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Roselina Singh
Assistant Professor,
Department of Psychology,
Ranchi Women's College,
Ranchi University, Ranchi,
Jharkhand, India

Impact of vipassana meditation on mental health an empirical study

Roselina Singh

Abstract

The present study was conducted to examine the effectiveness of vipassana meditation on mental health. Vipassana is one of the most primitive technique of meditation practiced by Buddha. Vipassana is a scientific process to self purification by self observation it focus on the deep interconnection between mind and body. Several traditional literature and practice suggest that vipassana increase self awareness and reduce physical and mental distress Mental health is a positive state of mind and body where an individual realizes his or her own potential to feel happy, satisfied, safe and able to cope. We have a lot of empirical evidence to show the importance of vipassana. Some evidence has been presented through this paper which shows the effectiveness of vipassana on mental health.

Keywords: vipassana, meditation, mental health, stress, modern life

Introduction

Objective: The Objective of this paper is to provide empirical support for the effectiveness of Vipassana Meditation as an effective technique to maintain mental health.

This paper intended to show the impact of Vipassana Meditation on Mental Health.

In October, 2020 WHO estimated that around 7.5% Indians suffer from some mental disorder. It state that Indian people largely suffer from anxiety depression and stress. This is a indicator of the serious situation of Mental Health in India in psychology Mental Health is a state of wellbeing in which an Individual can realize his or her own potential cope with the normal stress of life work productively and make a contribution to the community. Mental Health includes our emotional Psychological and Social well being. It effects how we think, feel and act. It is important in every stage of life. Mental Health is a foundation for well being and effective functioning of a individual.

In this modern age everyone is suffering from emotional ups and down we have no control over our emotion most of US feel low and no enthusiasm in life lack of happiness. Mental blocks and sadness. If this mental condition persist long its leads mental disorders like, Anxiety, stress and Depression. Mental Health is a psychological state of someone who is functioning at a satisfactory level of emotional and behavioural adjustment. According to positive psychology Mental health means an individual ability to enjoy life and create a balance between life activity and efforts to achieve psychological resilience. If a person fail to maintain his/her mental health may experience stress, pain, grief, hopelessness and many others.

Now a day maintaining our mental health has become a challenge for everyone. Psychologist and doctor's increasingly looking for effective preventive option to treat mental illness and from here yoga and meditation become important and very use full for our lives. Meditation technique start to work such as quietening the mind and understand the self. Meditation is a alternative tool to regulate emotion, mood and stress it is proven to be an effective way of enhancing quality of life by improving physical, mental and emotional well-being to prevents our self from this all disorders Indian philosophy and psychology gives utmost importance of mediation and yoga it has been proved by many studies that meditation maintains mental balance and brings happiness in life Meditation and yoga has been prevalent in India for a long time. Many forms of yoga and meditation are popular here. Vipassana is one of them Vipassana is one of the most ancient techniques of meditation it was practiced by Buddha and that led to his liberation. Vipassana is unique in many ways. Vipassana means self

Corresponding Author:
Roselina Singh
Assistant Professor,
Department of Psychology,
Ranchi Women's College,
Ranchi University, Ranchi,
Jharkhand, India

purification by self observation. Purification means removal of greed, anger and ignorance which are considered to be mental pollutants. Through these pollutants peoples caught by mental illness such as Anxiety, Phobia, Stress and depression.

The Goal of Vipassana is to washing away of all mental impurities Vipassana meditation teaches us self purification by self observation. It is a logical process of mental purification through self observation and introspection lots of traditional literature and practice suggests that Vipassana increases self awareness and facilitates acceptance and tolerance that reduce physical and psychological distress. This technique is simple practical way to achieve real pace of mind and to lead a happy and stress free life. Vipassana is a way of self transformation through self observation Goal of Vipassana is to deep interaction between mind and body which can be experienced directly by disciplined attention to the physical sensations that form the life of the body that continuously interconnect and condition the life of the mind. Vipassana based on self observation, self exploratory Journey to connect mind and body this connection dissolves mental impurities and than life become full of love, peace and compassion. It is not designed to take us away from the problem of life rather it helps us face them with our full capacity. Lot of studies were done in this area and it was found and proved that Vipassana brings about Changes in the of a person. Vipassana actually improves mood reduce stress and anxiety.

Empirical Evidence: The paper is based on experience and feedback given by participants who attended 10 days residential course of Vipassana.

The efficacy of Vipassana has already been established by pioneering efforts made in Rajsthan in 1975 and 1977 in the Central jail, Jaipur science than a number of such camps have been conducted successfully in Gujarat jails.

In April 1994 a 10 days Vipassana course for over a thousand inmates was held inside the Tihar jail this course was conducted by Mr. S.N. Goenka with 13 Assistant Teacher. This was the largest Vipassana Course to be held in modern time. Mrs. Kiran Bedi was the I.G. jail and organizing head of this course.

The main objective of the course was to qualitatively assess the beneficial effects of Vipassana on the inmates in Tihar most of the participants was young 38% below 30 years and 77% below 40 years of age. Nearly all the inmates indicate that they were joining the camp because of their own desire to gain peace of mind and became a good citizen. As expected most of the prisoners suffer from tension 73% indicated that they were very worried (Anxiety) about their future 47% mentioned that their mind did not remain peaceful at all. Infect 16% of them confessed that they were constantly thinking about Revenge.

After Course Feedback from prisoners

All the respondent felt that they had gained something from the camp 42% indicate that it had given a new direction to their lives. Most of them reported a release of tension and felt greater calmness and peaceeveral another researcher like Bhaskaran (1991) have reported the clinical and Psychotherapeutic utility of Vipassana meditation as an effective intervention stratege of stress management.

Khosla (1989) reported that after six months of regular Viassana practice subject's ability to coping with stress was

significantly improve, Miller *et al.* (1995) have reported that of Vipassana in managing anxiety, stress and other emotional problems. Al-Hussaini (2001) have examined the effects of Vipassana meditation on physical and Psychological health on a multiethnic population in moscat Oman. They found that Vipassana might help mitigate Psychological and Psycho-somatic distress.

Both clinical and traditional literature suggests that Vipassana increases self

— Awareness promotes integration of subjective experience and facilitates acceptance and tolerance to sufficiently reduce physical and psychological health.

Conclusion

On the basis of the review of literatures. It can be concluded that the pr sent paper will be helpful for the researcher working in the area of mental health and this paper also suggest that the practice of Vipassana meditation may help Mitigate Psychological and Psycho-somatic distress.

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