ABSTRACT:
This paper focused on “Effect of Meditation on Human Behaviour”. Meditation helps us on many levels, from simple relaxation to freedom from suffering and full liberation of heart and mind. It allows us to defuse stress and experience greater calm, explore the mind-body relationship, connect to our feelings, expand our sense of who we are, beyond our fears and self-judgment, find genuine happiness, discover inner resources that can change our everyday lives, awaken our capacity for insight and wisdom, transform our worldview from one of isolation and confusion to one of connection, clarity and compassion, broaden our perspective and deepen our courage, based on seeing things. Regular meditation not only quiets the mind and body, but also gives rise to increased self-awareness. This gives many people the opportunity to see them more objectively and to effectively make change.

Keywords: Meditation, Attitude, Emotional Intelligence & Memory etc.

INTRODUCTION:
Meditation is an intensely personal and spiritual experience. The desired purpose of each meditation technique is to channel normal waking consciousness into a more positive direction by totally transforming one’s state of mind. To meditate is to turn inwards, to concentrate on the inner self. The entire process of meditation usually entails the three stages of concentration, meditation and enlightenment or absorption. The mediator starts off by concentrating on a certain point. Once attention gets engaged, concentration turns into meditation. And through continuous meditation, the mediator merges with the object of concentration, which might either be the present moment or the Divine Entity.

Humanity is increasingly turning towards various meditative techniques in order to cope with the increasing stress of modern-day lifestyles. Unable to locate stability in the outside world, people have directed their gaze inwards in a bid to attain peace of mind. Modern psychotherapists have begun to discover various therapeutic benefits of meditation practices. The state of relaxation and the altered state of consciousness both induced by meditation are especially effective in psychotherapy. But more than anything else, meditation is being used as a personal growth device these days for inculcating a more positive attitude towards life at large. Meditation is not necessarily a religious practice, but because of its spiritual element it forms an integral part of most religions. And even though the basic objective of most meditation styles remain the same and are performed in a state of inner and outer stillness, they all vary according to the specific religious framework within which they are placed. Preparation, posture, length of period of meditation, particular verbal or visual elements all contribute to the various forms of meditation. Some of the more popular methods are, Transcendental Meditation, yoga nidra, vipassana and mindfulness meditation.
Emotional Intelligence: Your nervous system and brain will recover as well and the serotonin levels will raise which will prevent and help improve the healing process of mental disorders, aggressiveness and destructive behaviour. When you are able to control your mind and/or analyze your thoughts without holding on to them, you will be free from that dark vicious cycle.

Attitude: Man has conquered space, Mount Everest and numerous other challenges; but, are we able to conquer our own mind? How often do you find yourself victim to your own negative thoughts? Some people are even of the opinion that it is impossible to control your thoughts. However, the art of meditation teaches that, not only is it possible to control our thoughts, but, we can learn to stop them completely. Through meditation we can bring our unruly mind under control. This creates peace of mind and enables us to achieve what we want to.

Meditation and Memory: College students instructed in meditation displayed significant improvements in performance over a two-week period on a perceptual and short-term memory test involving the identification of familiar letter sequences presented rapidly. They were compared with subjects randomly assigned to a routine of twice-daily rest with eyes closed, and with subjects who made no change in their daily routine.

Statement of the Problem:-
The problem of present study is stated as “Effect of Meditation on Human Behavior”

Objectives of the Study:-
The objectives formulated for this study are:
- To study the relationship between meditation and Attitude of College students.
- To study the relationship between meditation and Emotional Intelligence of College students.
- To study the relationship between meditation and Memory of College students.

Hypothesis of the Study:-
The following null hypothesis has been formulated in the context of present study's objective:
- There is no significant relationship between Meditation and Attitude of college students.
- There is no significant relationship between Meditation and Emotional Intelligence of college students.
- There is no significant relationship between Meditation and Memory of college students.

Methodology: -
In the light of objectives and to test hypothesis of the present study, the researcher adopted survey method for data collection.

Delimitations of the study:-
- This study focused only on the Meditation of College level students
- This study focused only on the selected College of Bhopal city

Sample Design:-
Samplesize: 87
Sample frame: College level student in Bhopal city
Research Tools:-
For the purpose of data collection the following tool was used.

- Meditation: Self Made test
- Memory: Singh & Singh
- Emotional Intelligence: Dr. S. K. Mangal
- Attitude: Dr. S.P. Sharma

Statistical Tools:-
After collection of data Mean & Correlation was applied for statistical analysis.

Analysis and Interpretation:-
Hypothesis 1: There is no significant relationship between Meditation and Attitude of college students.

Table- 1: Significant relationship between Meditation and Attitude of college students.

<table>
<thead>
<tr>
<th>Variable</th>
<th>Strength N</th>
<th>Mean M</th>
<th>‘r’</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meditation</td>
<td>87</td>
<td>69.4</td>
<td>.3780736</td>
<td>Significant</td>
</tr>
<tr>
<td>Attitude</td>
<td>253.13</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

It is observed from the table 1 that the value of co-efficient of correlation ‘r’ between Meditation and Attitude is .378 which is positive in nature. It indicates a positive correlation. Hence the null hypothesis of no significant correlation is rejected, it can be interpreted safely that the Meditation and Attitude of college students are correlated to each other. According the interpretation chart there is a definite but small relationship between Meditation and Attitude of college students.

Hypothesis 2: There is no significant relationship between Meditation and Emotional Intelligence of college students.
Table- 2: Significant relationship between Meditation and Emotional Intelligence of college students.

<table>
<thead>
<tr>
<th>Variable</th>
<th>Strength N</th>
<th>Mean M</th>
<th>‘r’</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meditation</td>
<td>87</td>
<td>69.4</td>
<td>.71567</td>
<td>Significant</td>
</tr>
<tr>
<td>Emotional Intelligence</td>
<td>87</td>
<td>77.13</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

It is observed from the table 1 that the value of co-efficient of correlation ‘r’ between Meditation and Emotional Intelligence is .716 which is positive in nature. It indicates a positive correlation. Hence the null hypothesis of no significant correlation is rejected, it can be interpreted safely that the Meditation and Emotional Intelligence of college students are correlated to each other. According the interpretation chart there is a marked relationship between Meditation and Emotional Intelligence of college students.

Hypothesis 3:- There is no significant relationship between Meditation and Memory of college students.

Table- 3: Significant relationship between Meditation and Memory of college students.

<table>
<thead>
<tr>
<th>Variable</th>
<th>Strength N</th>
<th>Mean M</th>
<th>‘r’</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meditation</td>
<td>87</td>
<td>69.4</td>
<td>.8067</td>
<td>Significant</td>
</tr>
<tr>
<td>Memory</td>
<td>86</td>
<td>86</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

It is observed from the table 1 that the value of co-efficient of correlation ‘r’ between Meditation and Memory is .807 which is positive in nature. It indicates a positive correlation. Hence the null hypothesis of no significant correlation is rejected, it can be interpreted safely that the Meditation and Memory of college students are correlated to each other. According the interpretation chart there is a marked relationship between Meditation and Memory of college students.
Findings of the Study:
The following major findings are reported.

- There is significant relationship between Meditation and Attitude of college students.
- There is significant relationship between Meditation and Emotional Intelligence of college students.
- There is significant relationship between Meditation and Memory of college students.

CONCLUSION:
It’s definitely worth spending 15-30 minutes a day to do meditation because of the many benefits that daily meditation brings. Whether you suffer from physical or emotional pains, get drained easily or get stressed, every day meditation will help you improve your well-being to a great degree. Meditation can give us peace of mind, and this can be a helpful step in avoiding many stress related ailments. Meditation has also been shown to relieve the pain associated with certain illnesses. Numerous studies have shown that meditation has health benefits. Many of these benefits are related to the decrease in stress that occurs through meditation. The desired purpose of each meditation technique is to channel normal waking consciousness into a more positive direction by totally transforming one’s state of mind.

REFERENCE:

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-Authorship-

*Kashmir Singh  
Assit. Prof.  
Victoria College of Education, 
Bhopal (M.P.) India.

** Manoj Kumar Prajapati  
 Assit. Prof.  
H.N.Misra college,  
Kanpur (U.P.) India.

*** Praveen Kumar  
Assit. Prof.  
Victoria College of Education,  
Bhopal (M.P.) India.