

Effect of Meditation on Anticipation Ability

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Abstract

The aim of the study was to study the effect of meditation on anticipation. Meditation is a subjective thing. There are several definitions and explanations of meditation. People use different techniques to achieve different goals through meditation. The word "meditation" means to think, think or consider something. Later, people started to use this word in reference to the spiritual practices followed by the Eastern world. Buddhists use the word "dhyana", which is equivalent to meditation. Now, it has been confirmed that meditation in its sense and perspective is equivalent to the Christian term "contemplation". There have been hundreds of studies on the effects of meditation on human physiology and very few studies on psychomotor variables. Research results indicate that meditation provides benefits at multiple levels of life, simultaneously with body, emotions, mental functioning, and relationships. For the purposes of this study the anticipation capacity is concerned with voluntary human movement which is observable. Fifty students were randomly selected as subjects. The age of the subjects ranged from 21 to 30 years. Subjects were randomly assigned to the experimental and control groups; each group consists of twenty-five students. The study was conducted over a period of eight weeks. The present study examined EEG changes during meditation. The research paradigm involved 15 to 20 minutes of meditation, during which subjects were asked to close their eyes and take over their normal meditation practice. The experimental group was given meditation during the morning session and no meditation training was given to the control group. Each subject in the experimental group learned meditation. Data on anticipation ability was collected before and after meditation training to measure the effect. Data were analyzed using analysis of covariance at a significance level of 0.05. Further analysis of the covariance results revealed the insignificant difference (2.45) found in anticipation ability. These results suggest that meditation has an insignificant effect of meditation on anticipation.

Keywords: Meditation, Anticipation capacity and Psychomotor variables.

Introduction

Different activities have different levels of requirements for an individual's muscle capacity, and there is sufficient evidence that after several years of specific training, people will develop a lot of muscle strength and endurance related to their area of work, training, so they are better than inactive or the untrained people who are more capable of doing this task. In order to make the differences in human performance capabilities, not only arouses the interest of people, but also the hope that they can be reliably replicated and generalized, beyond the scope of a laboratory environment isolated and narrow. In this study, we worked hard to investigate one of these factors in human performance, arm stability. Stability is an important part of skills that require aiming and general stillness, like shooting, pistol shooting, archery, or

darts. Arm-hand stability refers to the ability to hold the arm and hand in a specific position within a relatively short period of time. It is a psychomotor phenomenon. As a psychomotor process, it depends not only on the muscle quality of the individual, but also on their mental ability to focus on the goal. There are many factors that determine the stability of a person's arm, such as gender.

Purpose: To measure anticipation ability.

Instruments: Basin Anticipation Timer (MEDICAID BT-505)

The description:

Switch on the machine. A red L.E.D. on one side of the L.E.D. illuminates the track and illuminates the line display on the equipment. Set the wake-up time by turning the wake-up time knob. Adjust the speed of the L.E.D. on by turning the speed control knob. Reset the time to 0.0000 by pressing the reset switch. Now press the investigator's start switch. The subject received the alarm signal in the form of both sound and yellow light on the track. The alarm remained on until the

alarm time ended. Once the alarm was over, the LED light started working as soon as it touched the LED mark with the arrow by pressing the stop switch on the instrument or the remote switch. The time displayed in milliseconds with early or late display. The clock beeps until the subject presses the stop switch or the researcher presses the reset switch.

Scoring: Three trials were allowed for each subject and the averages of the three times were taken as an individual score.

The Experimental Procedure

The investigation lasted eight weeks. The subjects were collected in the room six days a week. Two groups of twenty-five subjects each were randomized, namely an experimental group and a control group. The experimental group meditated during the morning session and no meditation training was given to the control group. The teacher briefly introduced the technique of concentration meditation in the experimental group. The subjects in the experimental group practiced 15 to 20 minutes of concentrated meditation in a meditative position with their eyes closed each day.

Collection of Data

The data on Anticipation ability was collected before and after meditational training to measure the effect Electroencephalograph: To record electrical signals of the brain.

Statistical Analysis

The Analysis of Co-Variance was employed to determine whether the experimental treatment had significance effect on the experimental group in contrast to control group.

Result

Table 1

Effect of Meditation on Psychomotor Variables

Dependent Variable		Sum of Squares	df	Mean Square	F	P value
Anticipation Ability Post	Between	.438	1	.438	2.45	.125
	Error	7.157	40	.179		

*Significant at 0.05 level
F_{0.05} (1, 40) = 4.10

Table 1 reveals that there was insignificant difference in Anticipation Ability between experimental and control groups as calculated value (2.450) lower than the tabulated value (.125) at 0.05 level of significance.

Discussion Of The Study

The present study also showed an insignificant effect of meditation on depth perception and anticipation ability, and did not support the above studies, the conflicting result could be due to the fact that perceptual abilities, which are the component of psychomotor variables. Perceptual abilities are really inextricably linked to motor movements. They help students to interpret stimuli so that they can adapt to their environment. Higher motor activities depend on the development of perception. They include kinesthetic discrimination, visual discrimination, auditory discrimination and the coordination abilities of the eyes and hands, eyes and feet. In the present study, training was only related to meditation without any involvement in movement.

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