

The Strong Penetration of Stress and Recovery Mechanism of Meditation

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Abstract— : Stress is the most common which affecting the human being, now a day's peoples are working in complete word so the targets and the deadline are predefined, which caused and penetrate more pressure among the people. The fundamental thing behind is non-synchronization between the body and mind due to some kind threats. The stress may lead positive effect and negative effect. To address this issue, the different kinds of meditation techniques are used to reduce the level of stress among working peoples.

Index Terms— Aginai Meditation, Shanthi Meditation, Thuriyam Meditation, Thriyathinam Meditation, Onbathumaiyam Meditation.

I. INTRODUCTION

Stress management can be defined as interventions designed to reduce the impact of stressors in the workplace. These can have an individual focus, aimed at increasing an individual's ability to cope with stressors. Stress management can be classified into three different types of stress — acute stress, episodic acute stress, and chronic stress.

1.1. Acute Stress

Acute Stress is short-lived. It can be beneficial and create motivation. For example, when a deadline is approaching, stress may help you to focus and complete your task before the deadline. College students use this type of stress often to complete projects and "cram" for exams. Acute stress is the types of stress many people feel when they have a car accident, have trouble at work or their children have problems in school. Once the situation is resolved, the stress diminishes.

There can, however, be some physical symptoms of acute stress. Headaches, Stomach aches or indigestion, Sweating, Heart palpitations, Shortness of breath, Dizziness, Chest pain. Treatment for acute stress often includes rest and relaxation. Anti-anxiety medication is usually only used if acute stress is a trigger for anxiety or panic attacks. Therapy can help is the situation is not going to be resolved in a short period of time.

1.2. Chronic Stress

Chronic, or long-term stress, comes about as the result of a situation that has not been resolved or continued for many years prior to being resolved. This might be a traumatic event that happened during childhood. Although resolved, the feelings surrounding the situation may not have been dealt with and chronic stress remains. There may also be an ongoing situation, such as family abuse, dysfunctional home or an ongoing illness in the family. This stress has the ability to create additional health problems, for example heart disease or stomach ulcers. Treatment for chronic stress might include cognitive behavioral therapy and medication as well as treatment for any physical illnesses brought on as a result of living with stress for an extended time.

II. METHODOLOGY

2.1. Aginai Meditation:

Aginai is the first step of the meditation, which help to improve the memory power. The procedure for Aginai mediation is sat on a mat and close the eyes, start imagine in between of the Eyebrow. The duration of the meditation is 30 minutes. It normally prescribed for school students to increase their memory power and reduces the Memory problems, Inability to concentrate, Poor judgment, seeing only the negative, Anxious or racing thoughts

2.2. Shanthi Meditation:

Shanthi Meditation is the second step of the medication which gives peace to the mind. The procedure for Shanthi mediation is sat on a mat and close the eyes, start imagine the root or Mulatharam of the body in terms of mediation. The duration of the meditation is 30 minutes. It is advised to the people who are in stress, Moodiness, Irritability or short temper, Agitation, inability to relax, Feeling overwhelmed, Sense of loneliness and isolation, Depression or general unhappiness.

2.3. Thuriyam Meditation:

Thuriyam Meditation is the third step of the meditation which helps to take clear assistant in any kind of decision making. The procedure for thuriyam mediation is first step is sat on a mat and closed the eyes. Second step is start imagine in between of the Eyebrow and making meditation for 10 minutes. Third steps are concentrating on top and center point of the head and make meditation; the duration of the meditation is 20 miniatures.

2.4. Thriyathinam Meditation:

Thriyathinam Meditation is one of the powerful meditations which help the human walk towards spiritual and peacefulness. The procedure for Thriyathinam mediation is first step is sat on a mat and closed the eyes. Second step is start imagine in between of the Eyebrow and making meditation for 10 minutes. Third steps are concentrating on top and center point of the head and make meditation; the duration of the meditation is 10 miniatures. Fourth steps are concentrating on Thuvagasangam or upper portion of your head. The duration of Thuvagasangam is 10 minutes.

2.5. Onbathumaiyam Meditation:

Onbathumaiyam Meditation is the very powerful meditation which helps to reduce the human favor, social commitment; ensure the good mental health condition. The procedure for Onbathumaiyam Meditation is first step is sat on a mat and closed the eyes. Second step is concentrate on the root of the body in terms of meditation. The duration is 3 minutes. Third step is concentrate four inches below from the umbilical that is called Sawthistanam. The duration is 3 minutes. Fourth step is concentrate on the umbilical which is called Manipuragam. The duration is 3 minutes. Fifth step is concentrate on the in between lungs which is called Anathagam. The duration is 3 minutes. Sixth step is concentrate on the front position of the neck which is called Vikathi. The duration is 3 minutes. Seventh step is concentrate on in between eye brows. The duration is 4 minutes. Eight steps are concentrating on top and center point of the head and make meditation. The duration is 4 minutes. Tenth Step is concentrating on Thuvagasangam or upper portion of your head. The duration is 4 minutes.

III. ANALYSIS AND INTERPRETATION

The analysis was made up with hundred samples and the data are tabled with few specified statements.

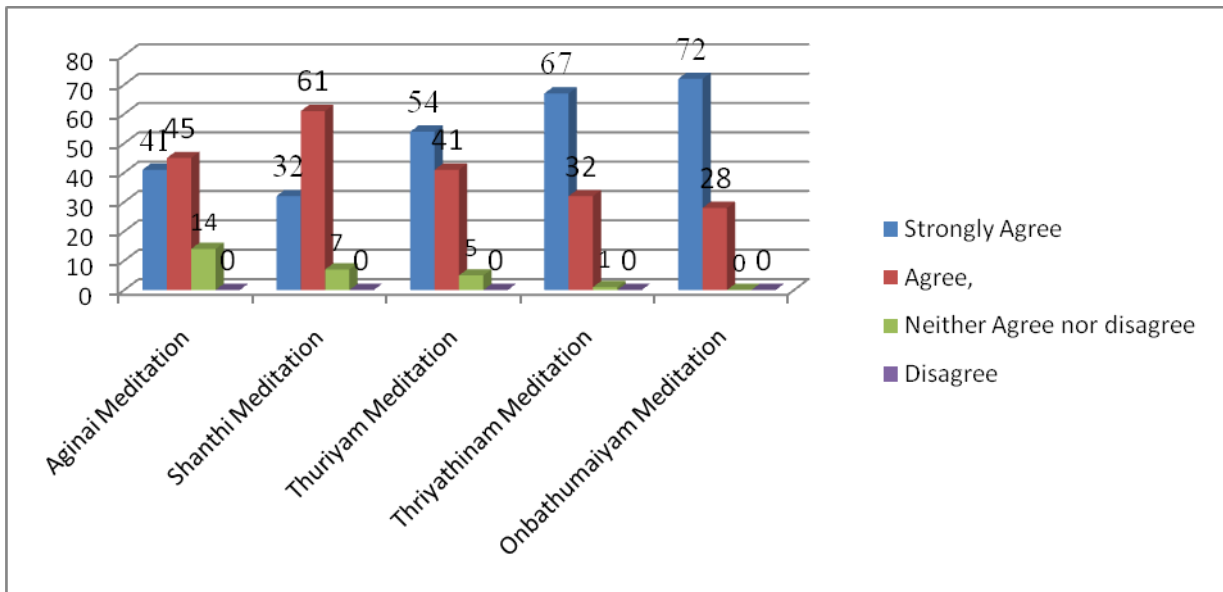
Table- I. Acceptance and Benefits of Mediation

S.No	Statements	Aginai Meditation	Shanthi Meditation	Thuriyam Meditation	Thriyathinam Meditation	Onbathumaiyam Meditation
1	Strongly Agree	41	32	54	67	72
2	Agree	45	61	41	32	28
3	Neither Agree nor disagree	14	7	5	1	0
4	Disagree	0	0	0	0	0

3.1. Inferecnes

1. In view of the Aginai Meditation above table shows that (41%) of people strongly agree, (32%) of the people are agree, (14%) peoples neither are Neither Agree nor disagree and (0%) peoples are Disagree.

2. In view of the Shanthi Meditation above table shows that (32%) of people strongly agree, (61%) of the people are agree, (7%) peoples neither are Neither Agree nor disagree and (0%) peoples are Disagree.
3. In view of the Thuriyam Meditation above table shows that (54%) of people strongly agree, (41%) of the people are agree, (5%) peoples neither are Neither Agree nor disagree and (0%) peoples are Disagree.
4. In view of the Thuriyam Meditation above table shows that (54%) of people strongly agree, (41%) of the people are agree, (5%) peoples neither are Neither Agree nor disagree and (0%) peoples are Disagree.
5. In view of the Thuriyam Meditation above table shows that (72%) of people strongly agree, (28%) of the people are agree, (0%) peoples neither are Neither Agree nor disagree and (0%) peoples are Disagree.



IV. METHOD AND MATERIALS

The Data obtained were analyzed using a statistical summation technique involving sample mean, frequency and population mean Z-test (a standard normal distribution) on a two-tailed test of 0.05 level of significance was used to empirically test the hypothesis that guided the study. This is done by subtracting the mean from each observation and dividing the difference by the standard deviation.

$$z = \frac{(x - \mu)}{\delta} \tag{1}$$

- Where; Z = Standard Curve
- X = Sample mean
- μ = population mean
- δ = population standard deviation

The structured questionnaire instrument was validated to ensure that it measured the impact of the meditation

4.1 Data

The primary source data is identified from the research review the following variables of interest, which formed the basis of analysis and these include benefits of Onbathumaiyam Meditation. The data are experimented by used Z statistical analysis.

Table-II: Hypothesis Testing

S. No	Statements	Code (x)	Frequency (f)	F(x)	(x - \bar{X})	(x - \bar{X}) ²	F(x - \bar{X}) ²
1	Strongly Agree	5	72	360	0.28	0.53	38.16
2	Agree	4	28	112	0.72	0.52	14.56
3	Neither Agree nor Disagree	3	0	0	1.72	2.96	0
4	Disagree	2	0	0	2.72	7.40	0
5	Strongly Disagree	1	0	0	0	0	0
			$\sum f=100$	$\sum fx=472$	5.44	11.41	52.72

$$\frac{\sum fx}{\sum f} = \frac{472}{100} = 4.72 \quad \bar{X} = 4.72 \quad (2)$$

$$\text{Standard deviation (s)} = \sqrt{\frac{\sum f(x - \bar{X})^2}{\sum f}} = \sqrt{\frac{52.72}{100}} = 0.092 \quad (3)$$

$$\text{Standard error of S} = S/\sqrt{N} = 0.094 \quad (4)$$

$$Y = \bar{X} \pm 18.38 S/\sqrt{N} \quad (5)$$

$$4.72 \pm 18.38(0.094) \quad 2.17$$

$$4.72 \pm 18.38(0.094) \quad 1.28$$

$$Z = \frac{\bar{X} - \mu}{SE} = \frac{2.17 - 1.28}{0.92} = 0.97 \quad (6)$$

The population mean falls between the range of 2.17 and 1.28 at the 95% level of significance. Any of the two boundaries can be chosen. The first boundary 2.17 is chosen as the population means. Since the calculated z-score of the null hypothesis (Ho) is thus rejected and the alternative hypothesis (HA) is accepted which states that job stress is reduced by practicing the meditation regularly

V. FINDINGS

The finding of the test of the hypothesis shows that the impact which is occurs on the human beings by exercising the regulation meditation. The results are showing the positive result. The meditation practices reducing the mental stress of the human beings. Thriyathinam Meditation, Onbathumaiyam Meditation are the most powerful meditation which accepted by the people. Aginai meditation and Shanthi Meditation which is also accept it increase the memory power and gives peace to the mind. Apart from this is reduced the Heart attack rate, Blood pressure and hypertension and improve the Metabolism and respiration.

VI. CONCLUSION

The meditations are helps the human being to find out the major causes for the stress. It guided to the human beings to put forth suggestion to cope with stress. It ensures to find the remedial measure for employees stress. The mediation is with the yoga practices give the good health condition and long life. Mediation helps to step out from our regular working pressure keep us avoid health related problem like heart attack and psychology effort of the stress.

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