



Effect of Anapana Meditation on Stress and Well-Being Among Adolescents

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ABSTRACT

This study aimed to evaluate the efficacy of Anapana meditation in examining its impact on stress and well-being among adolescents. A non-randomized control group experiment was conducted; involving 50 adolescents aged 14 to 18. The study utilized the Students Stress scale developed by Dr. Zali Akhtar and the Psychological Well-being scale developed by D.S. Sisodia and Pooja Choudhary as data collection tools. Pre and post-tests were administered, and the data was analyzed using a two-sample.'t' test. The results indicated a significant reduction in stress levels and an improvement in the psychological well-being of adolescents who practiced Anapana meditation.

Kay words: *Anapana Meditation, Stress, Psychological Well-being, Adolescents.*

INTRODUCTION

Adolescence, derived from the Latin word *adolescere* meaning to grow or mature, refers to the stage of life when puberty begins. From a biological perspective, this is the period when significant changes occur in the body. Chronologically, adolescence spans from 12 to 18 years, but it can vary based on individual and cultural factors. Sociologically, it is seen as an intermediate phase between dependence on parents and becoming a self-sufficient adult. Culturally, the duration of adolescence differs across communities. In some societies, (early marriages occur as young as 13 or 16 years old). Adolescence is a critical phase with specific health and developmental needs, as well as rights. It is also a time for acquiring knowledge, skills, emotional management, and building relationships, all of which are essential for a fulfilling transition into adulthood.

Meditation is the practice of continuously observing the mind. It involves focusing the mind on a single point to achieve self-perception and stillness. Whether it is concentrating on a candle flame or a mantra, the practitioner repeatedly brings their attention back to the chosen object, reducing the mind's wandering. Initially, thoughts may persist in wandering, but with consistent practice, one can successfully maintain focus for longer periods.

Anapana serves as the initial step in Vipassana Meditation. It involves observing the natural rhythm of the breath as it enters and leaves the body. Vipassana is a simple and practical technique for attaining genuine peace of mind and leading a happy and purposeful life. It is one of India's oldest meditation practices, rediscovered by Gautama the Buddha 2500 years ago.

The term "stress" originates from the Latin word "stringers" (*strictus*), which means to draw tightly or bend. It was commonly used in older French as "estress" and in Middle English, where it appeared as "stress," "straisee," or with similar spellings. Initially, the word "stress" referred to hardship or adversity, but by the 18th century, it had evolved to represent a force. Any attempt to resist or alter this force became known as "strain." In fact,



a definition of stress dating back to 1843 introduces the term "strain" as well, referring to "strain upon a bodily organ or a mental power." Stress is a natural response that occurs in the body when changes take place. It can manifest physically, mentally, or emotionally in response to these changes. It is the body's way of adapting or responding to any change that requires adjustment. The body reacts to these changes through physical, mental, and emotional responses. Stress is a normal aspect of life, and it can arise from various sources such as the environment, the body itself, and one's thoughts. Even positive life events like a promotion, obtaining a mortgage, or the birth of a child can induce stress.

The concept of well-being has its origins in 1961 when Dunn introduced the term 'wellness' and defined it as a comprehensive approach to functioning that aims to maximize an individual's potential. Well-being indicators encompass both objective and subjective elements. The objective aspects are commonly referred to as the "standard of living" and include factors such as education level, employment status, financial resources, housing conditions, and the comfort of modern living. The United Nations also uses the term 'level of living' in its documents, which consists of nine components: health, food, consumption, education, occupation and work conditions, housing, social security, clothing, recreation and leisure, and human rights. These objective characteristics undeniably impact human well-being.

REVIEW OF RELATED LITERATURE

According to Bhogle and Prakah (1995), wellness should not be seen as simply the absence of depression. In a study conducted by Bhutekar et al. (2019), 80 students aged 12-16 were selected using purposive sampling methods. The results of their study indicated that the Anapanasati technique had a positive effect on learning and stress reduction. It is important to note that childhood mental health problems not only have a financial impact but also significantly affect the well-being of individuals and their families. This review study aims to investigate the effectiveness of different types of meditation, primarily mindfulness-based modes, on psychological problems in adolescents under the age of 20. The results suggest that meditation leads to better academic performance, improved quality of life, enhanced mental wellness, and reduced stress.

In a study by Dinner and Smith (1999), psychological well-being is described as a broad construct consisting of four specific components, including pleasant or positive well-being. Cheng (2015) and Khlomov et al. (2021) examined coping strategies, optimism, and subjective well-being among students in different environments. The study included three schools and 46 adolescents aged 12 to 17. The measures used included the coping checklist, the life orientation test, and the Warwick-Edinburgh Mental Well-being Scale.

The results indicated that well-being was high among older adolescents and was not dependent on the educational environment. Goyal et al. (2007) found that meditation programs, particularly mindfulness programs, reduce various negative dimensions of psychological stress and improve overall well-being. Pandey (2022) conducted a study showing that the Anapana technique helps improve students' stress levels and well-being. Vijayaraghavan et al. (2019) highlighted the significant role of relaxation achieved through meditation in promoting psychological well-being. Finally, Suleman et al. (2018) explored the relationship between perceived occupational stress and psychological well-being among secondary school heads.



STATEMENT OF THE PROBLEM

To Study Effect of Anapana Meditation on Psychological Well-being and Stress among Adolescents.

OBJECTIVE OF THE STUDY

- To study the Effect of Anapana Meditation on Stress among Adolescents.
- To study the Effect of Anapana Meditation on Psychological Well-being among Adolescents.
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HYPOTHESIS OF THE STUDY

- There is positive Effect of Anapana Meditation on Stress among Adolescents.
- There is positive Effect of Anapana Meditation on Psychological Well-being among Adolescents.

METHODOLOGY

SAMPLE:

In the present research, sample consisted of fifty jivan Pragati Junior college, Nandurghat, Tq: Kaij, Dist: Beed. Going students of both sex. Twenty five were boys selected and twenty five were girls. The sample age range was between 15 to 18 years. Randomly sample method was used for selection of the sample.

RESEARCH DESIGN

For the present research pre-post research Design is used.

VARIABLES USED FOR STUDY

Independent variable:- 1) Anapana Meditation

Dependent variable:- 1) Stress. 2) Psychological Well-being

RESEARCH TOOLS:-

Psychological well being Scale

Dr. Devender Singh Sisodia and Pooja Choudhary developed the Psychological Well-being Scale (PWBS-2012) [14]. This scale comprised 50 items and encompassed five dimensions: satisfaction, efficiency, sociability, mental health, and interpersonal relations. The test retest reliability of the scale was determined to be 0.87, while the overall consistency value was 0.90. Additionally, the PWBS demonstrated a satisfactory level of content validity, with an obtained coefficient of 0.94 when compared to external criteria.

Students stress scale

Dr. Zaki Akhtar (2011) from Jamshedpur developed a stress scale specifically for students. This scale comprises 51 statements that focus on the various types of stress commonly experienced by adolescents. It covers a wide range of situations encountered by students.

OPERATIONAL DEFINITIONS OF KEY TERMS:

Anapana Meditation: Anapana means observation of natural, normal respiration, as it comes in and as it goes out. It is an easy to learn, objective and scientific technique that helps develop concentration of the mind.



Stress: Stress can be defined as a state of worry or mental tension caused by a difficult situation.

Psychological Well-being:

Psychological well-being (PWB) is defined as one’s level of psychological happiness/health, encompassing life satisfaction, and feelings of accomplishment.

Adolescents: a person aged between 14 and 18 years.

PROCEDURES OF DATA COLLECTION:-

The present study utilized a sample size of 100 individuals, who voluntarily participated in the practice of Meditation. Two instruments were administered to these individuals, and a small group was also included. The participants were randomly divided into one experimental group, consisting of 50 students (25 boys and 25 girls) from Jivan Pragati Junior Arts College at Nandurghat, Tq: Kaij, Dist: Beed. Prior to the commencement of the experiment, stress scales and psychological well-being assessments were conducted to collect pre-stress scores. The students in the experimental group practiced Vipassana Meditation for a duration of 20 days, with each session lasting 15 minutes during the school's assembly time. The practice was conducted under the supervision, direction, and guidance of an expert. Only Vipassana Meditation was practiced by the selected 50 students (25 boys and 25 girls) at Jivan Pragati Junior Arts College. At the conclusion of the treatment period, the Stress and Psychological Well-being Test was administered separately to the students in the experimental group. Scoring for all the assessment tools was conducted in accordance with their respective manuals.

STATISTICAL ANALYSIS

During the initial phase, the data underwent analysis using descriptive statistical methods such as calculating the mean and standard deviation. Additionally, a t-test was conducted utilizing the SPSS software.

RESULTS AND DISCUSSION

Anapana Meditation on Stress

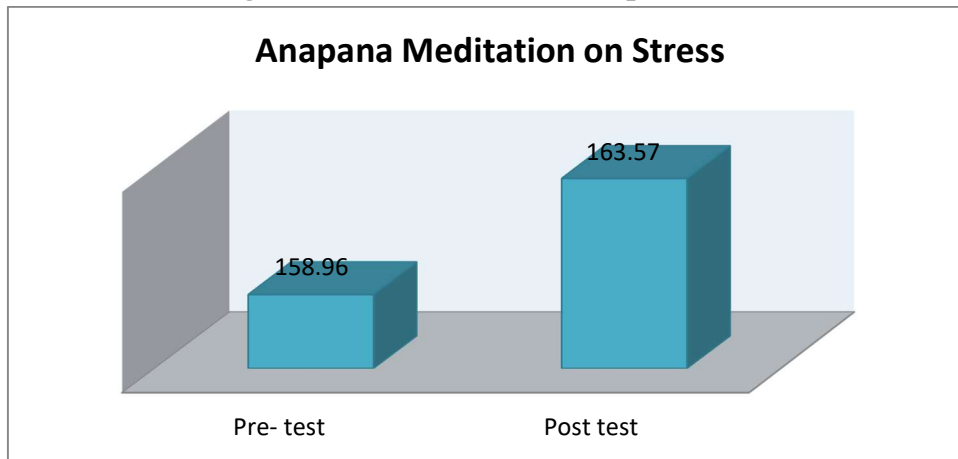
Hypothesis - 01

- There is positive Effect of Anapana Meditation on Stress among Adolescents.

Table No. 05. Mean SD and t test of Anapana Meditation on Stress.

Factor	investigates Anapana Meditation	Mean	SD	N	DF	't' Value	Sign.
Stress	Pre- test	158.96	11.40	50	98	4.16	0.01
	Post test	163.57	5.63	50			

Figure No.01. - Mean of Anapana Meditation on Stress



Observation of the Table 05 and Graph No. 01 indicated that Stress of the mean and SD value obtained by the Pre- test 158.96 ± 11.40 , and Post test was 163.57 ± 5.63 . It is observed that the calculated 't' value (4.16) is High than the table value at 0.05 and 0.01 levels. That is to say that this hypothesis is accepted it mean that Anapana Meditation was effective practice to reduce stress of Adolescents.

Anapana Meditation on Psychological well-being

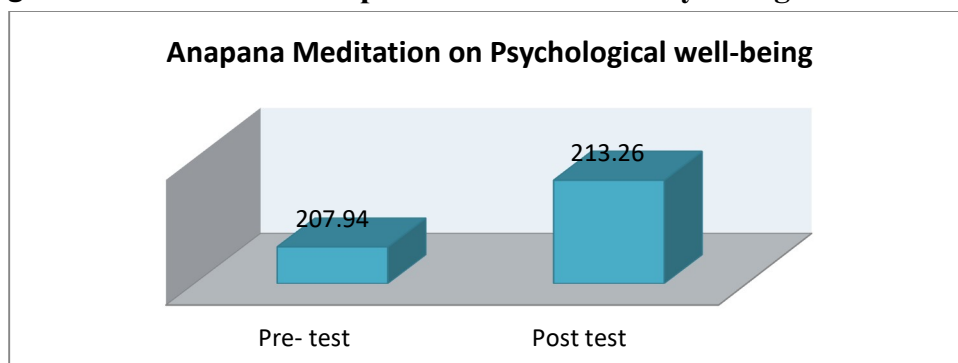
Hypothesis - 02

- There is positive Effect of Anapana Meditation on Psychological well-being among Adolescents.

Table No. 05. Mean SD and t test of Anapana Meditation on Psychological well-being.

Factor	Investigates Anapana Meditation	Mean	SD	N	DF	't' Value	Sign.
Psychological well-being	Pre- test	207.94	16.92	50	98	5.51	0.01
	Post test	213.26	15.41	50			

Figure No.01. Mean of Anapana Meditation on Psychological well-being





Observation of the Table 05 and Graph No. 01 indicated that Psychological well-being of the mean and SD value obtained by the Pre- test 207.94 ± 16.92 , and Post test was 213.26 ± 15.41 . It is observed that the calculated 't' value (5.51) is High than the table value at 0.05 and 0.01 levels. That is to say that this hypothesis is accepted it mean that Anapana Meditation was an effective practice to good Psychological well-being of Adolescents. .

CONCLUSION

- 1) Anapana Meditation is effective practice to reduce stress of Adolescents. .
- 2) Anapana Meditation is effective practice to good Psychological well-being of Adolescents. .

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