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Effect of vipassana meditation on selected psycho-physiological blood pressure of women

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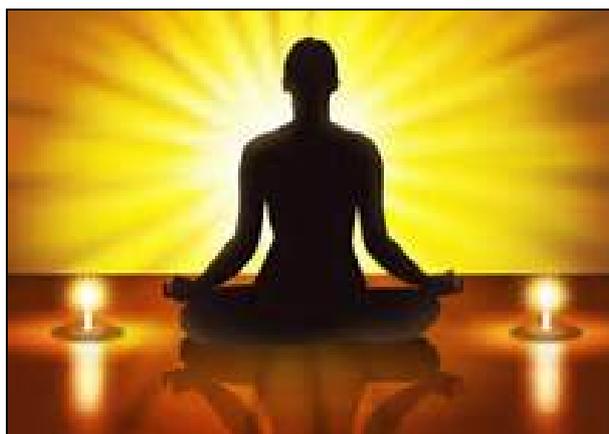
Abstract

Within the past few decades, there has been a surge of interest in the investigation of mindfulness as a psychological construct and as a form of clinical intervention. This article reviews the empirical literature on the effects of mindfulness on psychological health. We begin with a discussion of the construct of mindfulness, differences between Buddhist and Western psychological conceptualizations of mindfulness, and how mindfulness has been integrated into Western medicine and psychology, before reviewing three areas of empirical research: cross-sectional, correlational research on the associations between mindfulness and various indicators of psychological health; intervention research on the effects of mindfulness-oriented interventions on psychological health; and laboratory-based, experimental research on the immediate effects of mindfulness inductions on emotional and behavioral functioning. We conclude that mindfulness brings about various positive psychological effects, including increased subjective well-being, reduced psychological symptoms and emotional reactivity, and improved behavioral regulation. The review ends with a discussion on mechanisms of change of mindfulness interventions and suggested directions for future researches.

Keywords: Vipassana Meditation, Physiological Blood Pressure, Western psychological conceptualizations

Introduction

Vipassana is one of India's most ancient meditation techniques. Long lost to humanity, it was rediscovered by Gotama Buddha more than 2500 years ago. The word Vipassana means seeing things as they really are. It is the process of self-purification by self-observation. One begins by observing the natural breath to concentrate the mind. With a sharpened awareness one proceeds to observe the changing nature of body and mind, experiences the universal truths of impermanence, suffering and egolessness. This truth-realization by direct experience is the process of purification. The entire path (Dhamma) is a universal remedy for universal problems and has nothing to do with any organized religion or sectarianism. For this reason, it can be freely practiced by everyone, at any time, in any place, without conflict due to race, community or religion, and will prove equally beneficial to one and all.



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What is Vipassana

It is a technique that will eradicate suffering. It is a method of mental purification which allows one to face life's tensions and problems in a calm, balanced way. It is an art of living that one can use to make positive contributions to society. Although Vipassana was developed as a technique by the Buddha, The technique works on the simple basis that all human beings share the same problems and a technique which can eradicate these problems will have a universal application. People from many religious denominations have experienced the benefits of Vipassana meditation, and have found no conflict with their profession of faith

Statement of the Problem

Effect of Vipassana Meditation on Selected Psycho – Physiological Variables of women

Limitation

- The study is limited only Vipassana meditation
- The study is limited only Vipassana meditation on Health related fitness and self-confidence of degree college women's

Delimitation

- The present study Vipassana meditation on Health related fitness and self Confidence
- The study was delimited to the students between the age 17 to 25 years.

Significance of the Study

- The study will significant in Vipassana meditation on health related fitness and self-confidence of degree college women's.
- The study was significant in determining different training schedules for degree college women's.

Definition and explanation of terms

Vipassana Meditation

Vipassana meditation aims at the highest spiritual goals of total liberation and full enlightenment. Its purpose is never simply to cure physical disease. However, as a by-product of mental purification, many psychosomatic diseases are eradicated. In fact, Vipassana eliminates the three causes of all unhappiness: Craving, Aversion and Ignorance. With continued practice, the meditation releases the tensions developed in everyday life, opening the knot tied by the old habit of reacting in an unbalanced way to pleasant unpleasant situations

Meditation

Meditation in its many variations has grown in popularity in recent years as its benefits have become more widely recognized. For instance, a participant search for "meditation" on Amazon.com, an on-line bookstore, yields 8789 books. A simple internet lycos.com search for "meditation" yields 8,678,507 hits. The purpose of meditation as classically practiced involves focusing attention on a particular participant, whether on a bodily function such as breathing, on the external world, or on the contents of one's own thoughts, as a means to "control the natural tendency of the mind to wander." (Rao, 1989) Some of the more common

styles of meditation include Zen, Vipassana, Yoga, and Transcendental Meditation, all of which vary in ideology. For instance, Transcendental Meditation (TM) is one of the simplest forms of meditation where practitioners repeat to themselves a mantra, or sacred sound, as an object of attention. The chanting of the mantra becomes something to focus attention on and a place to return it to when the mind wanders. Research has validated many of these claims. Many studies have found that the practice of meditation significantly reduces self-rated perceptions of anxiety and stress by meditators (Delmonte, 1984; Fling, Thomas, & Gallaher, 1981; Janowiak & Hackman, 1994; Shapiro, Schwartz, & Bonner, 1998). In a classic study, 154 New York Telephone employees self-selected for stress learned either one of two types of meditation or a progressive relaxation technique or served as a control group. At 5.5 months, all three treatment groups showed improvement in self-reported symptoms of stress, but only the meditation groups showed significantly more reduced symptoms than the control group (Carrington et. al, 1980).

Blood pressure (BP): it is defined as the lateral pressure exerted by blood on blood vessels. The blood pressure which is normally expressed is arterial blood pressure. it has two phases.

Systolic blood pressure: it is the maximum blood pressure. This occurs during the systole of the heart (range 100 to 120 mm Hg.)

Diastolic blood pressure: it is minimum pressure. It is occurs during diastole of heart (range 60 to 80 mm Hg)
Pulse pressure is the difference between systolic and diastolic blood pressure (it is nearly 40 mm Hg)

Methodology

1. Research Problem

The Effect of Vipassana Meditation on Selected Psycho – Physiological Variables of Women.

2. Objectives

1. To find out the effect of Vipassana Meditation (VM)
2. To investigate the effect of VM on Health Related Fitness.

Selection of Subjects

The purpose of the study is to find out the Effect of Vipassana meditation on health related fitness and self-confidence of degree college women. Age of the subject ranged from 17 to 25 year, the subject are studying in degree college in vijayapur.

Variables

- 1) B P
- a) Systolic b) Diastolic

Samples: 80, Experimental group-40 and Control Group

Tools Used: Self- confidence Questionnaire, Developed by – Prof. M. Basavanna Cardiovascular (B P)

Experimental group

Table 1: Mena, SD and t-value of systolic blood pressure of pretest and posttest of Degree college students

Type of test	Mean	SD	t-value	Df	p-value	Remark
Pre test	121.2500	3.34932	2.467	39	.018	S
Post test	119.0000	3.03822				

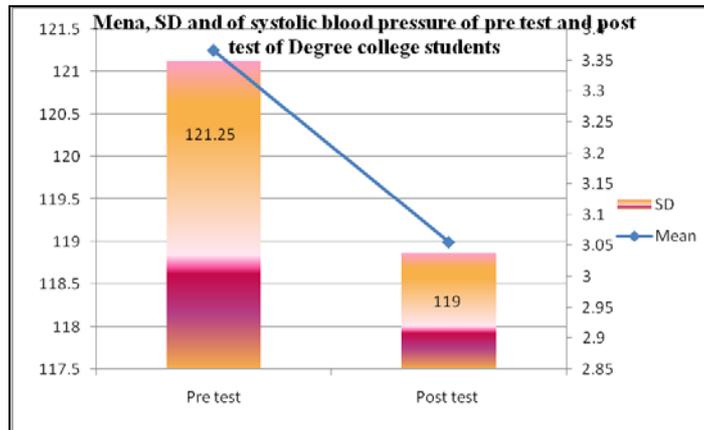
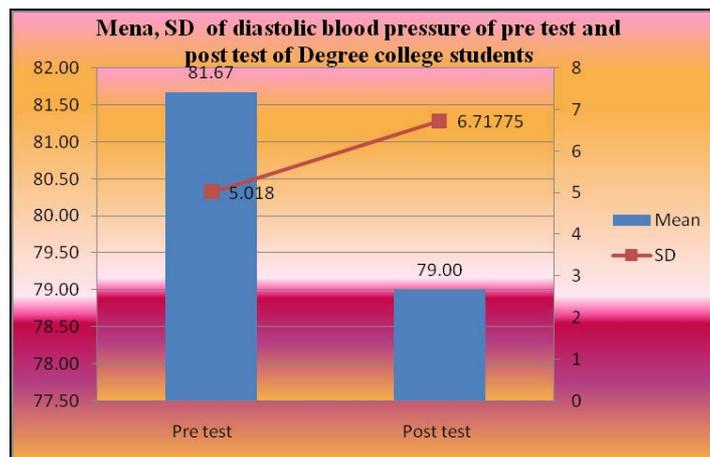


Table 2: Mena, SD and t-value of diastolic blood pressure of pretest and posttest of Degree college students

Type of test	Mean	SD	t-value	df	p-value	Remark
Pre test	81.6750	5.0180	2.329	39	.025	S
Post test	79.0000	6.71775				



Conclusion

On the basis of the result the following conclusions were drawn. The six weeks effect of vipassana meditation on selected psycho-physiological variables of women’s improve the psycho-physiological variable on blood presser of degree college students.

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