

Effect of Meditation on Self Confidence of Student- Teachers in Relation to Gender and Religion

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Abstract

The aim of present study was to find out effect of *Shaktipat* meditation on self-confidence of student-teachers. An experiment was conducted on 152 student-teachers of B. Ed. Course on the basis of non-randomized control group pre-test post-test design. Self Confidence Inventory (1987) developed by Rekha Agnihotry, Raven's Standard Progressive matrices (2000 ed.) were used for data collection. Analysis by ANCOVA showed that *Shaktipat* Meditation was an effective practice to improve self-confidence. Further, gender was found to be significantly effect self confidence whereas religion not. Both male and female (gender); and both Hindu and Sikhs (religion) student- teachers have equally benefited from meditation when pre- self confidence and general intelligence were statistically controlled.

Key Words: Shaktipat meditation, Self Confidence, Student-teachers

Introduction

Literally meaning of *Shaktipat* is “establishing power or energy in its actual place. It is fluctuating energy level, which is responsible for varying physical and mental states. The body's energy centers are called *Chakras*. There are seven major *Chakras* which reside along the spine and the head i.e. *Mooladhara, Swadishtan, Manipura, Anahata, Vishuddh, Ajna and Shahasrara*. Energy flows from the bottom to the top through the inter-mediate *Chakras*. Due to gravitational pull of the earth, flow of energy in most of human beings is downward. Spiritual teacher helps to change the flow of energy, from downward to upward, (by deep breathing techniques) which brings positive cognitive and affective changes in personality of meditator.

Effective classroom teaching depends upon mainly three C's i.e. content mastery, communication effectiveness and confidence on self.

The self is a composite of a person's thoughts and feelings, strivings and hopes, fears and fantasies, his views of what he is, what he has been, what he might become, and his attitudes pertaining to his worth. Self-confidence is a positive attitude of oneself towards one's self-concept. It is an attribute of perceived self. Self-confidence refers to a person's perceived ability to tackle situations successfully without leaning on others and to have a positive self-evaluation. In the words of *Basavanna (1975)* “self confidence refers to an individual's perceived ability to act effectively in a situation to overcome obstacles and to get things go all right”.

Regarding effect of meditation *Aron et al. (1981)* found that participation in transcendental meditation classes produced significant increases on intelligence and increased social self-confidence, sociability, general psychological health, and social maturity. *Brown et al. (1993)* reported that students who meditated or who meditated and exercised had significantly greater inner-directedness than did those who only