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## A STUDY OF EFFECT OF MEDITATION ON EMOTIONAL MATURITY AMONG ADULT WOMEN

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**Abstract:** Meditation has been practiced since antiquity as a component of numerous religious traditions and beliefs. It may involve generating an emotional state as anger, hatred etc. or cultivating a particular mental response to various phenomena. The term meditation refers to a broad variety of practice that includes techniques designed to promote relaxation, build internal energy or life force and develop emotional maturity compassion, love, patience generosity and forgiveness.

Emotional maturity is the capability of a person to control their emotions and not let their emotions control them.

The present paper is an attempt to find out the effect of meditation or emotional maturity among adult women. The study indicates favorable effect of meditation practice on emotional maturity.

**Keywords:** Meditation, emotional maturity Adult women.

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**Introduction:** In the present era people are facing difficulties in life. These difficulties are giving rise to many problems such as anxiety, tensions, frustrations and emotional upsets in day to day life. So the study of emotional life is now emerging as a descriptive science. As Richard Lansdowne (1984) said, emotion like intelligence is one of those words that most people can use but few can define. It involves three components – feeling state-happiness, fear, anxiety or whatever, changes in the internal functioning of the body and external changes in the body in particular to posture, movement and facial expression.

The positive emotions like joy, happiness, love and affection makes the soul happy, peaceful and one can enjoy good health on the others hand negative emotions like anger, fear, jealousy and anxiety results stress, tensions and affects the state of mind and it clouds thoughts eventually affects the health of a person. Emotional maturity is the capability of a person to control their emotions and not let their emotions control them. There are several things people may feel like doing because of their emotions but emotional maturity will keep them doing the right thing at

the right time, and may help them to remain calm in the most difficult situations. It makes a person more stable emotionally and it makes see things from an optimistic point of view. It also help to react to situation in a matured way. The Signs of immature thinking involves Inability to express (and recognize) anger appropriately, emotional pain and hurt, inability to quell anxiety by trying to suppress it, illogical thinking that something will happen magically without efforts, Blaming others for misfortunes, inability to see other point of view, lack of will power and unable to control actions, reactions and words. Every body has moments at least when he or she acts emotionally without thinking. Usually it is due to a high level of stress, and emotional immaturity.

Dr. Edward Morel believes that emotional maturity is a conscious choice. According to him, self-centeredness and self importance are normal characteristics of children and adolescents but they are not normal adult characteristics. He emphasizes that importance of being in now and letting go to the past something that the emotionally immature adult cannot do. Through meditation one can learn to achieve mastery over his or her emotions. Forgive yourself and others, experience deep tranquility and change the way of perception and interaction with the world.

Meditation gives awareness of thoughts moving through the mind and the conversation that goes on. Awareness of thoughts brings awareness of behavior which may be so ingrained that it is unconscious and than one can consciously choose different beliefs thoughts and actions that are more in line with the age, emotional maturity gives power and control not over others but over ourselves. Meditation teaches us to be in present and to accept that whatever happened in the past is over it helps to deal with fears of the future.

The term meditation refers to a broad variety of practices that includes techniques designed to promote relaxation, build internal energy or life force and develop compassion, love, patience, generosity and forgiveness.

#### **Types of mediation:**

1. **Mindfulness meditation**-The most well known types of meditation. Mindfulness meditation is about being aware of the sounds and activities happening around us. It's almost a flow-type of meditation because you literally just let your mind be fluid and flow from one thought to the next, not really focusing on one particular thing.
2. **Spiritual meditation**- This types of meditation is for those who regularly participate in prayer, as it's base on communicating with god

just like the other styles, you must become calm quiet and than began to focus on a question or problem you might have. This style of meditation can feel not only relaxing, but rewarding as well.

3. **Focused meditation**-It is the idea of cleaning your mind of all thoughts shredded you out, focused meditation is great because you can focus on a sound, object, mantra or thought. The key here is to just focus on one of these things and study committed to that one thought or object.
4. **Movement meditation**- Movement meditation may seem intimidating but if you are by your self and you really get into it, it can be extremely uplifting and relaxing at the same time. Sitting with your eyes closed, simply focus on your breath and try out different gentle, repetitive flowing movements. Rather than focus on a sound, object or thought just turn your attention to your movement. You could try moving your entire upper body in a slow circular motion.
5. **Mantra meditation** – Mantras are words that one chanted loudly during meditation. It may seem odd to be making loud noises during a meditation session, but it's actually the sounds that become the object being focused on. In yoga, the mantra Om is regularly used since it delivers a deep vibration that makes it easy for the mind to concentrate on that particular sound.

**There are some benefits of Meditation like:**

- It is an essential practice for mental hygiene,
- A calm mind, Good concentration, clarity of perception,
- It improves communication,
- Blossoming in skills and talents,
- Relaxation , Rejuvenation , Healing,
- It gives unshakeable inner strength,
- Develops the ability to connect to an inner source of energy.

All are natural result of meditating regularly.

Meditation has been practiced since antiquity as a component of numerous religious traditions and beliefs. Meditation may involve generating an emotional state for the purpose of analyzing that state such as anger hatred etc.

**Materials And Method:** The aim of the present study is to assess the level of emotional maturity among adult women. It is assumed that three shall be significant difference between level of emotional maturity of

adult women before and after practicing meditation. There were 30 women, between 30 to 35 years of age selected by purposive random sampling method by taking consent for the study. The selection criteria include age, sex, occupation (only house wives) having moderate education i.e. high school to graduation, from middle socio-economic group residing in Agar- Malwa (M.P.) India only. Emotional maturity scale (EMS) by Dr. Yashvir Singh and Dr. Mahesh Bhargava (2010) were used for the assessment of emotional maturity. The emotional maturity scale consists of five broad factors of emotional maturity which are –

- (A) **Emotional stability** -Refers to the characteristics of a person that does not allow him to react excessively or given to swings in mood or marked changes in any emotive situation. The emotional stable person is able to do what is required of him in any given situation.
- (B) **Emotional progression** -Is the characteristic of a person that refers to a feeling of adequate advancement and growing vitality of emotion in relation to the environment to ensure a positive thinking imbued with righteousness and contentment.
- (C) **Social Adjustment** -It refers to a process of interaction between the needs of a person and demands of the social environment in any given situation, so that they can maintain and adopt a desired relationship with environment. Therefore, it may be described as a person's harmonious relationship with his social world.
- (D) **Personality Integration** - Personality integration is the process of firmly unifying the diverse elements of an individual's motives and dynamic tendencies, resulting in harmonious coactions and de-escalation of the inner conflict in the undaunted expression of behavior.
- (E) **Independence** - It is the capacity of a person's attitudinal tendency to be self reliant or of resistance to control by others, where he can take his decisions by his own judgment based on facts by utilizing his intellectual and creative potentialities.

The emotional maturity scale has a total of 48 items under the above five categories containing 8 – 10 responses. It is a self reporting five point scale. Items of the scale are in questions form demanding information for each in either of the five options like (i) very much (ii) much (iii) undecided (iv) Probably (v) Never. The items are so stable that if the answer is very much a score of 5 is given; for much 4; for undecided 3; for probably 2; and for negative answer of never a score of 1 is to be awarded.

Therefore total score on the scale is indicative of emotional maturity whereas the greater the total score on the scale is expressed in terms of emotional immaturity.

<b>Scores</b>	<b>Interpretation (Level of Maturity)</b>
50-80	Extremely emotionally mature
81-88	Moderately emotionally mature
89-106	Emotionally immature
107-240	Extremely emotionally immature

The EMS was administered to the women pretest and post test design were used. Selected women, who were having higher level of emotional immaturity, were suggested for meditation for at least three months. After three months of meditation practice for at least half an hour daily, again the EMS were administered on the selected group and the scores of pre and post test were calculated compared and analyzed by 't' test.

**RESULTS:-**

<b>S. No.</b>	<b>Factors</b>	<b>Test</b>	<b>Mean</b>	<b>Sd</b>	<b>'t' value</b>
1	Emotional Stability	Pre test	27.8	5.35	4.82*
		Post test	22.06	3.51	
2	Emotional Progression	Pre test	24.9	4.36	4.83*
		Post test	19.83	3.62	
3	Social Adjustment	Pre test	23.16	3.60	6.41*
		Post test	18.13	2.20	
4	Personality Integration	Pre test	20.3	3.51	7.62*
		Post test	13.3	3.44	
5	Independence	Pre test	15.0	3.40	3.95*
		Post test	12.0	2.2	

\* Significant at 0.001 level

The table reveals significant difference between pre test and post test of emotional maturity and its five areas. Mean values of (i) emotional stability were 27.8 and 22.06 't' value is 4.82 . While (ii) emotional progression were 24.9 and 19.83 respectively and 't' value is 4.83 . (iii) regarding social adjustment mean values were 23.16 and 18.13 and 't' value is 6.41. (iv) Mean values of personality integration were 20.3 and 13.3 't' value is 7.62 and (v) Independence were 15.0 and 12.0 respectively value of 't' is 3.95.

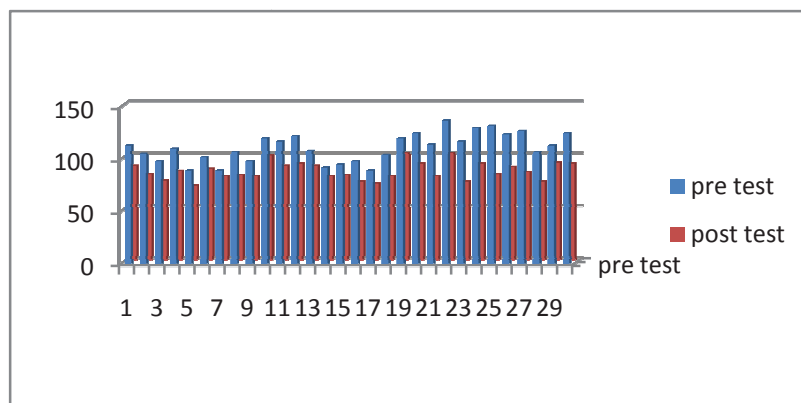
All the five factors of emotional maturity have shown significant difference between before meditation practice and after meditation practice.

Table showing difference between pre-test and post-test of emotional maturity			
Group	Mean	SD	t-value
Pre test	110.83	13.61	8.83*
Post test	85.03	8.31	

\* Significant at 0.001 level

The study revealed the mean value of emotional maturity as pre test was 110.83 and as post test was 85.03 value of SD were 13.61 and 8.31 respectively and 't' value was 8.83, which shows significant difference

Figure - 01



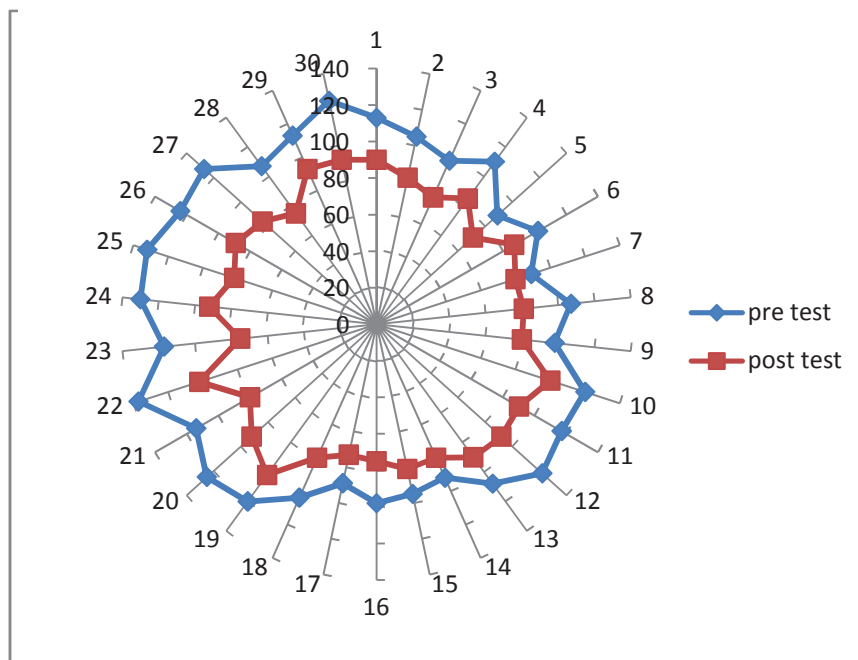


Figure - 02

**Discussion:** An effect of meditation on emotional maturity among adult women was studied. The data (fig.1 and 2) Suggested that meditation has been linked to a variety of health benefits and mental as well as physical well being. It helps to reduce level of emotional immaturity. Practicing Meditation every day has a cumulative effect on human minds and helps to attain emotional maturity .Energy centers including main chakras, are activated this has a positive and healing effect on life force energy.

It is observed that mean age of respondents were 32.3 years all are married and have children. It is found that 70% women were well completed their graduation 6.66% were left college before completing degree course while 23% women were passed high school. 63% respondents were reported decrease in head and body ach. It is emerged that 66.66% women feel reduction in negative feelings and thoughts and increasing spiritual awareness after practicing meditation daily.

It is observed that 60% respondents followed spiritual meditation,26.66

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percent were followed mantra meditation and rest of the 13.33% respondents followed focus meditation practice.

Remarkable change appeared in all five factors of emotional maturity. The major change occurred in the area of social adjustment and personality integration of emotional maturity.

Result indicates that after practicing meditation, women become more social and maintaining harmonious relationship with the social world and they also achieved good personality integration that helping them to become free from inner conflict gradually and have balanced expression of behavior.

Yogic practices influence thought process and the chitt-shuddhi (purification of mind) helps the individual to free from stress, depression, anxiety, illness etc and to be psychologically healthy to perform his every day task with optimism and vigor (Tiwari Anita et al.2011). Pursuing mantra japa regularly were reducing, anxiety level and increasing level of emotional maturity (S.Jain at et.2012)

**Conclusion:** Thus the study indicates favorable effect of meditation practice on emotional maturity among adult women. The emotionally mature is not one who necessarily has resolved all conditions that stimulate anxiety and hostility but it is continuously in process of seeing himself in clear perspective, continually involved in a struggle to gain healthy integration of feeling, thinking and action. It helps to increase concentration patience and good mood. During Meditation practice person has become more aware of himself on a much deeper and higher level and what is real. The person going through the meditation have a deeper awareness of what is going on around him, feel more relaxed , let go of any hurt, anger and negative feelings, That they had towards their life and people. It effortlessly allows the conscious mind to settle down and when the mind settle down it lets go of all tension sorrows, guilt and stress and centers itself in the present moment.

According to Bernard, these are some criteria of mature emotional behavior-

1. Inhibition of direct expression of negative emotions.
2. Cultivation of positive up building emotions.
3. Development of higher tolerance for disagreeable circumstances.
4. Freedom From unreasonable fear.
5. Increasing satisfaction from socially approved responses.
6. Awareness of the ability and achievement of others.



7. Ability to carry victory and prestige with grace.
8. The enjoyment of daily living.

The most outstanding mark of emotional maturity **is ability to bear tension**. All of above those qualities we can achieve and in grain by practicing meditation regularly.

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