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## A Comparative study of self-esteem between meditation practitioners and non-practitioners of senior citizen

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### Abstract

The purpose of the study was to compare the self-esteem between the Meditation practitioners and Non-practitioners. For this purpose 30 (thirty) male subjects of each group were selected. The age of the subjects were ranged between 50 to 60 years. SECS Self-Esteem Questionnaire developed by Lilburn S. Barksdale of California was used to assess the self-esteem of Meditation Practitioners and Non-practitioners. To find out the significant difference between the means of the two groups independent 't' test was used and the hypothesis was tested at .05 level of confidence. The findings of statistical analysis revealed that there was significant mean difference between the Meditation practitioners and non-practitioners in Self-Esteem, because the calculated t-ratio value of 8.49 is greater than the tabulated t-value of 2.0021 at 0.05 level of confidence for the 58 degrees of freedom. It was also learnt from the findings that the mean value of Non-Practitioners' self-Esteem was higher than that of Meditation Practitioners. Under the limitations and findings of this study it seems reasonably fair to conclude that Non-Meditation practitioners have higher self-esteem compared to regular Meditation practitioners who possessed lower self-esteem.

**Keywords:** Self-esteem, Meditation

### Introduction

Self-esteem is a term utilized in brain research to mirror an individual's general assessment or evaluation of his or her own value. Self-esteem incorporates convictions (for instance, "I am competent" or "I am incompetent") and feelings, for example, triumph, depression, pride and disgrace. An individual's Self-esteem might be reflected in their conduct, for example, in emphaticness, modesty, certainty or alert. Equivalent words or close equivalent words of confidence include: self-esteem, self-respect, dignity, self-esteem (which can express hints of self-advancement), and self-respectability.

Meditation is a holistic discipline through which the practitioner trains his or her mind in order to realize some benefit such as development in Concentration, Self-respect, Self-consciousness and Self-esteem.

Meditation is commonly an emotional, individual encounter and frequently managed with no outer inclusion. Meditation periodically includes conjuring and developing an inclination or inner state, for example, sympathy, or taking care of some point of convergence, and so on. The term can allude to the way toward achieving this state, just as to the state itself.

There are hundreds of specific types of meditation. The word, 'meditation,' means many things dependent upon the context of its use. People practice meditation for many reasons within the context of their culture. Meditation is a component of many religions, and has been practiced since antiquity, especially by monastics. To date, the exact mechanism at work in meditation remains unclear. As the researcher practice Yoga since his early childhood and experienced its wonderful effect on his health and mind, it is obvious to come his mind to study the effects of Yoga scientifically. Hence, the present study was stated as "Comparative Study of Self-esteem between the Meditation Practitioners and Non-practitioners."

### Method

#### Participants

Subjects for the present study were 30 male Meditation practitioners and 30 male Non-practitioners of Jalgaon (MS).

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The age of Subjects were ranged between 50 to 60 years. The subjects were selected by adopting purposive sampling method.

**Tool**

To measure self-esteem index SECS Self-Esteem Questionnaire developed by Lilburn S. Barksdale of California was used.

**Findings**

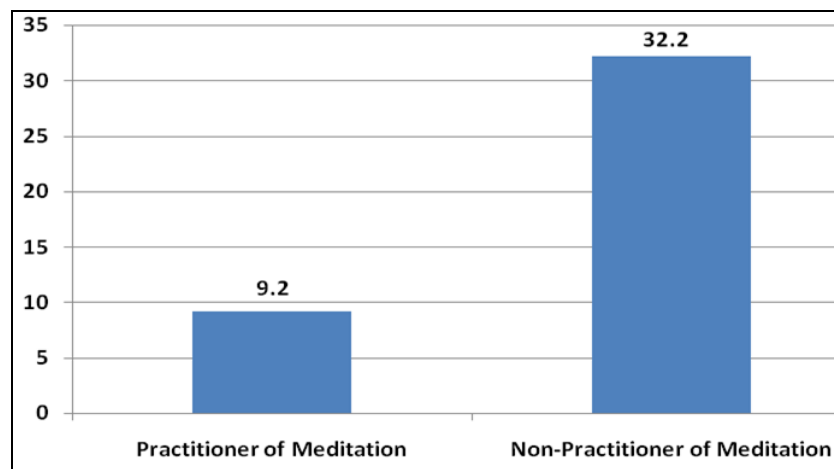
To find out the significant difference between the means of the two groups independent ‘t’ test was used and the

hypothesis was tested at .05 level of confidence. The finding of the statistical analysis revealed that there was significant difference in Self-Esteem between the Meditation Practitioners and Non-practitioners because the calculated t-ratio value of 8.42 is greater than the tabulated t-value of 2.0021 at 0.05 level of confidence for the 58 degrees of freedom, it has been shown in the following table. It is also learnt from the findings that the mean value of Non-Practitioners’ self-Esteem was higher than that of Meditation Practitioners. The difference of mean values has been graphically depicted in Figure - 1.

**Table I:** Summary of Mean, Standard Deviation and ‘t’-ratio for Self-Esteem of Meditation Practitioners and Non-Practitioners

Group	Mean	S.D	M.D	S.E	t-ratio
Meditation Practitioners	9.2	12.11	23	2.72	8.42*
Non-Practitioners of Meditation	32.2	8.60			

\* Significant at .05 level of confidence.  
Tabulated t.05 (58) = 2.0021



**Fig 1:** Showing Mean difference between the Meditation Practitioners and Non-Practitioners in Self Esteem

**Discussion of Findings**

The findings of statistical analysis shows that the Non-Practitioners’ self-Esteem was higher than that of Meditation Practitioners. The reason for such difference may be attributed to the fact that Meditation practitioners were selected as subjects for this study from various religious institutions where they use to teach and practice Meditation regularly. By doing so the meditation practitioners become dependent on Almighty and thus their inner potentiality is just suppressed. They just belief that God is the generator, operator, director and human beings are nothing. It may be because of this fact Meditation practitioners were found lower Self-Esteem compare to Non-Practitioners.

**Conclusion**

Considering the limitations and findings of this study it seems reasonably fair to conclude that there was significant difference in the self-esteem of Meditation practitioners and non-practitioners and it is also concluded that Non-Meditation practitioners have higher self-esteem compared to regular Meditation practitioners who possessed lower self-esteem.

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