



IMPACT OF MEDITATION ON VO2 MAX AMONG COLLEGE STUDENTS

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Abstract

The purpose of the present study was to find out the “Impact of Meditation on Vo2 Max among College Students”. For this purpose, 40 subjects Loyola PU College for Girls Vijayapura District, from Karnataka were selected as subjects and they were divided in to two equal groups with 10 each as experimental and control group. Experimental group underwent selected Meditation daily morning 60-minute included 10 minutes of warm-up and the control group not given any special training. The training period for this study was 6 weeks in a schedule of 5 days in a week. The pre and post test were conducted prior and after the training programme on the selected Physiology variable of Vo2 Max. The mean, standard deviation and t-value were assessed both experimental and control group separately and thereby significant level were analyzed. The significant level was fixed at 0.05 levels. The result of the study revealed that the experimental group shown the significant improvement in selected variable where as in Vo2 Max and the Control group were not shown any improvement. The results revealed the Impact of Meditation on Vo2 Max among College Students.

Keywords: *Physiology variable of Vo2 Max, College Students.*

Introduction

The word meditation is derived from the Latin word ‘Meditatio’ which means to think, contemplate, devise, ponder.⁹ The Tibetan word for meditation is ‘Gom’ which means ‘to become familiar with’ and has the strong implication of training the mind to be familiar with states that are beneficial for concentrations, compassion, correct understanding, humility, perseverance etc.

Meditation or Dhyana is the seventh step Patanjali’s eight-fold path. These practical techniques of focusing the mind take us to the ultimate goal of Yoga. Samadhi the attainment of self-realization and state of becoming one with the universe or the absolute. One more immediate level of meditation came as a way of quieting the buzz of images, thoughts and perception that crowd the mind during our waking lives

Parts from the spiritual goal of Samadhi, there are many other benefits of meditations, poise, equanimity, mental and emotional tranquility. Meditation can also help to heal physical ailments and reduce high blood pressure. Meditation is a mental discipline by which one attempts to get beyond the conditioned, ‘thinking’ mind into a deeper state of relaxation or awareness. Meditation often involves turning attention to a single point of reference. It is organized as a component of almost all religious and has been practiced for over 5000 years. It is also practiced outside religious traditions. Different meditative disciplines compass a wide range of spiritual and psychophysical practices which may emphasize different goals from achievements of a higher state of later evolved into the more specific meaning ‘contemplation’



Meditation is a word that has come to be used in a very casual manner in the modern society. It brings confusion for person as to how to perform it or practice it. Some people use it when they are thinking or contemplating. Some other refers to day dreaming or fantasizing. However, meditation is not any of these. Meditation is a precise technique for resting the mind and attaining state of consciousness that is totally different from the normal waking state. It is the means for fathoming all the levels of ourselves and finally experiencing the center of consciousness within. Meditation is not a part of any religion; it is a science, which means that the process of meditation follows a particular order, has definite principles and produces results that can be verified. In meditation, the mind is clear, relaxed and inwardly focused. When you meditate you are fully awake and alert, but your mind is not focused on external world or out the events taking place round you. Meditation requires an inner state that is still and one pointed so that the mind becomes silent. When the mind is silent and no longer distracts you, meditation deepens.¹¹ Yoga Meditation is the art and science of systematically observing, accepting, understanding and training each of the levels of our being, such that we may coordinate and integrate those aspects of our selves and dwell in the direct experience of the centre of consciousness. In the yoga meditation of the Himalayan tradition, one systematically works with senses, body, breath, the various level of mind and then goes beyond to the center of consciousness.

In the Yoga meditation of the Himalayan tradition is holistic in that it not only deals systematically with all levels, but also involves a broad range of practices, including meditation, contemplation, prayer and mantra, as well as the preparatory practices leading up to these. Yoga and meditations are totally and completely interrelated. Yoga is an ancient traditional way of life encompassing thought and practices aimed at good health and well being- physical, mental and emotional. Meditation is an intricate part of Yoga, in as much as it is one of the eight limbs.

Objectives of the study

The core aim of the present study was to find out the **Impact of Meditation on Vo2 Max among College Students**.

Methodology

For the purpose of this study 40 college students were selected as subjects from subjects Loyola PU College for Girls Vijayapura District, from Karnataka. The subjects were divided in to two groups equally with 10 each as experimental and control group. Experimental group underwent Sixty minute in the morning meditation training included 10 minutes of warm-up before the meditation. The one hour Meditation includes Five meditations. The meditations are Cyclic Meditation, Om Meditation, Concentration Meditation, Reflective Meditation and Mindfulness Meditation. The tests were carried out with standardized procedure. The pre and posttest were conducted on selected Psychological variable of Vo2 Max. The Physiological parameters were assessed through standardized test.

Statistical procedure

The collected data of experimental and control groups were statistically analyzed by using mean standard deviation and t- test and presented in Table 1. The level of significance was fixed at 0 .05 level of confidence with the table value of 2.000. The t-values of 2.000 and above were considered significant in this study. In the tables it was denoted by star (*) which indicates 0.05 significant level.



Results and Discussions

Table No.1. Shows the Mean, Standard Deviation and 't'- value of Pre-test and Post-test for Meditation Experimental Group and Control Group on Vo2 Max performance.

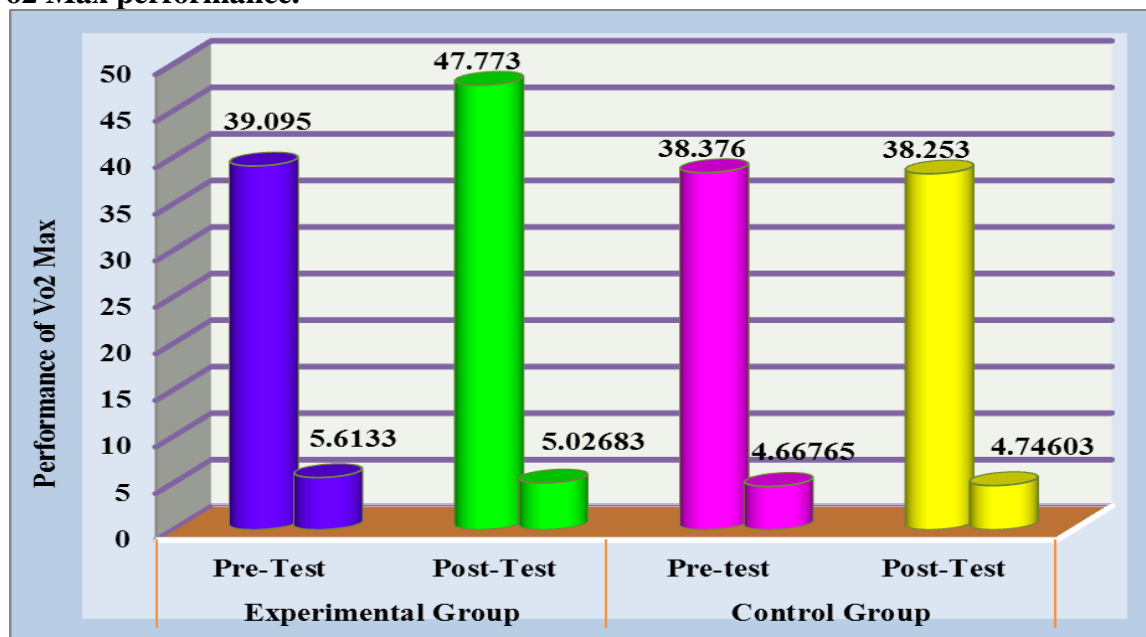
Variable	Group	Test	N	Mean	SD	T-Value
Vo2 Max	Experimental Group	Pre-test	10	39.0950	5.61330	4.457*
		Post-test	10	47.7730	5.02683	
	Control Group	Pre-test	10	38.3760	4.66765	1.000
		Post-test	10	38.2530	4.74603	

The level of significant 0.05=Table value =2.000

Table No1. Indicates that the 't'- value is more than the table value that is 2.000, hence it is significant.

The pre-test mean value is 39.0950 and the post-test mean value 47.7730. The post-test mean value is more than pre-test mean value. It shows significant improvement in the Vo2 Max performance of College Students owing to the Six weeks meditation. The pre-test mean value is 38.3760 and the post-test mean value 38.2530. The post-test mean value is less than the pre-test mean value. It shows no improvement in the Vo2 Max performance of College Students subjects control group did not undergo any kind of training Program me the same as displayed in the figure 1. (a)

Figure No.1. The Pre-test and Post-test for meditation Experimental Group and Control Group on Vo2 Max performance.



The above figure 1. (a) Indicates that the post test values of Experimental group significantly improved the performance of Vo2 Max and also the post test values of Vo2 Max were less than the pre test values due to 6 weeks of meditation. The Control group pre- test and post- test performance of Vo2 Max shows no improvement.



Conclusion

The results of the present study indicate the Impact of Meditation on Vo2 Max among College Students. In the experimental group the selected variable were significantly improved in the teach us that Meditation training is useful to everyone in particularly sports persons to achieve the higher performance level because the selected variables in the study were more related to the sports men too. Further the control group posttest means score indicates that the Meditation not improvement.

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