



Mindfulness Meditation Practices On Concentration Ability

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Abstract

The purpose of the present study was to investigate the effect of mindfulness meditation practices on concentration ability among school children. To achieve the purpose of the study thirty primary school children were selected from Thanjavur, Tamilnadu, India during the year 2021. The subject's age ranges from 14 to 16 years. The selected students were divided into two equal groups consists of 15 subjects each namely experimental group and control group. The experimental group underwent a mindfulness mediation programme for six weeks. The control group was not taking part in any training during the course of the study. Concentration ability was taken as criterion variable in this study. The selected subjects were tested on concentration ability was measured through concentration cognitive assessment (CAB-AT) questionnaire. Pre-test was taken before the training period and post-test was measured immediately after the six week training period. Statistical technique ratio was used to analyse the means of the pre-test and post test data of experimental group and control group. The results revealed that there was a significant difference found on the criterion variable. The difference is found due to mindfulness mediation given to the experimental group on concentration ability when compared to control group.

Keywords: Mindfulness mediation, Concentration ability and 't' ratio.

INTRODUCTION

Mindfulness meditation is a mental training practice that teaches you to slow down racing thoughts, let go of negativity, and calm both your mind and body. It combines meditation with the practice of mindfulness, which can be defined as a mental state that involves being fully focused on "the now" so you can acknowledge and accept your thoughts, feelings, and sensations without judgment.

"Concentration is the ability to direct one's attention in accordance with one's will. It means control of the attention. During concentration, the mind focuses on the object of concentration, and only one thought occupies the mind.

RESEARCH METHODOLOGY

Selection of subjects

The purpose of the study was to find out the mindfulness meditation practices on concentration ability among school children. To achieve this purpose of the study, thirty primary school children were selected as subjects at random. The age of the subjects were ranged from 14 to 16 years.

Selection of variable

Independent variable

- Mindfulness meditation

Dependent variable

- Concentration ability

EXPERIMENTAL DESIGN AND IMPLEMENTATION

The selected subjects were divided into two equal groups of fifteen subjects each, such as a mindfulness meditation group (Experimental Group) and control group. The experimental group underwent mindfulness meditation for five days per week for six weeks. Control group, which they did not undergo any special training programme apart from their regular physical activities as per their curriculum. The following psychosocial variable namely concentration ability was selected as criterion variable. All the subjects of two groups were tested on selected criterion variable Concentration ability was measured through concentration cognitive assessment (CAB-AT) questionnaire at prior to and immediately after the training programme.

Statistical technique

The test was used to analysis the significant differences, if any, difference between the groups respectively.

Level of significance

The 0.05 level of confidence was fixed to test the level of significance which was considered as an appropriate.

ANALYSIS OF THE DATA

The significance of the difference among the means of the experimental group was found out by pre-test. The data were analysed and dependent test was used with 0.05 levels as confidence.

TABLE I Analysis of t-ratio for the pre and post tests of experimental and control group on Concentration ability

(Scores in numbers)

Variables	Group	Standard Deviation		Sd Error	
		Pre	Post	Pre	Post
Concentration ability	Control Group	0.63	0.48	0.16	0.12
	Experimental Group	0.63	0.45	0.16	0.11

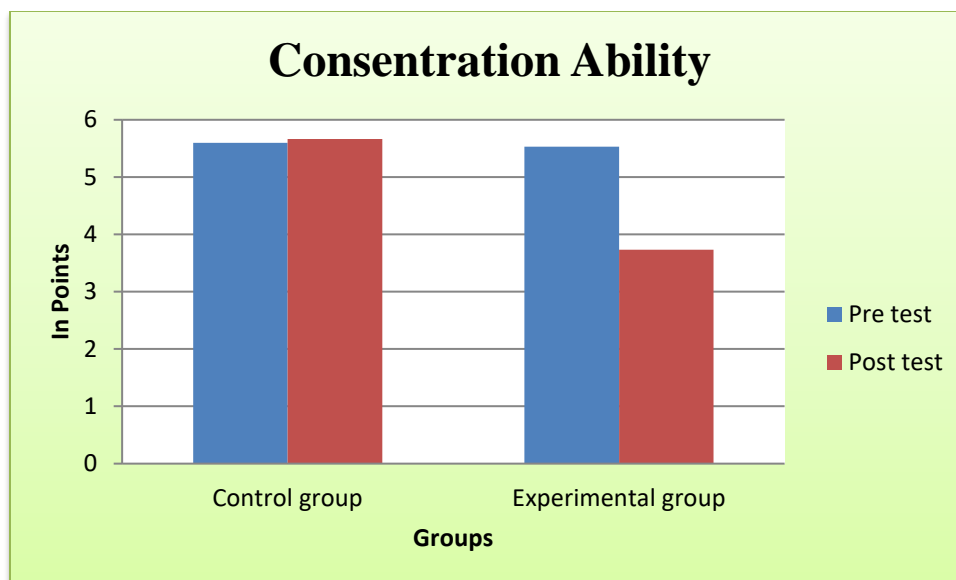
TABLE II

Variables	Group	Mean		Degree of freedom	't' ratio
		Pre	Post		
Concentration ability	Control Group	5.60	5.66	14	0.435
	Experimental Group	5.53	3.73	14	16.83*

*Significance at .05 level of confidence.

The Table-I and II shows that the mean values of pre-test and post-test of the control group on concentration ability were 5.60 and 5.66 respectively. The obtained 't' ratio was 0.435, since the obtained 't' ratio was less than the required table value of 2.14 for the significant at 0.05 level with 14 degrees of freedom it was found to be statistically insignificant. The mean values of pre-test and post-test of the experimental group on concentration ability were 5.53 and 3.73 respectively. The obtained 't' ratio was 16.83* since the obtained 't' ratio was greater than the required table value of 2.14 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically significant. The result of the study showed that there was a significant difference between control group and experimental group in concentration ability. It may be concluded from the result of the study that experimental group improved in concentration ability due to six weeks of mindfulness meditation.

Figure-1 Bar Diagram Showing the Pre and Post Mean Values of Experimental and Control Group on Concentration Ability



DISCUSSIONS ON FINDINGS

The result of the study indicates that the experimental group, namely mindfulness meditation group had significantly improved the selected dependent variable, namely concentration ability, when compared to the control group. It is also found that the improvement caused by mindfulness meditation when compared to the control group.

CONCLUSION

On the basis of the results obtained the following conclusions are drawn,

1. There was a significant difference between experimental and control group on concentration ability after the training period.
2. There was a significant improvement in concentration ability. However the improvement was in favor of experimental group due to six weeks of mindfulness meditation.

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CONFLICT OF INTEREST

Nil

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2415 | Dr. D. SURESH
Ability

Mindfulness Meditation Practices On Concentration

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