



Study the Effect of Vipassana on Mental Health Among Adults

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Abstract

Present study investigates to the study of Mental health among adults. Total sample 100 subjects in were selected from adults. All subjects included in the study from Aurangabad district. The dependent variable mental health was measured by Mental health inventory developed by Dr Jagdish and Sriwastava. Vipassana treated as an independent variable. Pretest and Posttest simple research design is used in this study. After analysis of the data following results was drown. Vipassana is effective for healthy life. Study concluded that the mental health of male and female adults improve after vipassana. There will be positive effect of Vipassana on mental health among male and female adults.

Introduction:

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 efforts to achieve psychological resilience. Mental health is an expression of emotions and signifies a successful adaptation to a range of demands.

The World Health Organization defines mental health as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community". It was previously stated that there was no one "official" definition of mental health. Cultural differences, subjective assessments, and competing professional theories all affect how "mental health" is defined.

There are different types of mental health problems, some of which are common, such as depression and anxiety disorders, and some not so common, such as schizophrenia and bipolar disorder. Most recently, the field of Global Mental Health has emerged, which has been defined as 'the area of study, research and practice that places a priority on improving mental health and achieving equity in mental health for all people worldwide'.



Mental health is an also important as physical health. A positive mental health would be achieved by sharpening of perception of information arriving to the brain through all our special senses, better analytical faculty (IQ), and sharper memory and on the overall improvement in personality characteristics. Mental health is a term used to describe either a level of cognitive or emotional wellbeing 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 efforts to achieve psychological resilience.

In the present study aim to find out the status of dependent variables, that is mental health among adults. According to variables level and investigate interaction between each other of the variables put out from sophisticated research design and sophisticated methodology was used. And also used the suitable statistical techniques were used. The statistical techniques carried out through the SPSS software.

Objectives of the study:

1. To search the effect of Vipassana on mental health among male and female adults.

Hypotheses of the study:

1. There will be positive effect of Vipassana on mental health among male and female adults.

Methodology:

For conducting any research it becomes inevitable to select the appropriate research method. Depending upon the objectives and hypothesis of the study the pre-test post-test experiment group design of research deemed appropriate and suitable and is used in the study.

Design of the study:

In the present study two dependent variables have been studied i.e. mental health. The independent variable of the study is Vipassana. Hence pre-test post-test experiment group research design is used.

Phase I	Phase II	Phase III
Pre-test	Treatment (10 Days Vipassana Course)	Post-test

Phase I: Pre-test period.

The first assessment for experimental group is taken as Baseline 1 assessment. During this period, the entire sample (N=200) were administered the mental health inventory.



Phase II: Treatment.

In this stage all participants 10 days vipassana course implemented as a treatment. After first phase completed all participants actively participates in vipassana course. 10 days vipassana course conducted by vipassana centers in all over Maharashtra state. The technique is taught at ten-day residential courses during which participants follow a prescribed Code of Discipline, learn the basics of the method, and practice sufficiently to experience its beneficial results. The course requires hard, serious work. There are three steps to the training. The first step is, for the period of the course, to abstain from killing, stealing, sexual activity, speaking falsely, and intoxicants. Finally, on the last full day participants learn the meditation of loving kindness or goodwill towards all, in which the purity developed during the course, is shared with all beings.

Phase III: Post-test.

In the third phase all sample in this study after completes their treatment (as a vipassana 10 days course) post-test carried out. After this second phase period completed immediate the entire sample (N=200) were administered the mental health inventory.

Sample:

In the present study total 100 samples are selected. The total sample is taking from Vipassana courses 100 adults respectively. The purposive sampling method is use in the selection of sample for the present study. The total samples belong to Aurangabad district vipassana center in Maharashtra state only.

Variables:

In the present study following variables will be treated as independent and dependent variables.

1. Independent variable.

I) Vipassana.

2. Dependent variables.

I) Mental health

Psychological Devices:

Mental health inventory:

This inventory developed by Dr. Jagdish and Dr. A.K. Srivastava. The preliminary format of the MHI was tried out administered on a sample of 200 subjects belonging to various socio culture, age, sex and education groups. On the basis of



significance out of 72 items, 56 items including 32 'false-keyed and 24 'true keyed have been selected to constituted the final format of the inventory.

The reliability of the inventory was determined by spilt half method using add even procedure the reliability coefficients was .73 found. Construct validity of the inventory is determined by finding coefficients of correlation between scores on mental health inventory and general health questionnaire.

Statistical Techniques:

The mean (with graphical representation) and standard deviation for pre-test and post-test groups on mood states and social maturity were analyzed. Looking to the objectives of the present investigation analysis of collected data was done by employed t test method in order to study the effect of independent variables on dependent variables.

Following statistics is used;

- Mean and standard deviation
- T test

Results and Conclusion:

Table No. 1

Mean and SD of mental health on adults

Mental Health	Mean	N	Std. Deviation
Pre test	117.31	100	22.67
Post Test	125.60	100	23.51

Dependent variable mental health is assessed by the vipassana treatment. Mental health score on adults measures by the mental health inventory before vipassana treatment and after vipassana treatment. Above table no. 1 shows that the mean and values of standard deviation were computed. Mean score of pretest on mental health is (M =117.31) and SD of pretest (SD= 22.67) on the independent variable vipassana of young adults. Table also shows that the mean score of posttest on mental health is (M= 125.60) and SD score of posttest (SD = 23.51) on the independent variable vipassana of young adults.



Table No. 2
Significant differences for mental health pair

Pair	Test	Paired differences			T	Df	Sig.
		Mean	SD	SEM			
Mental Health	Pretest-posttest	8.35	18.71	1.87	4.44	199	0.01

Table 2 above showed the result of analysis using t-test. The mean score difference of pre-test and post-test is (M=8.35), standard deviation is (SD=18.71) and standard error of mean score is (SEM= 1.87). Results indicated that the pre-test mean score of mental health is 117.31 and after post-test mean score is 125.60. Value of t-test on mental health of young adults is 4.44 which is a significant at the 0.01 level of the significant. Its means pre-test young adults mental health score is differ significant as compared post-test mental health score of young adults. Above results shows it clearly shows that mean of mental health is lower before vipassana treatment and remarkably increased after vipassana treatment. That's mean There will be positive effect of Vipassana on mental health among male and female adults.

Conclusion:

Vipassana is effective for healthy life. Study concluded that the mental health of male and female adults improve after vipassana. There will be positive effect of Vipassana on mental health among male and female adults.

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