

A STUDY ON VIPASSANA MINDFULNESS MEDITATION'S EFFECTS ON HUMAN LIFE

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ABSTRACT

The foundation of vipassana mindfulness meditation is found in the teachings of the Buddha, who lived approximately 2500 years ago. Notably, the main advantages are stress reduction and health benefits. On the other hand, these advantages are the result of practicing Vipassana meditation, which aims to develop qualities like loving-kindness and free oneself from the universal human suffering. Newline The field of positive psychology has focused on interventions that promote health, provide long-lasting happiness, and develop corresponding character characteristics. An increasing amount of research is showing how mindfulness improves job performance. The global meditation technique known as vipassana, as taught by Shri S. N. Goenka, is freely available to people of all ages, faiths, and backgrounds worldwide. Newline This research utilises an experimental design to investigate the effects of Vipassana on various dimensions of well-being, including psychological well-being, character strengths such as hope, gratitude, and love, trait emotional intelligence (EI), presence of meaning (PM), and character strengths. Additionally, interpretative phenomenological analysis (IPA) is employed to throw light on the essential elements of lived experiences that shape an individual's identity and sense of well-being.

KEYWORDS

Mindfulness meditation, Vipassana, Well-being, Emotional Intelligence, Character Strengths, Quality of life, Life Satisfaction.

INTRODUCTION

The modern individual's existence is increasingly complicated. The result of current technology is the complexity. The globe has become increasingly smaller as a result of contemporary technology like communication and transportation. Because of these technological improvements, people's lives are becoming faster speed. These people are incapable of living contentedly and in an ease, calm set of mind. Rather than fostering positive relationships at work and at home, they are dealing with detrimental effects like stress, high blood pressure, anxiety, sadness, and emotional imbalances. They are also experiencing a range of psychological issues. They are looking for a variety of ways to escape these bad outcomes and discover a life that is joyful and peaceful.

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Various techniques were employed in prehistoric societies to enhance their mental and emotional welfare. Among those techniques, breathing exercises, yoga, meditation, and music were the most significant. Through maintaining mental control, the individual was able to preserve his bodily and mental well-being. One can become more focused by practicing meditation. It enables someone to focus their attention on anything they want. By focusing, one can divert their mental efforts from distracting objects to anything they choose. The only practice that can truly assist us in changing internally is meditation. One learns to accept oneself and preserve wellbeing via meditation. Since meditation involves focusing one's attention on an object, a state of mind, or a physical state for an extended amount of time, it is a psychological practice. Meditation has been shown to provide across cultures consistent spiritual experiences in addition to focused attention and psychological well-being.

MEDITATION

A person can acquire conscious attention in a non-analytical, non-discursive manner through the practice of meditation. Anyone can do meditation, regardless of their religious beliefs. In mindfulness meditation, an individual chooses one object, either internal or external, to spend their entire attention on. This is a non-analytical, non-emotional approach to experience meditation. For example the breath, a mantra, a phrase (like oohm), or any particular sound. Another name for mindfulness meditation is "opening up" meditation. For instance, a person may concentrate on their breathing (Vipassana meditation) or a mantra.

One gains insight through meditation, which facilitates the development of a deeper understanding. One becomes less critical of his feelings and experiences after engaging in meditation. Greater non-judgmental consciousness permeates everything that a person does, feels, and encounters as a result of formal meditation practice.

Through meditation, one learns that the mind is largely unconscious and untrained, which prevents one from realising one's full potential. The purpose of meditation is to raise one's level of awareness. When people meditate, they gain profound insights into the nature of mind and the means to optimal health. This recognition and knowledge of new ways of seeing and being is beneficial. The primary objective of meditation is to assist in the development and training of the mind towards ideal states of consciousness, insight, joy, compassion, and empathy, with the ultimate goal being complete emancipation.

VIPASSANA MEDITATION (MINDFULNESS MEDITATION)

The oldest kind of meditation practiced in India is called Vipassana discovered by Gautama Buddha. Another name for the Vipassana meditation is awareness, insight, or mindfulness meditation. The goal of mindful meditation is to become aware of one's own thought patterns while avoiding emotional reaction.

Relaxation leading to realisation is the main goal of meditation. It denotes realising one's inner self and gives a person a spiritual depth. It gives us a sense of unity with a greater power, sometimes known as God or the ultimate truth, from whom we draw our strength, serenity, and wisdom. Another objective is to offer a profound condition of tranquilly so that one can comprehend life's fundamental truths, disentangle oneself from illusions, get rid of delusional notions, see reality clearly, and ultimately discover purpose in life. After gaining mental clarity

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and a strong sense of right and wrong, the person eventually understands the purpose of life, which enables him to live a good, fulfilling life.

Vipassana meditation modifies the biochemistry of the practitioner's physical and mental characteristics at a fundamental level. Thus, it has profound psychological repercussions. Vipassana instruction is likewise grounded in values. We should think differently about the world and about ourselves if we want to become more attentive.

The practice of mindfulness involves paying attention to the "here and now" of our experiences. That is, when our perception is free of needs, wants, and wishes, we can see clearly what is truly happening in our life. The goal of meditation is to strengthen our self-awareness and provide us a foundation for bettering ourselves and our quality of life. The greatest research has been done on mindfulness meditation as a therapeutic technique for individuals with a variety of mental and physical illnesses, especially those brought on by high stress levels.

Our thoughts are consumed by our own feelings, fears, concerns, and anxieties about the future or ruminations about the past, even while we are reading a book or conversing with someone else. The effectiveness of learned, automatic behaviours is acknowledged by proponents of mindfulness, as is their usefulness in preserving conscious self-control resources. They do, however, make the point that people are readily made victims of their own unconscious routines and hasty emotional judgements.

Ask any smoker who wants to quit or any dieter who wants to stop overeating. An undesirable habit that is automatically triggered by many external and internal cues, like a morning cup of coffee, an after-dinner drink, stress, or boredom, is difficult to break. From the perspective of mindfulness, awareness of when and why you smoke or overeat is necessary to control the habit.

Before spreading to other facets of life, mindfulness as a personal trait is initially progressively developed in the constrained setting of meditation. This is comparable to what happens when you immerse yourself in a thorough examination and observation of a certain activity and discover that the knowledge you have gained forces you to think in novel ways about other spheres of life.

ATTRIBUTES OF MINDFUL AWARENESS

By allotting some time and space to meditate, one can cultivate mindfulness and develop a better understanding of how ideas shape our experiences. While mindfulness can take many different forms, the most popular kind is probably sitting and paying attention to your breath.

You can sit in a straight-backed chair, on a cushion or pillow, with your hands on your knees and your legs crossed in front of you. While you should feel at ease and slightly unwind, your head, back, and neck should all line up vertically to ensure that your posture is correct. Then you bring your attention to your breathing, tracking each inhalation and exhalation as you just observe the flow and ebb of your breath without attempting to alter or regulate it. Simply

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acknowledge the situation and return your focus to your breathing when your thoughts stray from it. Novice meditators often find this seemingly easy practice to be quite challenging.

An endless stream of diverting thoughts arises, including discomfort, boredom, fantasies, memories from the past, plans for the future, and thoughts about your partner, boss, job, vacation, and what has to be done next. It feels like our ideas have a life of their own and come to us in an unending torrent that is hard to stop, even for a little while.

The goal of practicing mindfulness is to develop qualities like acceptance, letting go, patience, beginner's mind—an open mind that "is willing to see everything for the first time"—non-judgment, and beginner's mind. When these are incorporated into daily life, even in tiny doses, they raise one's overall degree of mindfulness.

Additionally, developing the habit of frequent meditation will assist in kicking bad habits that damage one's life, such as drug and alcohol abuse, smoking, and asthma.

In terms of psychology, meditation greatly aids in the reduction of psychopathological issues such as stress, anxiety, and depression. In fact, in raising self-esteem, emotional regulation, and attentiveness as well as in decreasing irritation and moodiness. Additionally, they mentioned that incorporating Vipassana meditation into daily life can improve positive psychological traits including morality, creativity, intelligence, and memory.

LIFE SATISFACTION

A person's perception of their life and its experiences is known as their life satisfaction. A person's accomplishments in various areas of life are used to gauge their level of life satisfaction. It covers things like learning new skills, interacting with others, building relationships, having a stable job, having experience, and living in a certain area. Each of these elements affects how satisfied a person is with their life. Contentment is a mental state. The extent to which an individual feels satisfied with the general quality of their life is known as life satisfaction.

QUALITY OF LIFE

A "quality of life" is defined as: 1) having the things that are seen to be essential for a good life, and 2) living a good life. Only the former connotation is relevant when discussing it in terms of society. Even someone who is well-known, wealthy, and influential might have mental health issues. However, it is also possible for someone who is impoverished, helpless, and alone to be flourishing both physically and intellectually.

Quality of life pertains to an individual's general well-being within society. It seeks to empower people to select their ideal off-styles and accomplish their goals. It focuses on a person's material resources that are at their disposal. It speaks to the circumstances, views, and living circumstances of the individual; social and economic circumstances have a significant impact on an individual's quality of life. Life is a hard and complicated web of internal and external conflicts. The mental and emotional attitudes that lead to external and bodily disruptions need to be recognised.

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The modern educational system is confined to classrooms with four walls, where students can only learn at a study table. The goal of the educational system should be to help pupils develop holistically, which encompasses the physical, psychological, emotional, and spiritual growth of the person who will become a contributing member of society and a productive citizen. The current generation is expected to lead the way, so there is a pressing need to expand education to give them the experiences that will improve their quality of life and life satisfaction and ensure their personal development in order to achieve better social and sustainable development.

Additionally, improving life on a humanistic level and discovering one's purpose in life require reflection and self-analysis. The Vipassana is a meditation technique that helps one accomplish these greater goals in life. developed a strong belief that Vipassana significantly changed students' sociocultural misbehaviour. The meditation techniques facilitate deeper psychological introspection, which in turn promotes good behavioural changes. At this point, it is worthwhile to investigate and conduct experiments in order to objectively assess these changes.

In many respects, vipassana meditation is distinct. It is a free, age-old, nonreligious, nonprofessional, ethical, and global psychology of spiritual growth. Its foundation is systematic, on going, objective self-observation at the level of sensations. This unique kind of observation stimulates the formation of multilevel systems across all the facets of an individual's personality. Vipassana's distinctive contribution to mental wellness stems in part from its array of psychological actions. The body's biology and molecules are altered by vipassana meditation. At the psychological level, it has a significant impact. Moreover, Vipassana education is founded on values. It includes elements of cognitive-behavioral psychology, which promotes actively practicing the best approaches to problem-solving, social interaction, and civic engagement.

MAJOR FINDINGS OF THE STUDY

1. Following the Vipassana meditation intervention, it is discovered that the experimental group had greater overall life satisfaction than the control group.
2. Following the Vipassana meditation intervention, it is discovered that the experimental group had greater life satisfaction in the family domain when compared to the control group.
3. Following the Vipassana meditation intervention, the experimental group outperforms the control group in the friend's sphere of life satisfaction.
4. Following the Vipassana meditation intervention, the experimental group outperforms the control group in the school domain of life satisfaction.
5. Following the Vipassana meditation intervention, the experimental group outperforms the control group in the living environment domain of life satisfaction.
6. Following the Vipassana meditation intervention, the experimental group outperforms the control group in the self-domain of life satisfaction.
7. After the Vipassana meditation intervention, the experimental group's quality of life is shown to be higher than that of the control group.

CONCLUSIONS

1. The Vipassana meditation intervention has enhanced the life satisfaction.
2. The Vipassana meditation intervention has enhanced the quality of life.

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