

A Comparative Study on the Emotional Stability of Meditation Practitioners and Non-Practitioners

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Abstract

Objective: To analyse the effect of meditation on emotional stability of the practitioners, when compared to people who do not practice meditation.

Methodology: The study was carried out among 50 breath awareness based meditation practitioners (experimental group) of Satyananda Yoga Research Centre, Kochikode, Kerala, India and 50 non-meditators from Kochikode (control group) using a questionnaire containing the measure of emotional stability, which includes five negative emotional parameters and three positive parameters experienced during the past one month. The data was analysed as score, percentage of respondents reporting and through statistical test.

Results: The findings of the study indicate the effect of meditation practice in helping the respondents to experience positive emotions more and reduce the experience of negative emotions, when compared to people who do not practice meditation. This is also established from the comparatively higher and statistically significant total emotional stability score of the meditators, when compared to the score of non-meditators. The scores for three positive emotional parameters and five negative parameters under the study are also found to be comparatively more for meditators than non-meditators, with statistically significant difference in the scores.

Conclusions: People who practice meditation are able to maintain more emotional stability in their life through better experience of positive emotions and less experience of negative emotions, when compared to those who are not practicing meditation.

Keywords: Meditation, Practitioners, Non-Practitioners, Emotional Stability

Introduction

Emotional stability is the capacity to maintain one's emotional balance under stressful circumstances. It is the opposite of emotional instability and neuroticism. Emotionally stable persons tolerate minor stresses and strains of everyday life without becoming emotionally upset, anxious, nervous, tense or angry.

A study found that the emotion level of the practitioners is stabilised through meditation [1]. Regular concentrative meditation improved emotional stability [2]. Practice of yoga, which also involves meditation as one component has been reported to contribute to regulation of emotions, with its influence on both cognitive reappraisal and expressive suppression items related

to emotion regulation [3]. Yoga helps to increase the regulation of emotions [4].

Methodology

This study was carried out among 50 breath awareness-based meditation practitioners (experimental group) of Satyananda Yoga Research Centre, Kochikode, Kerala, India and 50 non-meditators from Kochikode (control group) using a questionnaire containing the measure of emotional stability which includes five negative emotional parameters and three positive parameters experienced during the past one month [5]. The data was analysed as score, percentage of respondents reporting and through statistical test.

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Comparative and Psychological Study on Meditation Yutaka Haruki,Yasutomo Ishii,Masao Suzuki,1996-01-01

Human Feelings Steven L. Ablon,Daniel P. Brown,Edward J. Khantzian,John E. Mack,2013-05-13 *Human Feelings* provides a comprehensive overview of the role of emotions in human life Growing out of the research and writing of members of the Harvard Affect Study Group the volume brings to bear different disciplinary outlooks and different modes of inquiry on various aspects of human affective experience The book opens with an section of Theoretical Considerations that includes an overview of affective development across the life cycle an examination of affect and character and an empirical analysis of gender differences in the expression of emotion A series of clinical reports involving patients in different age groups comprises the next section Affect and the Life Cycle Subsequent sections on Trauma Addiction and Psychosomatics and Transformations of Affect traverse the realms of neurobiology addictive suffering stress disorders epistemology creativity and social organization A final section New Directions further extends the frontiers of inquiry into nonordinary states of consciousness and the vicissitudes of well being An integrative collection of multidisciplinary sweep and scholarly integrity *Human Feelings* is a readable source book that brings together rigorous theoretical and developmental studies experientially vivid self reporting and a wealth of illustrative clinical material An invaluable addition to the libraries of mental health professionals and developmental researchers this volume will be illuminating for philosophers social and political scientists and lay readers as well

Mysticism and Experience Alex S. Kohav,2020-08-31 *Mysticism and Experience* Twenty First Century Approaches embarks on an investigation of the concept of mysticism from the standpoint of academic fields including philosophy anthropology religious studies mysticism studies literary studies art criticism cognitive poetics cognitive science psychology medical research and even mathematics Scholars across disciplines observe that although it has experienced both cyclical approval and disapproval mysticism seems to be implicated as a key foundation of religion along with the highest forms of social cultural intellectual and artistic creations This book is divided into four sections The Exposure The Symbolic The Cognitive and The Scientific covering all fundamental aspects of the phenomenon known as mysticism Contributors taking advantage of recent advances in disciplinary approaches to understanding mystical phenomena address questions of whether progress can be made to systemically enrich expand and advance our understanding of mysticism

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