Review

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## Abstract

Meditation has been an integral part of Indian Yoga , Chinese , Japanese and many other civilizations. Mahatma Buddha told the way of liberation from the life of suffering through meditation. Patanjali described Dharana Dhyana and Samadhi as the sixth , seventh and eighth limbs in Ashtanga Yoga. Meditation is also described in the form of Raja Yoga in the Gita. In today's era of mentally stressful work style and civilization, the need for meditation has increased a lot. This article summarizes several research papers on meditation. The effects of meditation on performance , mental state, and health are summarized by reviewing all the literature and research papers .

## Introduction

In the Indian Yoga tradition, meditation has been considered as a means of controlling the mind. Patanjali has divided yoga into eight limbs in his Yogasutras. These are Yama , Niyam , Asana , Pranayama , Pratyahara , Dharana , Dhyana and Samadhi, the rules of behavior in the society. Yama is about self-discipline, making the body flexible and the glands smooth. Pranayama is about the vital air and the vital force in the body. Pratyahara refers to the control over the senses. In Dharana we hold on to an idea. Only that thought remains in meditation and when we go into samadhi, we forget even ourselves. Dharana , Dhyana and Samadhi are also known as meditation . These come under the category of Raja Yoga.

This can be understood in another way as well. Our body is made up of five cells. Annamaya Kosh , Pranamaya Kosh , Manomaya Kosh , Vigyanmaya Kosh and Anandmaya Kosh. Manomaya Kosha is the mind , intellect , mind and ego through meditation we move towards Vigyanmay Kosha and Anandamaya Kosha by improving the Manomaya Kosha. Mental stress is increasing a lot in the modern era. Mental stress turns into various diseases and problems. Smooth running of the mind , lightening of the mind , refinement of the ego and walking of the intellect on the best path is a need of today's era. All this leads to good mental health.

Different methods of meditation are being run by many institutions. Much research has also been done on the effects of meditation on functionality , mental state and health. Now research related to meditation has been done so much in the country and abroad regarding the physical and mental advanced level that the positive effect of meditation does not need any introduction. Akeli Maharishi University of Management , US Over 350 researches have presented evidence of the positive effects of meditation. In which mainly physical, mental , intelligence , memory , mutual relations , are on the spiritual level etc. In which EEG. F-MRI and psychological testing have been proven by scientific techniques. As some other research also supports the following. Various topics mentioned in these research papers are being briefly explained further.

"The effects of meditation on executives' performance in business organizations" (1) on stress , change management , conflict resolution, and leadership. The effect of meditation has been studied and researched. Three groups were formed in an organization, a group of meditators, a group of people who worked with them who did not meditate, and a group of people who did the evaluation. Meditation was found to reduce stress levels and the ability to handle change. more developed. The ability to resolve conflicts and leadership skills were more developed in meditation that developed compassion.

The study "The effects of mindfulness meditation training on multitasking in a high stress information environment" (2) examined the effects of the mindfulness meditation procedure on multitasking. Samatha meditators had better memory while multitasking. Those who meditated peacefully also had better memory. Work place spirituality, meditation and work performance"(3) the spiritual level of the work area , meditation and functionality has been described. It uses methods of peace , meditation and Vipassana meditation. In this it was found that the spiritual level of those who meditate is higher than those who do not meditate .

second study in the same research paper is based on only eight days of meditation. There was only a slight difference in the focus on functionality. This could also be due to short attention span.

"Transforming trauma: a qualitative feasibility study of integrative restoration (irest) yoga nidra on combat related post-traumatic stress discarded (4) concluded that the practice of yoga nidra is beneficial in post-traumatic stress Will reach.

"Effects of transcendental meditation in veterans of operation enduring freedom and operation iraqi freedom with post traumatic stress disorder pilot study" (5) describes the effects of transcendental meditation on combat veterans. In this research, it was found that Transcendental Meditation has benefits in post-traumatic stress.

Examining the protective effects of mindfulness training an working memory capacity and affective experience" (6) Research concluded that mindfulness meditation training is extremely beneficial in the period before being sent to war . Samatha meditation reduces the chances of problems due to psychological reasons.Samatha meditation increases the cognitive resources of the soldiers.

Research in "Impact of adoption of Yoga way of life on the emotional intelligence of managers" (7) revealed that yogic life increases the emotional intelligence capacity of people which increases their efficiency. Success depends on properly teaching yoga to all employees .

"Individual spirituality, work place spirituality and work attitudes [8] have seen the effects of three aspects of workplace spirituality. These are job satisfaction , job commitment and organizational commitment. In this research, it was found that workplace spirituality has a positive effect on job commitment and organizational commitment. Personal spirituality has a marginally positive effect on the efficiency of the work area.

"Mindfulness meditation improves cognition: evidence off brief mental training" (9) researched the effects of a short meditation training procedure on cognitive ability and mood. People participated in this research. None had prior experience of meditation. 24 people were in the meditation group and 25 people were in the control group. The analysis revealed that the arts related to meditation become refined during a short period of time. It was also found that negative mood decreases. Samatha meditation helped a lot in relieving fatigue. The figures of concern have also reduced considerably. Sadness also reduced a lot with time meditation. With Samatha meditation there was a lot of improvement in cognitive functions like speech fluency etc.

"The development and resulting performance impact of positive psychological capital" (10) describes research on creating positive psychological capital and its impact on performance. Education, experience, and hidden knowledge are considered a human resource. But positive psychological capital goes far beyond all of this. It's not just about who you are, but who you are becoming, your best self. Psychological capital includes hope, positive thinking, faith and resilience. During this research, an attempt was made to increase psychological capital in a psychological way. Training was given about the objectives and ways to increase the capital of Asha. This training increased the ability to find routes, thereby reducing the negative impact of obstacles. These processes increased positive thinking. To increase confidence, experienced people explained how to fulfill the objectives. Can Due to this sentimentality also increased and all the members started feeling hopeful that the objectives would be fulfilled. Resilience was increased by explaining its qualities, which were its qualities, arts and social contacts, in addition to this, the initial experiences of the participants at the time of problems were also explained. The research also showed that this psychological intervention increased functioning.

In "Autonomic changes in Brahm Kumaris Raja Yoga Meditation"(11), the changes in the nervous system that occur during the Brahm Kumari Raja Yoga meditation process have been described. In this meditation process, people sit comfortably with their eyes open. They turn their attention towards a point of light. At the same time, they bring positive thoughts about the all-pervading power in the form of light and peace. From the analysis of the results, 1 different parts of the nervous system increased activity and relaxation at the same time. Apart from this, the method of change in the body of different people was also different. This led to the conclusion that the physical effects of this meditation process cannot be expressed by any one sensory activation or dysfunction.

"Loving, kindness and Compassion meditation: potential for psychological intervention (12) Research has been told about metta meditation and compassion meditation of the Buddhist tradition. Metta meditation focuses on feelings of love and kindness towards all. This research paper describes the mental response to these meditative processes, citing several research papers. It explains That Samatha meditation procedures may be of particular benefit in mental distress. Compassion and Metta meditation may be of particular benefit in the treatment of anger, hostility, sadness and anxiety.

'Mindfulness meditation, well-being and heart rate variability: A preliminary investigation into the impact of intensive vipassana meditation' (13) studied the effects of the Vipassana meditation process on psychological parameters. These psychological parameters are related to both good health and bad health. 36 people participated in a 10-day Vipassana course. Positive psychological parameters included life satisfaction, etc., and poor health parameters included sadness, anxiety, and stress. Changes in heart rate were also measured. After 10 days of Vipassana meditation, participants experienced improvements in all positive psychological parameters. Sadness, sadness and other negative things happened. No significant difference was found in the change in heart rate.

"Spatial variation in air ion concentrations under different indoor environments" (14), I.I.T. There are details of research on negative air ion in various laboratories of Delhi. This research found that different laboratories had different numbers of negative air ions. Airy rooms, sunlight, openness and having plenty of water increase the number of these ions. In the middle class, these were laboratories in which less pollution is generated, such as wood work, iron beating work, etc. The lowest negative ions were found in places with suffocating, polluted environments such as welding workshops, etc.

"Effect of negative air ions on physiological and perceived psychological stress during computer operation" (15), the effect of negative air ions on physiological and psychological state during computer operation has been

studied. In this study, it has been found that having more negative ions helped in controlling blood pressure during computer operation, that is, they had a positive effect. Heart rate also came back to normal. Negative ions reduce the physiological effects of stress. The effect of negative ions on the psychological state was also assessed and their positive effect was found in that too.

Recently Roshni Sachar ( 16) has completed her Ph.D. Research has found that Soka Gakkai International (SGI) practitioners under meditation are better proficient in India , the United States, and other European countries. study of this intellectual process A commendable contribution to positive psychology.

## Conclusion

This is proved by the study of all those research papers. that meditation and positive psychological methods have a good corrective effect on functioning. Psychological condition improves. Negative air ions are also helpful in reducing negative mood and stress. Meditation also has a positive effect on stress caused by trauma. In conclusion, we can say that meditation , positive psychological methods , negative air ion etc. methods improve the psychological and physical condition and increase the efficiency and leadership ability. A lot of research is needed on this subject so that the functionality can be increased in various organizations as well as people can be given better psychological condition and physical health.

Various organizations of meditation are active in India and in the world. India is the birth place of meditation and all meditation methods originally originated in India. Therefore, it becomes the special duty of researchers and managers of India to benefit the world in this direction.

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