



MEDITATION'S IMPACT ON STUDENT HOPE AND RESILIENCE

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Article Received on 18/05/2024

Article Revised on 08/06/2024

Article Accepted on 28/06/2024

ABSTRACT

Background: In the present time the students were having increasing stress levels to put up challenges of competition and getting pressurised to succeed. These stress-related issues can be handled very well with two main aspects and interventions such as hope and resilience. **Purpose:** In this research we are having objective to study the significance of goal-oriented meditation on resilience and hope amongst participants. **Methods:** In this study participants were chosen by using purposive sampling method from pharmacy college aged 17-19 years from Shirpur, Maharashtra, India. A before and after intervention study strategy was employed to examine the significance of goal-oriented meditation in hope and resilience. Data after intervention of 05 months were collected. **Statistical Analysis:** For analysing data Microsoft excel and suitable tools were utilised. **Results:** From our findings, it is presented that, hope and resilience increased in pre-intervention and post-intervention events. It can be stated that, there is a confident connection amongst hope and resilience. **Conclusion:** Based results we found, it was concluded that goal-oriented meditation effectively enhances hope and resilience among students.

1. INTRODUCTION

Meditation is a conventional practice that is rooted in ancient art and science. Its primary objective is to induce a state of profound relaxation in both the body and the mind. The cultivation of a meditative state is said to bring about emotions of tranquility and contentment, as evidenced by previous experiences. In today's world, students in India are always under stress, which makes them susceptible to depression and its myriad of symptoms. A rigorous curriculum, a lack of patience, an economic crisis, familial conflicts, parental expectations, and rat race competition are all examples of variables that may contribute to emotions of restlessness and anger. All these circumstances may also contribute to the fact that rat race competition is a component. The mental health of students, as well as their hope, resilience, and overall well-being, can be dramatically improved via the practice of meditation. According to the findings of several studies, attending meditation sessions can be beneficial for college students in terms of lowering their levels of stress and anxiety. (Lemay, 2019) (Munoz 2018) (Scheier 1985) It is possible to see the usefulness of goal-oriented meditation. The method of meditation that was utilized in this research was called goal-oriented meditation, and it was developed with the express purpose of assisting participants in accomplishing their objectives. A positive energy boost for the purpose of achieving a goal

can be achieved by concentrating one's attention on a certain point or target. It is possible for people to strengthen their resilience and hope for their goals via the practice of goal-oriented meditation. Hope and resilience are essential psychological characteristics that might act as a buffer against the negative effects of stress or adversity they encounter. A pleasant mental attitude that arises from anticipating that one's life or the world will be filled with happy events is what we mean when we talk about hope. When a crisis is going to happen, hope shines brighter than ever before and enables us to perceive new options that are innovative. In the historical literature of Hinduism, the concept of hope is discussed, along with the concepts of want and desire. The hope comprises imagining goals and looking forward to the formulation of a strategy and the subsequent implementation of that strategy to accomplish these goals. (Haglund 2007) The psychological or emotional capacity to deal with hardship, conflicts, failure, or even wonderful experiences is what we mean when we talk about someone being resilient. The ability to recover from difficult life conditions and prosper despite adversity is what we mean when we talk about resilience. (Stallard 2013) The primary objective of this research is to examine the impact that goal-oriented meditation has on students' levels of resilience and hope both before and after the intervention it was administered.

2. METHOD AND MATERIALS

2.1 Study design

The study employed a pre-post design to assess the impact of goal-oriented meditation on student resilience and hope.

2.2 Participants

The study included 32 female and 32 male pharmacy students, aged 17-19, from a rural - farming dependent background in Shirpur, Dist. Dhule, Maharashtra. A purposive sampling strategy was employed to choose potential participants.

2.3 Inclusion and Exclusion criteria

Preferably students of same age group and same class above 18 years. Students were excluded with health issues or not willing to participate.

2.4 Measurements

We are going to use Brief Resilience Scale, English version along with most related possible Marathi translation as shown in Figure N. 01, developed by Smith et al (2008), which is comprising 06 items. The range of responses for question 01, 03 and 05, as follows: Strongly Disagree (01), Disagree (02), Neutral (03), Agree (04), Strongly Agree (05). Other questions like 02, 04 and 06, having range of responses as follows: Strongly Disagree (05), Disagree (04), Neutral (03), Agree (02), Strongly Agree (01). Cronbach's α for the scale was 0.71. (Snyder 1994) (Luthans 2002)

1	I tend to bounce back quickly after hard times.	मला कठीण प्रसंगानंतर पटकन सावरता येते.
2	I have a hard time making it through stressful events.	तणावपूर्ण घटनांमुळे एकार्धी गोष्ट करणे मला काहीवेळा कठीण जाते .
3	It does not take me long to recover from a stressful event.	तणावपूर्ण प्रसंगातून सावरायला मला वेळ लागत नाही.
4	It is hard for me to snap back when something bad happens	जेव्हा काही वाईट घडते तेव्हा माझ्यासाठी लवकर सावरणे कठीण असते.
5	I usually come through difficult times with little trouble.	मी अचानक येणाऱ्या लहान सहान कठीण प्रसंगामुळेही थोडा विचलित होतो.
6	I tend to take a long time to get over setbacks in my life.	आयुष्यातील अडचणी सोडवण्यात मला बराच वेळ लागतो.

Figure N. 01: Brief Resilience Scale English and Marathi version (Smith 2008).

2.5 Adult hope scale

It is a 12-item measure developed by Snyder et al (1991) for finding a respondent's level of hope was. (Snyder 1991) The scale is divided into two subscales that comprise Snyder's cognitive model of hope: Agency (by summing items 2, 9, 10, and 12) and Pathways (derived by adding items 1, 4, 6, and 8). The 8-point Likert-type scale used for each question is answered using an as - 1 as Definitely False, 2 as Mostly False, 3 as Somewhat False, 4 as Slightly False, 5 as Slightly True, 6 as Somewhat True, 7 as Mostly True and 8 as Definitely True. Cronbach's α of this scale was 0.80.

2.6 Procedure of intervention

Goal-oriented meditation was used in this study, as an intervention technique. Some instructions were given to the participants as following - For seating *Sukhasan* (simple seating on the Earth) position is good and ease. First chant Shanti mantra. Take deep breath, while doing so, the chanting "Omkar" with clear voice and pronunciation will be done. Visualize the goal and perceive the achievement of the goal with closed eyes and a focused mind. Believe that you can achieve your goals and feel that you have a strong belief that one day you will achieve the goals you desire. In the last, take a

deep breath, rub your hands together and place them on face, then slowly open your eyes.

2.7 Duration of intervention study

The intervention was administered for 4 months from October 1, 2023, up to January 31, 2024. The informed consent was taken from participants. Scales like resilience and hope were used for data collection in before and after testing. Each session of approximately 9-12 minutes was taken before the commencement of formal routine theory lectures.

2.8 Data analysis

For the data analysis Wilcoxon Signed-Rank Test (online) method were used.

3. RESULTS AND ANALYSIS

In the analysis of tests, it is showed that in the first-year male participants, the post-test resilience values were significantly higher than the pre-test, $Z = -4.92$, $P < 0.0001$. While in the first-year female participants, post-test resilience values were significantly higher than the pre-test, $Z = -4.94$, $P < 0.0001$. The in the second-year male participants, post-test resilience values were significantly higher than the pre-test, $Z = -4.88$, $P < 0.0001$. While in the second-year female participants,

post-test resilience values were significantly higher than the pre-test, $Z = -4.92$, $P < 0.0001$. From the data and values, we got in this study, we can say that goal-oriented meditation is significantly effective on resilience and hope. As previous research and studies suggests that meditation can increase hope by reducing stress. (Munoz 2018) After a four-month follow-up test, participants' hope and resilience were found to have increased. Previous investigation has shown that hope and resilience lead to upbeat physical and mental health in adults, and this study supports this. (Snyder 1991) Meditation improves endurance by sustaining resilience. (Boccia 2015) The Resilience and Hope program interventions in college have also shown positive physical and mental outcomes. (Scheier 1985) From this it can be presumed that flexibility and optimism can be strengthened through regular meditation practice. This research has far-reaching implications for psychological well-being. So, it has a wider impact on mental health.

4. DISCUSSION/ANALYSIS

Meditation enhances physical, mental, and emotional health, inner calm, resilience, and world connection. Meditation may improve all aspects of life with practice and patience. Meditation helps the mind focus and redirect thoughts, fostering calm, mindfulness, and relaxation. Spiritual and religious traditions have practiced it for thousands of years, and secular practitioners enjoy its mental, emotional, and physical health benefits.^[10] While discussing to real life practitioner and trainer of Meditation we found some interesting facts like –

- 1) Meditation has several approaches. Focusing on the breath, body, or thoughts without judgment, meditate on compassion, love, and goodwill toward oneself and others, Mantra, or sound-induced relaxation, teacher-led etc.
- 2) Meditation reduces stress and anxiety, improves focus, attention, and concentration, and better mental health and resilience, Fitter heart and lower blood pressure better sleep, self-awareness, self-compassion, chronic pain management, and alleviation.
- 3) In many meditations it is needed to become mindfulness, openness, curiosity, and present acceptance. This will let you observe thoughts, emotions, and sensations without getting caught up.
- 4) Meditation requires practice and discipline. Start with 5–10-minute sessions and build up. A few minutes of daily meditation may help, but consistency is key.
- 5) Meditation involves bringing attention and presence to all aspects of life, not only sitting on a cushion.
- 6) Awareness to eating, walking, and working, also creates focused view on assimilation in routine.
- 7) Any age or experience can practice without equipment or resources. A quiet place and awareness are enough.

Hope is an essential and transformative force that helps people get through hard times, fosters resilience and personal development, and motivates people to work together for a better future. It serves as a lighthouse in the darkness, pointing humanity in the direction of more opportunities. There are some key aspects of hope visualize – Adaptive Function, Coping Mechanism, Cultivation, Empowerment, Endurance, Motivation, Positive Expectation, Psychological Well-being, Resilience, and Social Connection. Being resilient means not only surviving adversity but also growing, learning from it, and even succeeding in the face of it. Resilience is an adaptable quality with many facets that can be developed and reinforced with practice. People can overcome adversity and come out stronger and more resilient on the other side through a combination of psychological, social, and emotional factors. There are some key aspects of resilience like Adaptability, Boundary Setting, Emotional Regulation, Learning and Growth, Perseverance, Positive Outlook, Problem-Solving Skills, Self-Confidence, Sense of Purpose, and Social Support.

CONCLUSION

From this research it can be concluded that meditation has a great effect on human qualities such as energy and optimism. Therefore, it can become a new example of how to understand the use of activities to relieve human emotional pain, make people happy and improve their lives.

ACKNOWLEDGEMENTS

The authors are thankful to Dr. S. J. Surana, Principal, R.C. Patel Institute of Pharmaceutical Education and Research Shirpur, Dist. Dhule (MS) India- 425 405 for providing necessary library facilities. The authors are also thankful to Dr. N. G. Haswani, Principal, R.C. Patel Institute of Pharmacy, Shirpur, Dist. Dhule (MS) India- 425 405

Authorship contribution

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Dr. Pankaj G. Jain: Conceptualization, Methodology, validity, Formal analysis, Investigation, Data curation, Writing – original draft, review and editing, Visualization, Project administration.

Funding: Not applicable.

Conflict of interest: Authors declare that there is not any conflict of interest.

Declaration: It is an original data and has neither been sent elsewhere nor published anywhere.

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