

Effect of Meditation on Stress And Self-Esteem of High School Teachers

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Abstract- An experimental study was conducted to evaluate the effect of Raja yoga meditation on stress and self esteem of high School teachers. Sixty samples were selected, 30 in experimental and 30 in control group. The tool used were standardized stress inventory and self esteem inventory to measure stress and self esteem. The findings showed that meditation is effective to reduce stress and improve self esteem.

Keywords- Effect, meditation, stress, self-esteem

I. INTRODUCTION

Stress and anxiety results when we experience daily pressures or adverse situations that feel greater than our resources allow us to cope with or satisfy. Meditation can cope away the days stress bringing with it inner peace. Spending even a few minutes in meditation can restore your calm & inner peace. Anyone can practice meditation. It's simple and in expensive, and it doesn't require any special equipment. It can practice wherever you are without considering the kind of work or kind of mood. The only thing you need is concentration power.

Meditation is considered a type of mind- body complementary medicine. It can produce a deep state of relaxation and a tranquil mind. Meditation can give us a sense of calm, peace and balance that can benefit both your emotional well- being and your overall health. Some research suggests that meditation may help people manage symptoms of conditions such as anxiety, asthma, cancer, chronic pain, depression, heart diseases, high blood pressure irritable bowel syndrome, sleep problems, tension headache etc. Elements of meditation are focused attention, relaxed breathing, A quiet setting, a comfortable position and an open attitude.

Need of the study:-

The current belief in our society is that school teaching is an easy job & that school teacher's life is to be envied for they have lot of holiday's & vacation's, less

working hours, no pressure of work & no technicalities & rigors of rule's, procedure's & discipline to crumble then.

Today teaching faculty work in a environment that requires them to meet multi-expectation from students, parents, principal & the community. They are facing a lot of stress & try to achieve the target entrusted by authorities and parents.

Nowadays the issue of mental health of students as well as teachers received considerable attention from various corner, especially from the Government. Lack of mental health may lead to unhappiness, failure, misery and even insanity among individuals.

If the teacher is upset, stressed and anxious he or she cannot perform his duty well in school, that will directly and adversely affect the teaching learning process and finally affect the student's performance.

Meditation is a weapon to build positive thoughts & vibrations to reduce stress & boost up the self esteem to achieve any kind of goals in their day today life situations.

II. OBJECTIVES OF THE STUDY

1. Assess the level of stress among high school teachers
2. Assess the level of self esteem among high school teachers
3. Assess the effect of meditation on stress of high school teachers
4. Assess the effect of meditation on self esteem of high school teachers

III. METHODOLOGY

- An experimental research design was adopted for this study
- The study was conducted in two High schools where higher secondary programs are also going on in Alapuzha district, kerala

- The population for this study was High school teachers both men and women between the age of 25-56 years.
- Simple random sampling method (Lottery method) was used in order to select the schools for selection of samples for experimental & control group. All the teachers in selected schools were included in the study. A screening was done to assess the stress level & self esteem level of teachers
- The inclusion criteria were high school teachers between the age of 25-56 years who have moderate and high stress and poor self esteem who are willing to participate in the study. The exclusion criteria were high school teachers who are practicing any form of meditation and relaxation technique and any psychiatric illness on treatment.

IV. RESEARCH TOOL

Tool 1: Socio personal data sheet (structured questionnaire)

Tool 2: Screening tool to select the samples and assess their stress level (standardized stress inventory prepared by Dr.K.A.Kumar, S.Vinod kumar) M.G University

Tool 3: Screening tool to select the samples and assess their self esteem (standardized tool on self esteem prepared by Immanuel Thomas and H. Sam Sanainda Raj, Dept. of psychology, University of kerala, Thiruvananthapuram)

Score interpretation.

The scores were interpreted as follows.

In stress inventory 60 – 120 score is mild
 121 – 180 score is moderate
 181 – 240 score is severe

In self esteem inventory 20 – 46 score is poor
 47 – 73 score is average
 74 – 100 score is good

After pilot study, the data was collected and analyzed using descriptive and inferential Statistics.

V. RESULTS

table 1 distribution of stress in control group

Variable	Control Group			
	Pre-test		Post-test	
	F	%	F	%
Mild	5	16.7	4	13.3
Moderate	25	83.3	26	86.7
Severe	0	0	0	0

table 1 revealed that 83.3% of control group had moderate stress in pre test which became 86.7% in post test.

Table 2 distribution of stress in experimental group n=30

Variable	Experimental group			
	Pre-test		Post-test	
	F	%	F	%
Mild	3	10	30	100
Moderate	27	90	0	0
Severe	0	0	0	0

table 2 revealed that stress in experimental group showed 90% of moderate stress in pre test became 100% mild stress after the meditation. so, meditation is an efficient intervention to reduce stress among school teachers.

table 3 Distribution of self esteem in control group.

Variable	Pre-test		Post-test	
	F	%	F	%
Poor	12	40	16	53.3
Average	18	60	14	46.7
Good	0	0	0	0

Table 3 revealed that 40% of the subject in control group had poor self esteem and it became 53% in post test.

table 4 Distribution of self esteem in experimental group

Variable	Pre-test		Post-test	
	F	%	F	%
Poor	12	40	16	53.3
Average	18	60	14	46.7
Good	0	0	0	0

Table 4 revealed that self esteem of experimental group showed 50% poor self esteem in pre test became 76.7% in average and 23.3% in good self esteem after the intervention. So it is proved that Rajayoga meditation has a positive effect on self esteem of school teachers.

1. More than half of the control group & 50% of the experimental were in the age group of 36-45 years.
2. Majority of control group & experimental group were Hindus.

3. 100% of the both group were females.
4. Most of the subject in control & experimental group has P.G with B.Ed qualification.
5. Above the half(56.5%) of the experimental group receives salary as a monthly income Rs31000-40000, where as in control group 30% of the subject receives salary as monthly income below Rs15000.
6. More than majority in the control & experimental group were married.
7. Majority of the control & experimental group were belongs to nuclear family.
8. Majority of both the groups were Non-Vegetarian.
9. More than half of the control group has the hobby of listening music & 63.3% of the experimental groups were engaged in reading as their hobby.
10. Most of the control & experimental group were not having any life style diseases.
11. Only 10% of the control group suffering from high Blood pressure & 13.3% of experimental group were suffering from joint inflammation & pain.
12. More than majority both in control & experimental group were not undergo any treatment for life style disease.
13. More than half of the control group were suffering from lack of sleep & more than half of the experimental group suffering from lack of appetite both the control & experimental group having the problem of head ache, high palpitation, increased respiration, joint pain & disturbed sleep. This findings suggest that both the control & experimental group having the symptom of moderate & severe stress.
14. 83.3% of control group had moderate stress in pre test which became 86.7% in post test.
15. stress in experimental group showed 90% of moderate stress in pre test became 100% mild stress after the meditation. so , meditation is an efficient intervention to reduce stress among school teachers.
16. 40% of the subject in control group had poor self esteem and it became 53% in post test.
17. self esteem of experimental group showed 50% poor self esteem in pre test became 76.7% in average and 23.3% in good selfesteem after the intervention. So it is proved that Rajayoga meditation has a positive effect on self esteem of school teachers..

VI. IMPLICATION

- It has implication in the field of education, administration, management & research. The administrators can utilize the findings of the study to organize the meditation

sessions in their institutions to reduce stress & booster self-esteem to improve their professional competency.

- The administrator/principals can organize meditation sessions to the teachers of various classes & also to the students to reduce stress & enhance self esteem both in teachers & high school & higher secondary school.
- This study serves as a scientific basis & references for scholars especially beginners. The finding of the study highlights the need for the further explanations.

VII. SUMMARY

The present study was undertaken to assess the effect of meditation on stress & self-esteem f high school teachers. A quantitative experimental research was adopted for the study, the findings of the study revealed that meditation is effective to reduce stress & improve self-esteem.

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