



## Effect of Meditation on the Achievement of the Students of Standard Nine

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### Abstract:

*Meditation is universal. It transcends all divides like religion, country and culture. It is a gift given to mankind to access the infinite spirit not limited by any identity. It is the only tool that can aid a person to return to innocence. Modern life style has high exposure to anger, hate, fear and other negative emotions. These human emotions have a high tendency to duplicate and spread. For example, when a person gets cheated, he starts to suspect everything around him. This also has an impact on people around him. These emotions form strong impressions and opinions on an individual and social level. The result of which is an insecure individual and an unstable society. Meditation helps an individual overcome these emotions to facilitate a calm peaceful mind and a healthy and stress free body. Upon daily practice an individual will blossom into an unshakable personality. With increase in the number of people who are calm, peaceful and healthy will facilitate a social transformation, enabling a society that is trusting, happy and content.*

*According to the Hindu Yoga Sutra, written by Patanjali, Meditation is one of the eight limbs of Yoga, (the other seven being Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, and Samadhi). According to Patanjali, the founder of yoga philosophy, the final stage of meditation in Dhyana is considered to be jhana. At this stage of meditation, one does not see it as a meditational practice, but instead merges with the idea and thought. In this study the researcher wants to know the effect of meditation on the Academic Achievement of the Students of standard 9th. In this study the researcher have build null Hypotheses according to the objectives and calculated t-value of the final score.*

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**Keywords:** *Meditation, Effect, Academic Achievement*

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### 1. Introduction

Memory is an essential part of human being. Without memory there is no existence of human life. Everyone can meditate, no matter who they are. You should commit to daily meditation, no matter for how long. Until you sit down on a cushion or on a chair, meditation won't start. The most important point is to take a comfortable seat. If you practice meditation every day for fifteen or twenty minutes, after a while when you look back, there will be no doubt of its effectiveness. So it is important to improve our memory. The researcher have read about Dhyana (Meditation) that it is only an easy way for it to meditate yourself on specific object some time every day. Therefore the researcher wanted to study the Effect of Meditation on Academic Achievement of the Students of standard 9.

## 2. Objectives

- (1) To study the effect of Meditation on the Academic Achievement of the students of standard-9<sup>th</sup>.
- (2) To study the effect of Meditation on the Sex of the students of standard-9<sup>th</sup>.

## 3. Hypotheses

- (1) There is no significant difference in the mean score between pre test and post test of academic achievement of the students of Experimental Group.
- (2) There is no significant difference in the mean score of academic achievement post test between male and female students of Experimental Group.
- (3) There is no significant difference in the mean score of academic achievement post test of the students between Controlled and Experimental Group.

## 4. Methodology

### 4.1 Selection of Sample

Out of total students of standard-9<sup>th</sup> 10-10 students were selected randomly. In this way total 20 students were selected. Among 20 students 10 female students were selected. The table:1 mentioned below of sample selection.

**Table 1**

Controlled Group		Experimental Group		Total
Male	Female	Male	Female	
05	05	05	05	20
10		10		

### 4.2 Tool

An Achievement test of 50 marks was prepared by researcher, which have 20 objectives type questions were included to know the effect of Meditation.

### 4.3 Experiment

The researcher created two equal groups on the first exam's result of the students and distributes 10-10 students to each group.

### 4.3 Statistical calculation

Statistical software package (MS-Excel) was used to analyze the standard parameters like mean, medium, standard deviation (S.D.) t-test were calculated for testing the hypothesis.

### 4.4 Data collection

In the present study, the researchers took pre test of both groups then collect the score of pre test. After that he gave treatment of Meditation on the students of Experimental group continuously one week. After passed one day transition period Achievement post test was given to both groups. In this way the researcher collected the final data.

### 4.5 Data analysis

The researcher gave the Achievement test to the students. After collecting the data, the researcher has made frequency distribution. With the help of frequency distribution. The researcher found out that mean and standard deviation. 'T'-value were calculated for testing the hypotheses.

**Table 1 Statistic of Academic Achievement test of the Students of Experimental Group**

Test	N	M	SD	t-value	Sig./N.S.
Pre test	10	33.00	4.57	2.85	Significant
Post test	10	38.50	4.03		

**Table 2 Statistic of the Post test of Academic Achievement of the Students of Experimental Group**

Sex	N	M	SD	t-value	Sig./N.S.
Male	5	31.60	5.55	1.78	N.S.
Female	5	37.80	5.45		

**Table 3 Statistic of the Post test of Academic Achievement**

Group	N	M	SD	t-value	Sig./N.S.
Controlled	10	32.40	1.58	2.35	Significant at 0.05 level
Experimental	10	36.9	5.84		

### 5. Testing of Hypothesis and Findings

1. The null hypothesis  $H_{01}$  is Rejected at both the level (i.e. 0.05 & 0.01). It shows that the effect of Meditation improves academic achievement of the students.
2. The null hypothesis  $H_{02}$  is Accepted at both the level (i.e. 0.05 & 0.01). It shows that the effect of Meditation is not any favour of Sex of the students.
3. The null hypothesis  $H_{01}$  is Accepted at 0.01 level but Rejected at 0.05 level. It was in favour of experimental group. It shows that the effect of Meditation improves academic achievement of the students.

### References

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