
INCORPORATION OF MEDITATION IN PHYSICAL EDUCATION

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ABSTRACT

There is growing interest in the incorporation of meditation into higher Education as a Physical Education activity. This paper reviews the use of meditation to facilitate the achievement of traditional educational goals, to help support student mental health under academic stress, and to enhance education of the "whole person." This paper describes, how the meditation may help to foster important cognitive skills of attention and information processing, as well as help to build stress resilience and adaptive interpersonal capacities. This paper also offers directions for future research, highlighting the importance of theory-based investigations, and the study of best practices for teaching meditation in physical education activity.

Key Words: Meditation, spiritual advantages.

Introduction

A balanced physical education program provides each student with an opportunity to develop into a physically-educated person; one who learns skills necessary to perform a variety of physical activities, is physically fit, participates regularly in physical activity, knows the benefits from involvement in physical activity and it's contributions to a healthy lifestyle.

For all students to become physically and mentally educated, education should be so designed for all students with special consideration for students who need help the most, less skilled students and students with disabilities. Students who are skilled and blessed with innate ability have many opportunities to learn. All students must feel successful if they are expected to enjoy and value physical activity. Activity is the basis of the program and offers opportunities for repetition and refinement of physical skills. Activities are success oriented so students are motivated to continue.

Meditation has been worked into almost every spiritual belief and religious practice in the

world though it takes many forms and is done in a variety of different ways. Meditation has been an age old practice in Asian countries. Driving its roots from the Latin word 'Meditatio' which means "All types of mental or physical exercise". The meaning of meditation has also evolved through the years. Today a lot of scientific research has shown that meditation can support our health extremely well and effectively. Meditation is both an ancient spiritual practice and a contemporary mind-body technique for relaxing the body and calming the body. The history of meditation has proven that, the practice of the mind and body can help a person in a multitude of ways. It is a practice that helps people achieve balance both mentally and physically as well as emotionally. Ever since, the history of meditation has inspired a lot of people to increase their level of conscious awareness by becoming aware of their spirituality as well as enhance the power of their minds and improve their health.

Meditation Techniques

Meditation relaxation techniques are essential to our peaceful and healthy survival. Simple meditation relaxation techniques can be integrated into our already existing daily routine. During a relaxation exercise (such as progressive muscle relaxation, visualization, meditation or another relaxation technique) muscle tension decreases, blood pressure goes down, the mind becomes calm, and the harmful effects of prolonged stress are eliminated.

Concentrative Meditation	Mindfulness Meditation
Disciplined, single-pointed focus of attention.	Opening and expanding to an awareness of thoughts and feelings as they pass through the mind, but not focusing on a single purpose.
Attention is focused in a non analytical, unemotional way, with the intent to directly experience the object of meditation. Meditator may focus attention on breath	Involves three core elements: <i>intention, attention, and attitude</i> <ul style="list-style-type: none"> • Intention involves consciously and purposefully regulating attention. • Attention is the ability to sustain Attention in the present moment without interpretation, discrimination or evaluation • Attitude is a frame of mind brought to mindfulness meditation; commonly described as openness, acceptance, or non judgmentality.
Like the zoom lens on a camera.	Like the wide angle lens on a camera.

There are two major forms of meditation :

Concentrative meditation and Mindfulness mediation :

Concentration meditation focuses on a person's breathing as well as on a single object. A sound Mindfulness meditation encourages a person to pay attention to all of the feelings and sensations they are feeling, but to feel them remotely.

Breathing

Breathing techniques or exercises are the simplest path to inner calm. Breathing is one function that is controlled by both the voluntary and involuntary nervous system, forming a bridge between our inner and outer selves.

VARIOUS TYPES OF MEDIATION

WORLDWIDE:

- Sitting meditation (Zazen), walking meditation (Kinhin) Breathing meditation (Pranayama).
- Mantra Meditation, Vipassana meditation, kundalini meditation, Yantra meditation, Chakra meditation.
- Sirananda meditation, Patanjali meditate Transcendental meditation., Nadabrahm meditation.
- Vipassana, Samatha, zazen, kinhin, Simran, Hong Sau, Surat shabd yoga, Baguazhang, Pa Kua Chang.

Effects of meditation

Meditation is a mind-body practice. The desired purpose of each meditation technique is to channel our awareness into a more positive by totally transforming one's state of mind. To meditate is to turn inwards, to concentrate on the inner self. Meditation allows all this activity to settle down, and often results in the mind becoming more peaceful, calm and focused. In essence,

meditation allows the awareness to become recharged.

Today the entire world is rising to the power of meditation, because effects meditation come in many different forms from the psychological effects of meditation to the Physiological effects of meditation. The various effects of meditation are quite extensive in range. Meditation has long been thought to have beneficial spiritual significance

1) PHYSICAL ADVANTAGES OF MEDITATION :

- Meditation reduces high blood pressure.
- It stabilizes the autonomous nervous system.
- It reduces the heart beat.
- Cardiovascular affectivity goes up.
- The endocrine function is heightened.
- Flexibility & muscles increases.
- The intake of oxygen gets stronger.
- Body, posture is improved.
- Strength and resistance increase.
- Breathing effectively increases.

2) BENIFITS OF MEDITATION IN ACADEMIC ACHIVEMENT

- Meditation may improve ability to maintain preparedness and orient attention.
- Meditation may improve ability to process information quickly and accurately.
- Concentration-based meditation, practiced over a long-term, may have a positive impact on academic achievement of students

3) PHYSIOLOGICAL BENEFITS OF MEDITATION :

- Meditation decreases the metabolic rate lowers the heard rate.
- Meditation reduces high blood pressure.

- Reduced levels of cortical and lactate two chemicals associated with stress.
- Meditation has been found to help Asthma Patients, improved flow of air to the lungs which leads to easier breathing.
- Meditation seems to slow down the aging process.

4) PSYCHOLOGICAL BENEFITS & MEDITATION :

- Meditation increases the coherence & brain have pattern.
- It helps to decrease anxiety, depression, Meditation, irritability and moodiness.
- Meditation improves memory and learning ability.
- Meditation increases emotional stability, feelings of vitality and happiness.
- Meditation increases self actualization.
- It strengthens the feeling of self realization.

5) SPIRITUAL ADVANTAGES & MEDITATING :

- It strengthens people's contact with subconscious feelings and thoughts.
- It strengthens the feeling of closeness to nature and to your surroundings.
- It makes more awake and it gives more inner strength.
- It increases our inner peace and calmness.
- In increases our self confidence.
- Meditating means developing our personality from outside to inside.
- It strengthens our ability to control our emotions.
- People practice meditation for a number of health related purposes. In meditation, a person learns to focus attention.

- Some forms of meditation instruct the practitioner to become mindful of thoughts, feelings, and sensations and to observe them in a nonjudgmental way. This practice is believed to result in a state of greater calmness and physical relaxation and psychological balance.
- Although a considerable amount of the effects of meditation are reported to be positive. Meditation is considered to be safe for healthy people. But if practiced unproperly, can lead to considerable psychological and physiological problems so individuals with existing mental or physical health conditions should speak with their health care providers prior to starting a meditative practice and make their meditation instructor aware of their condition.

Conclusions

The applications of meditation in physical education are potentially broad, affecting

cognitive, emotional, and interpersonal domains. Study reviewed here suggests that meditation can have a positive impact on academic performance, psychological well-being, and interpersonal experience for students in college, and other higher education institutes. While there is a growing body of research to support these findings, there is a need for thoughtful, well-designed research to guide educators in incorporating meditative and other contemplative practices into the academy. Building on the extant literature, theory-driven investigation can begin to ask more precise questions such as:

- How do we best incorporate meditation into Physical education?
- What outcome measures and methodologies most effectively capture the multidimensional effects of meditation?
- What are the processes underlying the effects of various meditative practices?

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