

Evaluate The Effectiveness of Mindful Meditation on Stress Reduction Among High School Teachers Working in Selected High Schools of Hubballi

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ABSTRACT

Background of the study: stress is a critical issue in the educational field today. The effects of teacher stress are well documented in the literature. High stress levels impact teacher well-being and classroom climate. A wide body of research literature has documented the benefits of mindful meditation practices, which include stress reduction, slower reactivity to potentially stressful events, better awareness, clarity of mind and relaxation. Mindful meditation intervention for teachers shows promise for increasing positive classroom climate and decreasing teacher stress. Mindful meditation could serve to help teachers and others to reduce their stress through the improvement of their stress management skills.

Objectives: To assess the level of stress among the high school teachers before the practice of mindful meditation by perceived stress scale. To assess the effectiveness of mindful meditation on stress reduction among highschool teachers. To find out the association between the level of stress with their selected socio demographic variables.

Methodology: An evaluative study was conducted among 50 high school teachers working at KLES' M. R. Sakhare English medium school. Hubballi. Samples were selected using probability simple random sampling technique. Pre-experimental; one

group pre-test, post-test research design was used for the study. Data was collected by modified perceived stress scale. Data analysis was done using descriptive and inferential statistics.

Results: Overall result of the study revealed that out of 50 subjects, all of them in the pre-test 50 (100%) had moderate stress. In post-test, 17 (34%) had low level stress, 33 (66%) had moderate stress. The calculated paired 't' ($t_{Cal} = 9.95$) was greater than the tabulated value ($t_{tab} = 2.0096$). Hence, H₁ was accepted. This indicates that the reduction in level of stress was statistically significant at 0.05 level of significance. Therefore, the mindful meditation program was effective to reduce the stress level of subjects. There was no statistical association between pretest stress scores of subjects with their socio demographic variables

Conclusion: The study concluded that, the teachers are in sort of stress and mindful meditation training holds promise for the improvement of teaching and learning in schools by assisting teachers in managing job stress and feelings of burnout more effectively.

Key words: Stress, Mindful meditation, High school teachers, Perceived stress scale.

INTRODUCTION

Teacher stress is a critical issue in the educational field today. The effects of teacher stress are well documented in the

literature. High stress levels impact teacher well-being and classroom climate. A wide body of research literature has documented the benefits of mindful meditation practices, which include stress reduction, slower reactivity to potentially stressful events, better awareness, clarity of mind and relaxation. Mindful meditation intervention for teachers shows promise for increasing positive classroom climate and decreasing teacher stress. Mindful meditation could serve to help teachers and others to

reduce their stress through the improvement of their stress management skills.

SUMMARY OF METHODS:

Research approach: Evaluative Research Approach.

Research design: Pre-experimental; one group pre-test, post-test design.

Research setting: KLES’ M. R. Sakhare English Medium School. Hubballi. Dist. Dharwad

Table 1: Symbolic representation of pre-experimental; one group pre-test, post- test design.

GROUP	PRE-TEST	INTERVENTION	POST-TEST
High schoolteachers	O1	X	O2

O1 : Assessment of Stress through modified perceived stress scale by conducting pre-test.

X : Administration of Mindful Meditation.

O2 : Assessment of Stress through modified perceived stress scale by conducting post-test.

The variables for present study were:

Independent variable: Mindful meditation

Dependent variables : Level of stress among High school teachers.

Attribute variables : Age, gender, education, income, marital status, family type, number of children, years of teaching experience and early experience of practice of meditation.

Population:

Target Population: High School teachers

Accessible Population: High School Teachers of KLES’ M. R. Sakhare English Medium School. Hubballi.

Sample and Sampling Technique:

Sample: High School Teachers of KLES’ M. R. Sakhare English Medium School. Hubballi.

Sampling technique: Probability, Simple random sampling technique.

Sample size: 50

Criteria for selection of samples:

The criteria for selection of samples in this study involves:

Inclusion criteria:

- Teachers who were working in selected high schools.
- Teachers who were available at the time of data collection
- Both male and female teachers were included

Exclusion criteria:

- Teachers who were not willing to participate.
- Teachers who were not present/ on leave at the time of study.

Selection and development of the tool:

Based on the objectives of the study and research problem, a modified perceived stress scale was prepared by the researcher for the present study. The tool was formulated on the basis of the experience of the investigator, review of literature, extensive library search and consultation with experts.

The tool selected for the study was consisting two sections:

Section I: Socio demographic data Section

II: Modified perceived stress scale

Section I: Socio demographic data section consists of 09 items such as age in years, gender, education, income, marital status,

family type, number of children, years of teaching experience and early experience of practice of meditation.

Section II: Modified perceived stress scale consists of 14 items. There are five alternate answers from which the participant had to choose one alternate by marking (✓) against it. (The total score ranges from 14 to 70). All the items are scored as 1, 2, 3, 4 and 5 score for never, almost never, sometimes, fairly often and very often respectively. Item number 7-14 are Positive statements and for them scores will be reversed (Ex: 1=5, 2=4, 3=3, 4=2, 5=1). And finally, all item scores are added up for total score. Individual scores on the Modified perceived stress scale can range from 14 to 70 with higher scores indicating higher perceived stress.

Stress Score	Level of stress
14-24	Low level stress
25-49	Moderate level stress
50-70	High level stress

Table 2: Schedule of Data Collection

Group	Pre-test	Mindful Meditation	Post-test
High school teachers	05-02-2024	05-02-2024 to 12-02-2024	12-02-2024

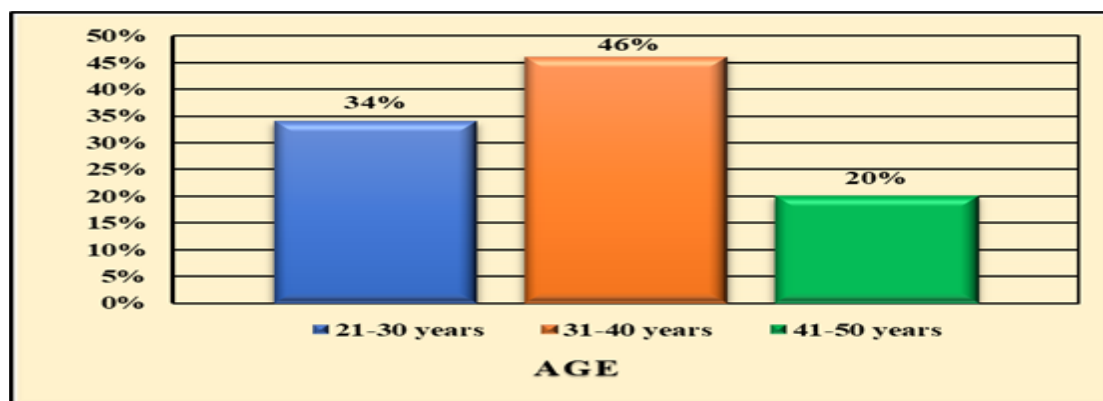
DETAILED ANALYSIS OF RESULTS:
Findings related to socio-demographic variables of subjects

TableNo:3 reveals that

- Majority of the subjects 23 (46%) were in the age group of 31-40 years where as 17 (34%) were in the age group of 21-30 years and 10(20%) were in the age group of 41-50years.

- Majority of the subjects 44 (88%) were females and 06 (12%) were males.
- Majority of the subject's education 35 (70%) were graduates, 13 (26%) were postgraduates and 02(04%) were having other education.
- Most of them 41 (82%) were having monthly income less than Rs.15,000 and only 09 (18%) having monthly income Rs. 15,000-25,000.
- Majority of the subjects 33(66%) were married and 16(32%) were bachelors/spinsters whereas 01 (02%) was divorcee/separated.
- With regard to type of family, majority of subjects 32 (64%) belonged to nuclearfamily,18 (36%) belonged to joint family.
- With regard of number of children, majority of subjects 29 (58%) were having 1-2children and 21 (42%) were not having children.
- Majority of the subjects 23 (46%) were having 5-10 years of teaching experience and 15 (30%) were having less than 5 years of teaching experience where as 12(24%) were having more than10 years of teaching experience.
- With regard of previous experience of practice of meditation, majority of subjects30 (60%) had no experience, 16 (32%) were occasionally practicing whereas 04(08%) were practicing regularly.

GRAPHICAL REPRESENTATION OF SOCIO DEMOGRAPHIC VARIABLES.



Graph1: The column diagram represents percentage distribution of subjects according to age.

Analysis and interpretation of stress scores of subjects who have participated in the study regarding effectiveness of meditation on stress reduction.

Table No 4: Mean, Median, Mode, Standard Deviation and Range of stress scores of subjects. n=50

Area of analysis	Mean	Median	Mode	Standard deviation	Range
Pre-test	38.5	38	43	4.47	19
Post-test	29.34	30	24	4.88	16
Difference	9.16	08	19	0.41	03

Table No 4: reveals that that the pre-test mean stress score was 38.50, median 38, mode 43, standard deviation 4.47 and range 19. Whereas the post-test, mean stress score was 29.34, median 30, mode 24, standard deviation 4.88 and range 16. The overall difference in mean stress score was 9.16,

median 08, mode 19, standard deviation 0.41 and range 03.

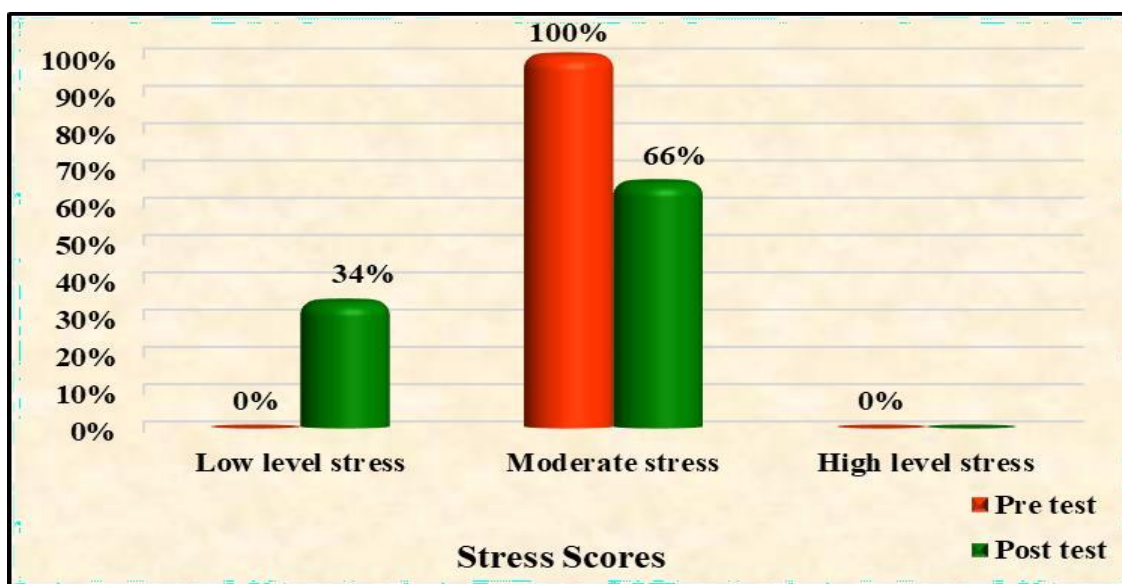
Analysis and interpretation of knowledge scores of first year GNM students regarding Body mechanics.

Table No 5: Frequency and percentage distribution of stress scores. n=50

Level of Stress	Pre-test		Post-test	
	Frequency(f)	Percentage (%)	Frequency(f)	Percentage (%)
Low level stress (14-24)	00	00	17	34%
Moderate Stress (25-49)	50	100%	33	66%
Severe stress (50--70)	00	00	00	00

Table No 5: shows that distribution of level of stress of high school teachers during pre-test and post-test. All of the subjects in the

pre-test 50 (100%) had moderate stress. In post-test, 17(34%) had low level stress, 33 (66%) had moderate stress.



Graph 10: The cylinder diagram represents percentage distribution of subjects according to stress scores.

Analysis and interpretation of data to find out an Association between pre- test stress scores of subjects and selected socio demographic variables.

With Regards To Statistical Association Between Pre Test stress Score And Selected Socio Demographic Variables, There Is No

Association Between Pretest Stress Scores Of Subjects With Their Demographic Hence H2 was not accepted.

CONCLUSIONS

Majority of the subjects 23 (46%) were in the age group of 31-40 years where as 17

(34%) were in the age group of 21-30 years and 10 (20%) were in the age group of 41-50 years. Majority of the subjects 44 (88%) were females and 06 (12%) were males. Majority of the subject's 35 (70%) were graduates, 13 (26%) were post graduates and 02 (04%) were having other education. Most of them 41 (82%) were having monthly income less than 15000/- and only 09 (18%) having monthly income 15000/- to 25000/-. Majority of the subjects 33 (66%) were married and 16 (32%) were bachelors/spinsters whereas 01 (02%) was divorcee/separated. With regard to type of family, majority of subjects 32 (64%) belonged to nuclear family, 18 (36%) belonged to joint family. With regard of number of children, majority of subjects 29 (58%) were having 1-2 children and 21 (42%) were not having children. Majority of the subjects 23 (46%) were having 5-10 years of teaching experience and 15 (30%) were having less than 5 years of teaching experience whereas 12 (24%) were having more than 10 years of teaching experience. With regard of previous experience of practice of meditation, majority of subjects 30 (60%) had no experience, 16 (32%) were occasionally practicing whereas 04 (08%) were practicing regularly. In the pre-test 50 (100%) had moderate stress. In post-test, 17 (34%) had low level stress, 33 (66%) had moderate stress. Comparison of pre-test and post-test stress scores among high school teachers of KLES' M. R. Sakhare English medium school, Hubballi revealed that the post-test stress score was significantly lower than the pre-test knowledge scores which proved that the mindful meditation program was effective in reducing the stress. The calculated paired 't' ($t_{cal} = 9.95$) was greater than the tabulated value ($t_{tab} = 2.0096$). Hence The study concluded that mind full meditation was effective in reducing the stress among the high school teachers.

Declaration by Authors

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Conflict of Interest: The authors declare no conflict of interest.

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