



EFFECT OF MEDITATION ON ANTICIPATION ABILITY

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ABSTRACT :

The purpose of the study was to investigate the effect of meditation on Anticipation ability. Meditation is a subjective thing. There are various definitions and explanations of Meditation. People use different techniques to achieve different goals through Meditation. The word "Meditation" means to think, to think about something or to consider something. Later, people started using this word with reference to spiritual practices followed by Eastern world. Buddhists use word "dhyana" which is equivalent to meditation. Now, it has been confirmed that meditation is equivalent to the Christian term "Contemplation" in its meaning and perspectives. Hundreds of studies have been conducted on the effects of meditation in relation to human physiology and very fewer studies have been conducted on psychomotor variables. The research results point to meditation as producing benefits on many levels of life simultaneously body, emotions, mental functioning,

and relationships. For the purpose of this study on Anticipation ability is concerned with voluntary human movement which is observable.

Fifty students studying were randomly selected as the subjects for the study. The age of the subjects ranged from 21 to 30 years. The subjects were assigned at random to experimental and control group; each group consisting of twenty five students. The study was conducted for a period of eight weeks. The present study examined EEG changes during meditation. The investigational paradigm involved 15-20 minutes of meditation, where the subjects were asked to close their eyes and adopt their normal meditation. Two groups comprising of twenty-five subjects each were formed i.e. experimental Group and control group. The experimental group was given meditation in the morning session time and no meditational training was given to control group. Each subject of Experimental group was learning Meditation.

The data on Anticipation ability was collected before and after meditational training to measure the effect. Data were analyzed by using analysis of covariance at 0.05 level of significance. Further Analysis of co-variance results revealed the insignificant difference (2.45) found in anticipation ability.

These results suggest that meditation provides insignificant effect of meditation on anticipation ability.

KEYWORDS : Meditation, Anticipation ability and psychomotor variables.

INTRODUCTION :

Different activities place different degrees of demand on an individual muscular capacity and it is well documented that people who have undergone specific trainings for several years develop substantial muscular strength and endurance



pertaining to their field of training and hence are better performers of that task than inactive or untrained individuals. For differences in human performance capabilities to be of more than passing interest, it is desirable that they are reliably replicable and generalized beyond the confines of an isolated, narrowly defined laboratory setting. In this study an effort was made to look into one such human performance factor, the Arm-Hand Steadiness. Steadiness is an important component of skills that require aiming and general immobility such as shooting, pistol marksmanship, archery, or dart throwing. Arm-Hand Steadiness is the ability to hold one's arm and hand in a specific position for a relatively short period of time. This is a psychomotor phenomenon. Being a psychomotor process it depends upon not only the muscular caliber of an individual but also on the mental ability to concentrate on the target. There are many factors that determine arm hand steadiness of an individual like the gender.

Purpose: To measure anticipation ability.

Instruments: Basin Anticipation Timer (MEDICAID BT-505)

DESCRIPTION:

Switch on the machine. A red L.E.D on one side of the L.E.D. runway was started glowing and line display on the equipment was started glowing. Set the alarm time by rotating the alarm time control. Set the speed of the L.E.D by rotating speed control. Reset the time to .0000 by pressing reset switch. Now on pressing start switch by the experimenter. The subject got the alarm signal in the form of sound as well as yellow light on the runway. The alarm remained till the alarm time was over. As soon the alarm was over, the LED light started running as soon as it touches the LED mark with arrow by pressing stop switch either on instrument or the remote switch. The time displayed in milliseconds with early or late display. The clock beeped running till the subject pressed stop switch or the experimenter pressed reset switch.

Scoring: Three trials were permitted to each subject and averages of the three timings were taken as individual score.

THE EXPERIMENTAL DESIGN

The pre-test post-test randomized group design was used for the present study. Two Groups were made and each group comprised of twenty-five subjects. These subjects participated voluntarily in the study.

THE EXPERIMENTAL PROCEDURE

The study was conducted for a period of eight weeks. The subjects were assembled in the Hall for six days per weeks. Two groups comprising of twenty-five subjects each were randomly formed i.e. experimental group and control group. The experimental group was meditating in the morning session and no meditational training was given to control group. Teacher briefly introduced to experimental group the technique of concentrative meditation. The subjects of experimental group practiced concentrative meditation for 15-20 minutes every day in meditative position with closed eyes.

COLLECTION OF DATA

The data on Anticipation ability was collected before and after meditational training to measure the effect Electroencephalograph: To record electrical signals of the brain.

STATISTICAL ANALYSIS

The Analysis of Co-Variance was employed to determine whether the experimental treatment had significance effect on the experimental group in contrast to control group.

RESULT

Table 1
Effect of Meditation on Psychomotor Variables

| Dependent Variable | | Sum of Squares | df | Mean Square | F | P value |
|----------------------|------------|----------------|----|-------------|-------|---------|
| Anticipation Ability | Between | .438 | 1 | .438 | 2.450 | .125 |
| | Post Error | 7.157 | 40 | .179 | | |

*Significant at 0.05 level
 $F_{0.05}(1, 40) = 4.10$

Table 1 reveals that there was insignificant difference in Anticipation Ability between experimental and control groups as calculated value (2.450) lower than the tabulated value (.125) at 0.05 level of significance.

DISCUSSION OF THE STUDY

The present study has also showed insignificant effect of meditation on depth perception and anticipation ability, and did not support the above quoted studies, the conflicting result might be due to reason that perceptual abilities, which are the component of psychomotor variables. Perceptual abilities are really inseparable from motor movements. They help learners to interpret stimuli so that they can adjust to their environment. Superior motor activities depend upon the development of perception. They involve kinesthetic discrimination, visual discrimination, auditory discrimination and co-ordinate abilities of eye and hand, eye and foot. In the present study the training was only related to meditation without any movement involvement.

PRACTICAL APPLICATION

In the light of conclusions drawn the following recommendation were made:

1. The similar study may be conducted on different psychomotor variables by using EEG.
2. The same study may be conducted on various age groups.
3. The similar study may be conducted by using various meditational techniques such as Zen meditation, transcendental meditation, mindful meditation etc.
4. Correlation analysis may be done with other Bio signals.
5. Different method of signal analysis may be used for information.
6. Different brain waves may be used for further studies

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