



Meditation: A Key to Enhanced Performance at School



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Introduction

Meditation can be defined as a set of techniques that are intended to encourage an increase in state of awareness and focus the attention. It is done as yoga which is also a consciousness changing technique that has been shown to have a wide number of benefits on psychological well being.

Meditation these days is used for relaxation and stress reduction. It is considered a type of mind-body complementary medicine due to the fact that it can produce a deep state of relaxation and a tranquil mind.

During meditation, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress. This process may result in enhanced physical and emotional well-being.

Due to many researches it is seen that many people meditate for body, mind and emotional health. Some medical practitioners tend to recommend their patients to meditate because studies show that stress leads to many illnesses hence the patients are advised to meditate so as to reduce stress levels, decrease heart rate and enhance body immune which shows how advantageous meditation is.

This dissertation aims to understand and explain how exactly meditation can be applied in schools so as to enhance the performance of students. Due to the fact that a lot of students go through various situations which destroy their motivation of learning by inflicting stress or mental unstableness.

Method

In order to gather data about the project, the suitable methods of data collection used were interviews and observation. A group of 20 students were taken and interviewed so as to obtain those particular students required for the experiment that is those who were undergoing any type of mental stress. Where by 11 out of the 20 students were obtained.

After obtaining the particular students we asked them if they know anything about meditation and we found out that none of them knew anything about it. Afterwards we took the rest 9 students who were seen to have not undergoing mental stress and interviewed them about what they know concerning meditation and found out that none of them also know anything about it.

We then gathered the nine students again and gave them all knowledge and information they required on medication and influence them into engaging in it and even planned a special timetable for them to carry out meditation during the morning before class hours. After letting them engage in meditation we started observing any effects that oh card to them after a period of 4 months. We gathered our data by comparing the difference of certain aspects like behaviour discipline and motivation of the ones who engaged in meditation and rest who did not engage in meditation.

The methods we used were preferably the best to use in such experiment because the first thing to do was to gain more knowledge about our sample students so as to carry on with the experiment and by observation it was easy for us to see or recognize the day to day changes that occurred to the ones who meditated and gain accurate data about them.

Results

After carrying out surveys on the changes brought about by frequent meditating. In order to obtain data the only way was to assess their academic valuations because it was not possible to get numbers by using disciplinary over views .

Hence, for us to gather the data required we carried out a number of tests to the 20 students involved in our research so as to gain the comparisons between them therefore understanding the effect of meditation by accurate data.

The following are two different tables showing the results of the students :

As seen by the two tables above it is observed that there is a variation between the results because in table 1 the results are seen to be varying but in a positive flow (it increases throughout the course) but in table 2 the results don't seem to be constant in a positive or increasing way.

Hopefully the data Obtained was positive because positive changes were observed to the 11 students that had been undergoing meditation for about 4 months. These students started to develop new behaviours such as determination and learning and even some became more social though being anti social before. The characteristics and behaviours they developed were significant towards their discipline and academic.

As per the organized and constructed research problem which is " Does meditation bring about any effect towards the performance of students? "It was found that the data obtained related correspondingly with the research problem because of how it changed the 11 student's motivational aspects and disciplinary aspects while nothing of such happened to the others who were not meditating (no changes occurred to the ones that didn't meditate) It means that the data obtained had proven that meditation is very useful and rather a solution towards enhancing a student's performance. Because if such changes happened in just 4 months, it is easy to imagine the great effects it will bring in more time of consistent meditation.

Conclusions

Based on the research, conclusion is that meditation has many scientifically proven benefits to both physical and mental health well being. There is also room for application of meditation to many other educational organizations and even at home as a technique of overcoming different obstacles in a student's academic journey. The findings regarding effectiveness of meditation at school should be further researched, as there are many more applications of this knowledge.

Due to the fact that this research gained data on effectiveness of meditation for short term meditators more research should also be conducted to find out effectiveness of long term meditators and even samples sizes in these future research projects should include more people for more reliable information.

To sum up all that has been stated before on how the research problem which is "Does meditation bring about any effect towards the performance of students?" Had been proven to be somewhat correct by the data which was obtained after a thorough investigation and observation on the students. It is clearly observed that these findings can be of significant use because if meditation will be implemented and executed well, Due to the data obtained it will bring about a great change to performance at school.

Acknowledgments

We wish to express our sincere gratitude to Mr. Herbert Kimbandwa our guiding teacher for providing us with all the necessary equipment and supporting our cause from start to finish.

We wish to thank our headmaster for supporting our cause by allowing us to participate in such event.

We also wish to think all those who have been involved in our project such as the sample students and many more.

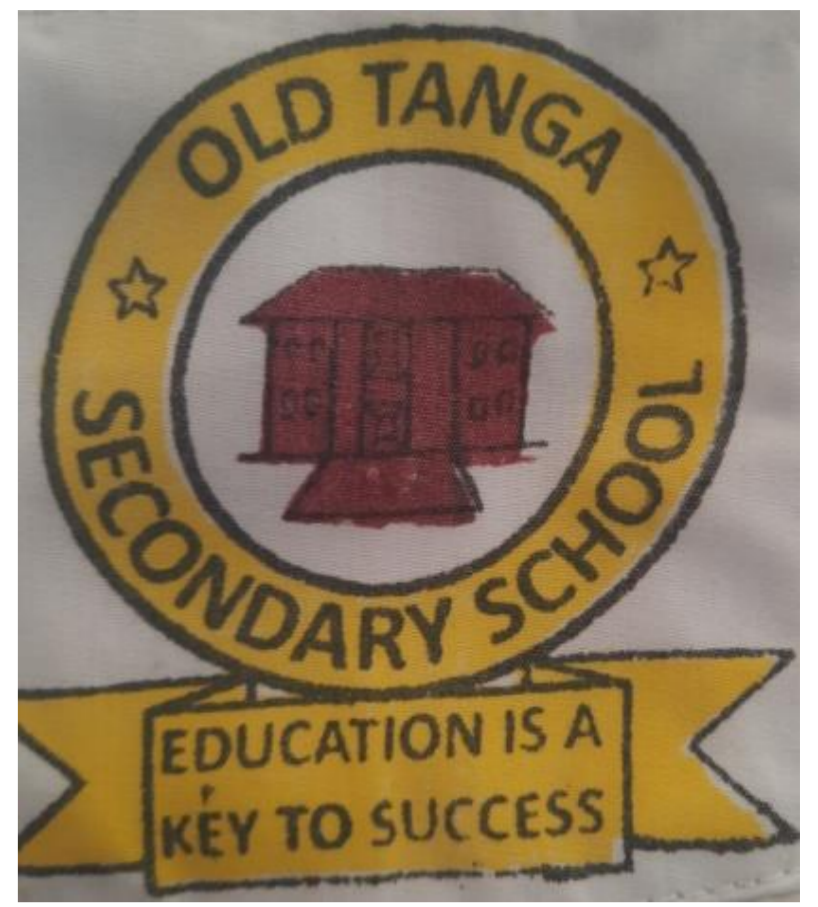


TABLE OF RESULTS						
PARTICIPANTS	MARKS IN WEEK 1	MARKS IN WEEK 2	MARKS IN WEEK 3	MARKS IN WEEK 4	MARKS IN WEEK 5	AVERAGE MARKS
1	34	42	39	58	71	49
2	19	31	42	47	52	38
3	7	15	31	30	43	25
4	20	30	38	45	53	37
5	15	19	29	39	48	30
6	31	47	52	57	66	51
7	29	37	49	51	64	46
8	20	32	43	47	59	40
9	36	43	57	69	74	56
10	9	21	19	36	40	25
11	14	20	39	45	56	35

THE ABOVE ARE RESULTS OF STUDENTS WHO ENGAGED IN MEDITATION

TABLE OF RESULTS						
PARTICIPANTS	MARKS IN WEEK 1	MARKS IN WEEK 2	MARKS IN WEEK 3	MARKS IN WEEK 4	MARKS IN WEEK 5	AVERAGE MARKS
1	49	54	50	61	65	56
2	24	30	21	39	44	32
3	37	31	45	47	50	42
4	43	48	54	49	56	50
5	32	20	29	37	46	33
6	19	25	30	26	29	26
7	30	35	45	40	43	39
8	41	44	39	50	58	46
9	39	46	35	47	49	43

THE ABOVE ARE RESULTS OF STUDENTS WHO DID NOT ENGAGE IN MEDITATION