

Improvement in Stress Maintenance with Meditation among Medical Students

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Abstract

Introduction: Emerging studies on the management and resolution of stress is still bringing more attention to our day today life. Even though here we are categorising the group as medical students for the successful outcome and for the relevant practice further helpful in the current world. The light of this study brings back the traditional way of meditation through the Zazen way of the buddist meditation ,Its both an art of practice joined with the calm and peace zen presented to the subjects involved in study .To the fact a relaxed mind can make more fruitful outputs as well a balanced and stabled mental status. For this Experimental study I have chosen 10 students from my current medical college; TEXILA AMERICAN UNIVERSITY. Here this study made more relevant with excellent results which helped the students also focus more and improve their academic performance at the end of the experiment. Thus this stress maintenance concept by meditation experimental research indeed paves a great way for the solution of the stress related consequences that generally conflicting among medical students.

Aims and objectives: The aim of this study is to prove the fact that “meditation will help medical students in the management of stress”.

Materials and methodology: Presented by PROSPECTIVE COHORT STUDY typed Research. More accuracy powered by necessary procedures as well proper measures.

In making the experimental research procedure, selected 10 students from MD-4 Class of Texila American university.

The randomly selected individuals then put for first screening with a survey of HADS (Hospital Anxiety and Depression Scale) before the beginning of meditation

Then the experiment group started the medication practice (as zazen meditation) from the date 15/03/2018 morning 5. 30 am to 6.30 am. Also in evening 6 pmto7pm. Likewise two hours a day till 15/05/2018 as a span of 3 months.

Recorded the responses at the end of 3rd month with again another survey of HADS as after meditation to compare and arrive at the best appreciated results of this experimental study.

Results: The 10 subjects chosen done two times survey of HADS; before and after the zen meditation Where before meditation and after meditation anxiety compared, we got the p value, $p = <0.0001$ with extremely high significant and t test result of 6.225 with 18 degrees of freedom .Adding to then, we checked and tabulated for depression before and after meditation which showed as p value, $p = <0.0001$ again extremely significant with a t test value of 7.411 with 18 degree of freedom. Thereby the p values and paired t test done been shown as extremely significance of zazen meditations in stress maintenance with anxiety and depression lowered among the medical students.

Conclusion: There is a significant effect with the practice of zazen meditation among medical students in stress maintenance. Results of improvement help to understand the fact that in the hectic life of the modern world, meditation has a great impact in balancing our mind by lowering the anxiety and depression.

Keywords: Zen meditation, anxiety, depression.