

Influence of Meditation on Personality Development in Physical Education

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Introduction:

The great tragedy of the civilization is that it has improved the circumstances of man (living standard) but not man himself. The value systems are rapidly on decline and human life has already become so invaluable that ordinary deaths go unreported and catastrophes involving may be million people could just be considered as a matter of chance. It signifies a spell of horror to peace lovers. Will there be any virtues left. Will there be any joy, compassion, love or concern, Or is it going to be a just task oriented world There is no doubt that a new world is unfolding its different & never-ending layers of change, the full magnitude of which is impossible for us to comprehend. It seems that most of us are in a state of suffering, a little more or a little less, depending on our circumstances. Only the free-being is exempt from this suffering I introduced meditation as an intervention program to physical education for three months to see its effects on alienation, emotional quotient, depression, personality and locus of control.

The need of Meditation

If you look into the benefits that meditation brings into your life, we feel it is all the more relevant, all the more needed. In ancient times, meditation was used for enlightenment, to find the Self. And meditation is a way to get rid of misery, to overcome problems. Meditation has been the way to improve one's abilities. Leaving aside enlightenment, you see the social ills of today. The stress and tension call for one to meditate. The more responsibility you have in life, more is the need for meditation. If you have nothing to do, you may not need meditation as much - because you have nothing to do. The busier you are, the less time you have, more work you have, more desires you have, ambitions you have - all the more you need to be meditative. Because meditation not only relieves you of stress and strain, it enhances your abilities to face challenges. Meditation brings better health to us. Meditation is food for the soul. It is an energizer for the mind. It is a lifeline for the body. It keeps your body in shape, helps your nervous system, helps your mind, your alertness, improves your perception and helps you to express yourself properly. What more do you want! Everything has come! So the benefits of meditation are many basically, you can say if you want to be happy you need to meditate. Happy and healthy! If you want to be happy and healthy, you got to be meditative.

Breath-based meditation like Sudarshan Kriya *and* yogic breathing can help promote self-awareness and relaxation. They also have the potential to support better integration of the brain with other organs. This can lead to enhanced human performance. Meditation helps develop emotional regulation. It improves your response to stress and anxiety and helps control depression. It can help reduce stress by keeping you in the present moment. After all, only when you rue the past and worry about the future are you anxious.

Meditation leads to enhanced sensory perception. By shutting out everything external for a short while, you start experiencing with an enhanced awareness. Studies have shown that the benefits of meditation last longer than the time you spend for meditation.

Personality:

Personality is viewed as the qualities observed in the adjustments of the individual to his environment, or the characteristic way in which responses to stimulating situations are made; or the habitual modes of behavior. There is organization in these qualities so that the same quality may be observed in the behavior of a given individual in making his adjustments. This definition must not be construed as only referring to the external behavior as an individual's personality. There are habits, attitudes, dispositions and internal drives which determine the characteristic of the adjustments. However, the external characteristics are emphasized because it is these which we see and which are interpreted to indicate the underlying personality. An Examination of the Relationship between Qigong Meditation and Personality Social Behavior and personality, 2004 by Leung, Yvonne, Signal, Anthony Qigong meditation is an ancient form of meditation that has been linked with various health benefits. We were interested in whether or not this form of meditation has a relationship with personality. To this end, we administered the Eysenck Personality Inventory (EPI) to eighty Qigong meditation practitioners and seventy-four non-practitioners. The results showed that the number of years of qigong practice was negatively correlated with neuroticism, but there was no relationship with extraversion. Even after controlling for age, gender, and education level, the practitioners were significantly less neurotic than the non-practitioners. The study of Qigong meditation and personality may lead to a greater understanding of the various disorders characterized by high neuroticism, and may provide a viable treatment option for long-term health.

The effects of Meditation:

The effects of Meditation: Meditation also produces a more active, willing and generous disposition. It quickens the life of faith, of love of God and our neighbor. It quickens our sense of duty and responsibility as men and above all, It follows that meditation influence to good, One man, after some weeks of practice, admits he no longer knows himself, and every one notices a change in his bearing and reaction. He is gentler, more understanding. He faces experience calmly. He is content; the pinpricks of life affect him less or not at all. He is in command of his own will and goes about his studies without fear. his whole development has been altered and he herself feels it steady from this arises an almost permanent condition of euphoria, of contentedness We feel that gentleness and sympathy come more readily you will not feel like venting your spleen on others as frequently as before. You will regret it all the more. You will make anger, but something will be telling you that this is not only bad but even useless and that it really is not worth the than others do, not only lying but all forms of duplicity and dissimulation. You will sense the more keenly what every is not genuine, and even what is merely conventional in speeches and words and also in attitudes that men think they can take up on order to edify but more often they take up last they should lose face.

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