

# Role of Meditation and Its impact on Human Mind and Physique

A Study of University students Peshawar Pakistan

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**Abstract--** This research is focused on meditation and its impact on university students. Meditation is the concentration on one particular factor or issue. Meditation is not only restricted up to religion, but this can also be applicable in other dimension of life. For the purpose to find the impact of meditation on university students a sample of 100 students was selected randomly. After meditating them a likert scale questionnaire was distributed among them which ask questions about meditation, motivation, creativity, memory and concentration. After collecting data the results of the respondents were analyzed through SPSS. First of all the reliability of scale was calculated which show that scale was well established because the results of the study was reliable. The regression and correlation analysis was conducted to find the relationship between meditation and concentration, memory, creativity and motivation. Findings of the study show that meditation has a significant relationship with concentration, memory, Creativity and motivation. But among all these factors, meditation has a greater impact on creativity. In other words meditation has more influence on creativity in comparison of other variables.

**Index Term--** Meditation, Concentration, Memory, Motivation and Creativity.

## I. INTRODUCTION

Meditation means concentration or focus on anything. Meditation is not only in religions but People also do it for mental and physical health. Many mediators have used it to improve their intuitions and peace of mind. With the help of meditation one can increase their problem solving qualities, Good memory, laser sharp focus, improved decision making, Self-confidence etc. Meditation is one of the primary tools for spiritual development, it strengthen the bond between man and his creator. This feeling is very amazing because man knows his inner-self and his link with his creator. Many yogis practice this and achieve the higher level of intelligence. Meditation can also help in students for their studies. This study is also about that how meditation can affect student's

concentration, memory, motivation and creativity. For the analysis part of this research a random sample has been selected and on the basis of correlation and regression results, it has been concluded that there is a significant relationship exist between dependent and independent variables.

## Literature Review

Meditation is a mental or spiritual procedure for relaxing the mind which helps in getting relief from anxiety and stress [1]. " When somebody practices meditation for few weeks continuously he arrives into new state of mind in which he finds harmony, inner silence and spiritual wakening".

Meditation is the process [2] where an individual concentrates on a specific thought, single idea, and one single point and it might be to any religious aspect of God or on one's awareness or focus, and mostly it brings their awareness of their point of focus to their inner self or body, independent of the facts running around the real world out there. During meditation the mind frequently moves from one thought to another, and the mediator, who is doing the practice of meditation has to be bring his awareness again and again to that particular point which is already adjusted by the mediator. This practice needs some effort in the beginning, but with the maturity it requires less effort to remain intact to particular thing or focal thought which was set. When anyone attains advanced level of meditation or get command in meditation then that person is able to keep their mind calm and free from distracting thoughts and it became habit.

Meditation classified [3] into two types, first, idea of thinking and focusing of mind to a particular focal point or thought, and the second which is practicing emptying the mind and puts all thought into the internal state of silence. It is not a state of the unconscious or dullness, but the content is a state of inner peace. Meditation in fact is a day to day practice [4] if it is observed that the brain is made to think, a man thinks and

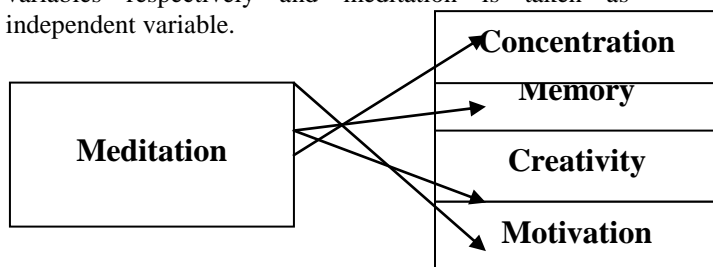
come to one conclusion or decision but the main difference is the stage of meditation which is deliberately practiced with a particular objective for which the term meditation is defined. [7] explain it very well, they says that the state of mind depends upon the pre-defined state of art. Already existing differences in brain definitely play their role, Professor Davidson put example of monks with most hours of meditation showing greatest in the brain that gives confidence to change things in the production of mental training. Not only this, but meditation works in every business of life, in study in music, even in every state of art mediation take one to height of excellence.

When meditation is taken as special state of art where a man takes out time from his routine life and put his mind to a focal point he gets to a special state of mind. It is cited in [3] that many studies have shown that even short sessions of meditation can tremendously reduce the level of stress and anxiety. In fact, a recent study led Sian Beilock, a psychologist at the University of Chicago, showed that 10-minute lesson meditation, consciousness seems to reduce stress in people with high interest math exam, which led to an increase of five points on average. She argued that meditation can help the public to do a better job by not gripping on the negative thoughts and stress, thereby freeing up space in brains to focus on the arithmetic.

Meditation can help [5] in improving stamina, concentration, memory, motivation, flexibility and has also remarkable effects on physical as well as mental health. [6] Explain in their study that for creativity, it is important to have creative environment and mental relaxation. Meditation can be a tool for relaxing mind resulting enhancement in creativity. In the study of [8] describe that more meditation can increase memory and concentration [9]. The new trend developed in organization to meditate their employees for creativity and better productivity [10]. But although it all depend upon person to person and system to system [11]. Although the creativity of a person is also dependent upon heredity and the surrounding environment [12].

**Theoretical Frame work of the study**

The model for explaining causal relationship among the factors, following framework is designed which easily explain the relationship. There are four target variables, concentration, memory, creativity and motivation which suppose to be dependent on meditation. This scheme allow us to build four separate simple linear regression models where mention target variables are dependent variables respectively and meditation is taken as independent variable.



The simple expression of the models are represented

$$\begin{aligned}
 \text{Concentration} &= f(\text{meditation}) \quad \Rightarrow \quad \text{CON} = b_0 + b_1\text{MED} + u \\
 \text{Memory} &= f(\text{meditation}) \quad \Rightarrow \quad \text{MEM} = b_0 + b_1\text{MED} + u \\
 \text{Creativity} &= f(\text{meditation}) \quad \Rightarrow \quad \text{CRE} = b_0 + b_1\text{MED} + u \\
 \text{Motivation} &= f(\text{meditation}) \quad \Rightarrow \quad \text{MOT} = b_0 + b_1\text{MED} + u
 \end{aligned}$$

Here in the scheme each function is explained as simple linear function and CON (concentration), MEM (memory), CRE (creativity) and MOT (motivation) are the target variable or dependent variables in each respective function and MED (meditation) is exogenous or independent variable in each function,  $b_0$  is the intercept and  $b_1$  is slope in each function, both are also called estimates or constants  $b_1$  represents the main estimate showing relative effect of meditation (MED) on respective dependent variable. The “u” is the residual term which represents unexplained variables in the respective model.

**Hypotheses**

An overview of the hypothesis related to the relationship between mediation and concentration, memory, motivation and creativity. In order to test the hypothesis of the study four regression equations were developed along with four hypotheses.

- H1: Meditation has significant influence on concentration level of students
- H2: Meditation significantly improves memory of student
- H3: Meditation significantly increases the motivational level of students
- H4: Meditation significantly improves the level of creativity of student

**Socio-Demographic Profile**

Male and female University students were the respondents of this study. Out of the total number, 67% of the students (respondents) were male and remaining were female. Respondent’s age ranged from 18 to above 30 years. The data show that 23% of the respondents were in the age group of 18-22. While in 23-25 age range there were 64% respondents, in age of 25-30 only 13% respondents.

**Methodology**

The universe of this study is university students. For research 5 private universities students were targeted. A structured questionnaire was distributed randomly among selected 100 students. 80 respondents submitted their responses therefore the analysis of the study was conducted on 80 responses. Five point Likert scale was used to record the responses from

strongly disagree to strongly agree and SPSS version 19 have been used for getting results. Simple linear regression and correlation technique used for analysis part of study.

Following table shows the reliability of the factors and it can be seen that the each factor carries at least weight of 0.70 which is highly recommended threshold for the reliability check.

Reliability of Scale:

TABLE I  
Reliability of the Scale of the study

| S.No | Variables     | Cronbach's Alpha |
|------|---------------|------------------|
| 1    | Meditation    | 0.813            |
| 2    | Concentration | 0.718            |
| 3    | Memory        | 0.784            |
| 4    | Motivation    | 0.768            |
| 5    | Creativity    | 0.823            |

Hypotheses of the study and Regression Analysis

The regression results are shown in following table using SPSS version 19 and the results are very expected as stated in hypotheses. If the table is keenly observed then one can easily conclude that concentration, memory, motivation, and

creativity are significantly affected by Meditation. Significant relationship is found in all independent variable and Meditation. All hypotheses H1, H2, H3, H4 are accepted and respective null hypotheses are rejected as p-value of each factor is less than 0.05

TABLE II  
Regression Results for Variables of the study

| S.No | Dependent Variable | Independent variables | R square | F      | B     | St. Error | T     | P. Value |
|------|--------------------|-----------------------|----------|--------|-------|-----------|-------|----------|
| 1    | Concentration      | Meditation            | 0.519    | 25.207 | 0.447 | 0.089     | 5.021 | 0.000    |
| 2    | Memory             | Meditation            | 0.361    | 16.118 | 0.313 | 0.089     | 4.015 | 0.000    |
| 3    | Motivation         | Meditation            | 0.471    | 26.534 | 0.505 | 0.098     | 5.151 | 0.000    |
| 4    | Creativity         | Meditation            | 0.793    | 64.879 | 0.596 | 0.089     | 8.055 | 0.000    |

Table 2 above shows significance relationship between the dependent and independent variables. It explains that Meditation has significant relationship with Concentration, Memory, Motivation and Creativity.

Table 2 show that the overall model is highly significant for Meditation. There is significant relationships exist between Meditation with Concentration (t-statistic = 5.021 and P-value= 0.000) which mean Meditation has an impact on Concentration. There is significant relationship exist between Meditation and Memory (t-statistic = 4.015 and P-value= 0.000). There is significant relationship exist between Meditation and Motivation (t-statistic = 5.151 and P-value= 0.000).

There is a significant relationships exist between Meditation and Creativity (t-statistic = 8.055 and P-value= 0.000) which mean Meditation increase students creativity. Hence the above result shows that the Concentration, Memory, Motivation and Creativity. are dependent upon meditation.

The model represents that more of meditation bring more of concentration, more of meditation improves memory, more of meditation enhances motivation and more of meditation will improve creativity.

Correlation Analysis

Following table shows the coefficient of correlation and coefficient of determination which also shows a significance of relations of meditation with four target variables.

TABLE III  
Correlation Analysis for Variables of the study.

| S.No | Independent Variables | Dependent variable | r     | R Square |
|------|-----------------------|--------------------|-------|----------|
| 1    | Meditation            | Concentration      | 0.721 | 0.519    |
| 2    | Meditation            | Memory             | 0.601 | 0.361    |
| 3    | Meditation            | Motivation         | 0.687 | 0.471    |
| 3    | Meditation            | Creativity         | 0.891 | 0.793    |

Coefficient of correlation is measures the degree of association and it can be observed that concentration (0.721), memory (0.601), motivation (0.687) and creativity (0.891) are strongly associated with meditation. Coefficient of determination shows the ratio of explained factor into the total variation in dependent variable for standard it should be more than 0.50 to show greater variation in dependent variable among other unexplained variables. It can be seen that memory (0.361) and motivation (0.471) have bit lower than 0.50 which in unexpected in presence of other strong estimates but the significance of the meditation in enhancement memory and motivation is already proved by rest of the results. Concentration (0.519) and creativity (0.793) are showing high degree of variation through meditation among other unexplained variables which verify the other result of significance.

#### Finding and Discussion

The results are expectedly significant which can conclude that that meditation can improve personal traits. Research found that meditation have positive impact on university students. Research found that meditation had significant and positive relation with all variables (memory, motivation, concentration and creativity) but according to findings meditation have stronger impact on memory. In comparison of memory, meditation has greater impact on motivation. In comparison of memory and motivation, meditation has greater influence on concentration. While in over model meditation has greater influence in comparison of all other three variables on creativity.

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