



The Effect of Mindfulness Meditation On Stress Levels Among Working Men In Tamil Nadu

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Abstract

The purpose of the present study was to investigate the effect of mindfulness meditation on stress among working men. To achieve the purpose of the study, thirty working men were selected from Karaikudi, Tamilnadu, India, during the year 2019. The subjects' ages ranged from 35 to 45 years. The selected working men were divided into two equal groups consisting of 15 working men each, namely, an experimental group and a control group. The experimental group underwent a mindfulness meditation program for six weeks. The control group did not take part in any training during the study. Stress was taken as the criterion variable in this study. The selected subjects were tested on stress, which was measured through the Perceived Stress Scale. A pre-test was conducted before the training period, and a post-test was conducted immediately after the six-week training period. The statistical technique 't' ratio was used to analyze the means of the pre-test and post-test data of both the experimental group and control group. The results revealed a significant difference in the criterion variable. The difference was due to mindfulness meditation given to the experimental group compared to the control group.

Keywords: mindfulness meditation, stress, 't' ratio

Introduction

Today, sports have become an integral part of our culture. It influences and is influenced by all our social institutions, including education, economics, arts, politics, law, mass

communication, and even international diplomacy (Alaguraja, K. et al., 2019) [4]. Yoga is universally beneficial for people of all ages. The study of yoga is fascinating to those with a philosophical mind and is defined as the silencing of the mind's activities, leading to complete realization of the intrinsic nature of the Supreme Being (Alaguraja, K. et al., 2017) [1]. In the sports world, physical education is essential as it increases performance and effectiveness in sports (Alaguraja, K. et al., 2018) [2].

Yoga is a system of exercises that helps the mind and body achieve tranquility and spiritual insight (Alaguraja, K. et al., 2019) [5]. When practicing yoga asanas, one should not just stretch the body; the mind must be engaged with the body (Alaguraja, K. et al., 2019) [8]. One can begin practicing yoga at any time, starting with meditation or pranayama without necessarily doing asanas (postures) (Alaguraja, K. et al., 2019) [3]. There is increasing emphasis today on appearing smarter, feeling better, and living longer. Scientific evidence indicates that one key to achieving these ideals is maintaining high fitness levels and engaging in regular exercise (Alaguraja, K. et al., 2019) [7].

When consciousness operates with the intellect and senses, individuals may believe they are awake and aware, yet the mind is actually less receptive and more critical (Yoga, P. et al., 2019) [10]. Yoga is a practical aid, not a religion, and its techniques can be practiced by individuals of various faiths, including Buddhists, Jews, Christians, Muslims, Hindus, and even atheists. Yoga is a unifying practice for all (Selvakumar, K. et al., 2019) [9].

Research Methodology

Selection of Subjects

The purpose of this study was to determine the effect of mindfulness meditation on stress among working men. To achieve this, thirty working men were randomly selected as subjects. The age range of the subjects was 35 to 45 years.

Selection of Variables

Independent Variable:

- Mindfulness meditation

Dependent Variable:

- Stress

Experimental Design and Implementation

The selected subjects were divided into two equal groups of fifteen subjects each: a mindfulness meditation group (experimental group) and a control group. The experimental group underwent mindfulness meditation for six days per week for six weeks. The control group did not

participate in any special training program apart from their regular physical activities. The psychological variable, stress, was selected as the criterion variable. Stress was measured using the Perceived Stress Scale before and immediately after the training program.

Statistical Technique

The 't' test was used to analyze significant differences, if any, between the groups.

Level of Significance

A 0.05 level of confidence was fixed as the threshold for statistical significance.

Analysis of Data

The significance of the difference among the means of the experimental group was determined by pre-test and post-test analysis. The dependent 't' test was used at a 0.05 level of confidence.

Table 1: Analysis of t-ratio for Pre and Post-tests of Experimental and Control Groups on Stress (Scores in number)

Variables	Group	Mean (Pre)	Mean (Post)	SD (Pre)	SD (Post)	df	't' Ratio
Stress	Control	54.06	54.13	2.21	1.84	14	0.15
	Experimental	54.86	60.26	1.92	9.16		2.53*

*Significance at 0.05 level of confidence.

The table above shows that the mean values of the pre-test and post-test for the control group on stress were 54.06 and 54.13, respectively. The obtained 't' ratio was 0.15, which is less than the required table value of 2.14 for significance at the 0.05 level with 14 degrees of freedom; thus, it was found to be statistically insignificant. In contrast, the mean values of the pre-test and post-test for the experimental group on stress were 54.13 and 60.26, respectively. The obtained 't' ratio was 2.53, which is greater than the required table value of 2.14, making it statistically significant. The study results indicate a significant difference between the control and experimental groups in stress levels, concluding that the experimental group improved in stress due to six weeks of mindfulness meditation.

Discussion on Findings

The study results indicate that the experimental group, which underwent mindfulness meditation, showed significant improvement in stress levels compared to the control group. The findings suggest that mindfulness meditation positively impacts stress reduction.

Conclusion

Based on the results obtained, the following conclusions are drawn:

1. There was a significant difference between the experimental and control groups in stress levels after the training period.
 2. The experimental group showed significant improvement in stress, which can be attributed to six weeks of mindfulness meditation.
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