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RESEARCH ARTICLE

INFLUENCE OF JYOTI (LIGHT) MEDITATION ON INTELLIGENCE OF SCHOOL STUDENTS

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Abstract

Purpose: The purpose of the studies, is to find out the effects of Jyoti meditation on intelligence of school students.

Materials and Methods: In this study total of Forty (40) subjects (agesranging from 12 to 14 years) were selected by random sampling technique. after the pre-test, all the subjects were scattered into two equal groups i.e., the Experimental Group (n=20) and Control Group (n=20). The Control Group received no training at all whereas the Experimental Group participated in a Six (6) week Jyoti meditation training programme. Pre-test and post-test were applied to get the data from both groups.

Statistical technique: For the analysis of data statistical Mean, Standard Deviation and 'T'-test were used. The level of significance was set at 0.05.

Results: The test findings showed the significant ratio value for selected variables in the Experimental Group. The findings of the study revealed that the Six (6) weeks of Jyoti meditation training is very beneficial to increase the intelligence of the school students.

Conclusion: Lastly, I concluded that the Jyoti meditation training programme significant effect on the intelligence of school students (Boy & Girl).

Introduction:-

Like centring prayer, Jyoti meditation is a spiritually based meditation practice. Jyoti (which means "light" in Sanskrit) meditation is a nonreligious beginner's meditation developed by the Science of Spirituality, an organization dedicated to expanding the use of meditation for personal transformation. Jyoti meditation was developed to demonstrate to beginners the simplicity and beauty of meditation. Practitioners of Jyoti meditation report experiencing joy, bliss, peace, love, and greater physical and psychological health because of their practice.[1]Although the research on Jyoti meditation is limited, the procedure is similar to the widely researched transcendental meditation and the Christian devotional meditation, centring prayer. Jyoti meditation practitioners select a mantra that has spiritual significance (e.g., some name of God with which they feel comfortable). Jyoti meditation focuses attention on internal experiences.[2]

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A more limited definition of intelligence might be the ability to gain knowledge and understanding and apply it in various novel situations. It is this capacity, or aptitude, that allows the person to deal with actual circumstances and benefit cognitively from sensory experience. An intelligence test is made to formally examine, under testing circumstances, how well a person can adapt to a certain scenario. The IQ test, sometimes known as the intelligence quotient exam, is the most well-known of the numerous techniques that claim to gauge intellect. Many psychologists that develop these tests view intelligence as a general skill that functions as a common element in a wide range of aptitudes.

Whilst many IQ tests measure a variety of different types of ability such as verbal, mathematical, spatial and reasoning skills, there is now a second school of thought in which it is believed that the earlier definitions of intelligence may be too simplistic. Intelligence is the aggregate mental capacity or energy of an individual to act purposefully, to think rationally, and to deal effectively with one's environment; Intelligence involves awareness, is goal-directed, and has value. It is an ability to undertake the activities that are difficult, complex, and which lead to the creation of something new and different, Intelligence of an individual place and important role in affecting physical performance. The more complex and the more interpretative the movement, the greater the amount of intelligence necessary to comprehend. Sports activities involve complex skilled action. Since all skilled behaviour is intelligent behaviour, the relationship between sports performance and intelligence cannot be denied.[3]

Intelligence has been shown to be associated with various health-related outcomes in several studies.[4,5,6,7,8,9,10]Intelligence is commonly defined as "a very general mentalcapability that, among other things, involves the ability to reason, plan, solve problems, think abstractly, comprehend complex ideas, learn quickly, and learn from experience".[11] However, opposing positions concerning the theoretical relationship between working memory and IQ. An alternative justification is that working memory shares psychometric properties with IQ.[12]In A cross-sectional study done on medical students using a structured questionnaire derived from I Q test.com. found that most of the medical students had near-average intelligence (88.3%) and students with near-average IQ worked hard and their academic performance was similar to students with higher IQ.[13] Given the inconsistent findings and the potential importance of clarifying the role of breakfast and breakfast composition on post-mealbehaviours (i.e., appetite and cognitive performance), future work controlling for these methodological shortcomings is warranted.[14]Breastfeeding is related to improved performance in intelligence tests. A randomised trial also observed a positive effect of breastfeeding on cognition. This suggests that the association is causal.[15]

Light Meditation(Jyoti), Universality of Light:Jyoti Meditation is a powerful form of meditation that harnesses the power of a flame's light beams. Even with our eyes closed, if we concentrate on the flame for a set amount of time, we can feel it inside of us. Our bodies are warmed and illuminated by this energy. It eliminates the gloom that our bodies harbour when we have jealousy, rage, desire, or depressive thoughts. With consistent practice, one can feel the light expanding to fill the entire body and awaken all of the senses.

Describe Jyoti meditation as the most effective and universal form of meditation. It is advised to be done before down in the early hours. In order to purify and drive away evil, this method essentially depicts the movement of a Jyoti (flame) first inside of our bodies and then later outside, toward the rest of the world. This method, together with repeating the Lord's name, is an excellent initial step in the direction of spiritual development. This meditation session must be carried out at a reasonable pace to provide the practitioner enough time to imagine the flame's movement and other details. To reap the most benefits from meditation, more sessions might be scheduled.[16]Meditation is a proven means for stilling the mind, encouraging mindfulness,and providing optimum conditions for generative thinking and reflection. This paper aims to encourage more experimentation and research into meditative practice with children.[17]Meditation led to a relative overestimation of durations. Within an internal clock framework, a change in attentional resources can produce longer perceived durations. This meditative effect has wider implications for the use of mindfulness as an everyday practice and a basis for clinical treatment.[18]

Objective of the study:-

To find out the any effect of Jyoti meditation on intelligence of school students.

Methodology:-

In this chapter, the procedure for sources of data, selection of subjects, criterion measures, test administration, experimental design, training program and data collection are described.

Selection of subjects:
Subjects for this study were selected from Panchal high school, Bankura, West Bengal, India. Total Forty (N=40) boys and girls in the age range of 12 to 14 years from class 8th and 9th were selected for this present study.

Collection of Data:
Data were collected from Panchal High School campus, Bankura, West Bengal, India. The researcher explained the subjects in details regarding the testing procedure.

Criterion Measures:
For the present study, the researcher wanted to measure the intellectual ability of the students in secondary school student psychological test will be used and it will be measured by pre-test and post-test through the questionnaire.

Administration of test:
After the selection of the subjects from Panchal High School of Bankura, West Bengal, India, the researcher will administer of psychological test to measure the intelligence out of thirty (30) marks through the questionnaire of the school students (boys & girls) before and after Jyoti meditation training program of Six (6) weeks. Variables will be tested and measured through the standard procedure with the help of experts and under the direct supervision of the experimental researcher.

All the selected students were informed about the purpose of the study and verbal consent was taken. A structured questionnaire was derived from the IQ test.com, After this IQ test questionnaire was administered and the time taken by each individual to complete this questionnaire was recorded.[19]

Scoring:
The scoring of IQ level is given below, Scores between 27-30 Very highly exceptional 24-26 High expert 21-23 Expert 19-20 Very high average 17-18 High average 13-16 Middle average 10-12 Low average 6-9 Borderline low 3-5 Low 0-2 Very low.

Experimental Design:
For the present study,Forty (40) boys and girl's students will be selected randomly from Panchal High School of Bankura, West Bengal, India. Their age ranged from 12 to 14 years. The subjects will take 20 boys and 20 girls students. 10 boys and 10 girls are under experimental groups will be asked to practice the selected Jyoti meditation program for Six (6) days a week for Forty-five (45) minutes each day, for the period of Six (6) weeks under the direct supervision of the experimenter. The control group did not practice any specific training during the period of Six (6) weeks.

Table-1:- Jyoti Meditation Training Schedule for 1 to 6 Weeks.

Exercise	**Time**	**Venue**	**Pre-Meditation activity**	**1st& 2nd week**	**3rd & 4th week**	**5th& 6th week**	**Relaxation**
Jyoti meditation	7.30 AM To 8.15 AM	Panchal High School	Warming-up "Physically", Attention,Concentration and focus maintenance "Lecture method" (Week, 1st& 2nd 15 minutes; Week, 3rd & 4th10m; Week, 5th& 6th5m).	4 Repetition (25m)	6 Repetition (30m)	8 Repetition (35m)	After the meditation "Savasana" (5m)

Note: 15 seconds rest after one repetition.

Collection of data:
To find out the effect of Jyoti meditation on intelligence of the school students the data were collected through the administration of psychological test on selected variables before and after the training program of Six (6) weeks and data were collected through standard procedure.

Result And Discussion:-

To find out the effect of endurance training on Jyoti meditation of boys and girls students the data were collected through the administration of intelligence test before and after the Six (6) weeks training programme. The collected data were analyzed by employed 't' test statistical technique.

Interpretation of Data:

All the data pertaining to the present study were examined by employing 't' test to find out whether any significant difference between the means of pre and post-testscores of the two groups before and after the period of Six (6) weeks of the training programme. The collected data of this study were tabulated in different tables for the statistical treatment. To see any significant difference 0.05 level of confidence was used.

The following notations were used for all the subsequent tables for elaborations. N, Number of the subjects in a group; M, Mean of the group; MD, Mean difference between pre and post-scores; SD, Standard Deviation; t, t-ratio.

Table-2:- Mean and S.D. between the pre-test and post-test scores of the experimental group on the intelligence test (boys group).

Group	Test	N	Mean	S.D.	M.D.	df	't'-value	P- value
Experimental Group	Pre-Test	10	11.3	1.94	3.8	18	5.85	P < .00001
	Post-test	10	15.1	1.66				

Significant at .05 level of confidence.
Table value .05. (18, 2.10)

Table no -2 reveals that the mean of the pre-test and post-test experimental group are 11.3 and 15.1, and their calculated 't' value is 5.85 which is greater than that of the tabulated value of 2.10 at 0.05 level of confidence. It is indicated that there is significantdifference between the pre-test and post-test of the experiment group.

Therefore, it is indicated that there is a significant difference found before and after the Jyoti meditation training programmein the boy's experimental group. It was indicated that, before the Jyoti Meditation training program intelligence level was below.

Figure 1:- Graphical representation of the mean difference between the pre-test and post-test scores of the experimental group on intelligence test (boys group).

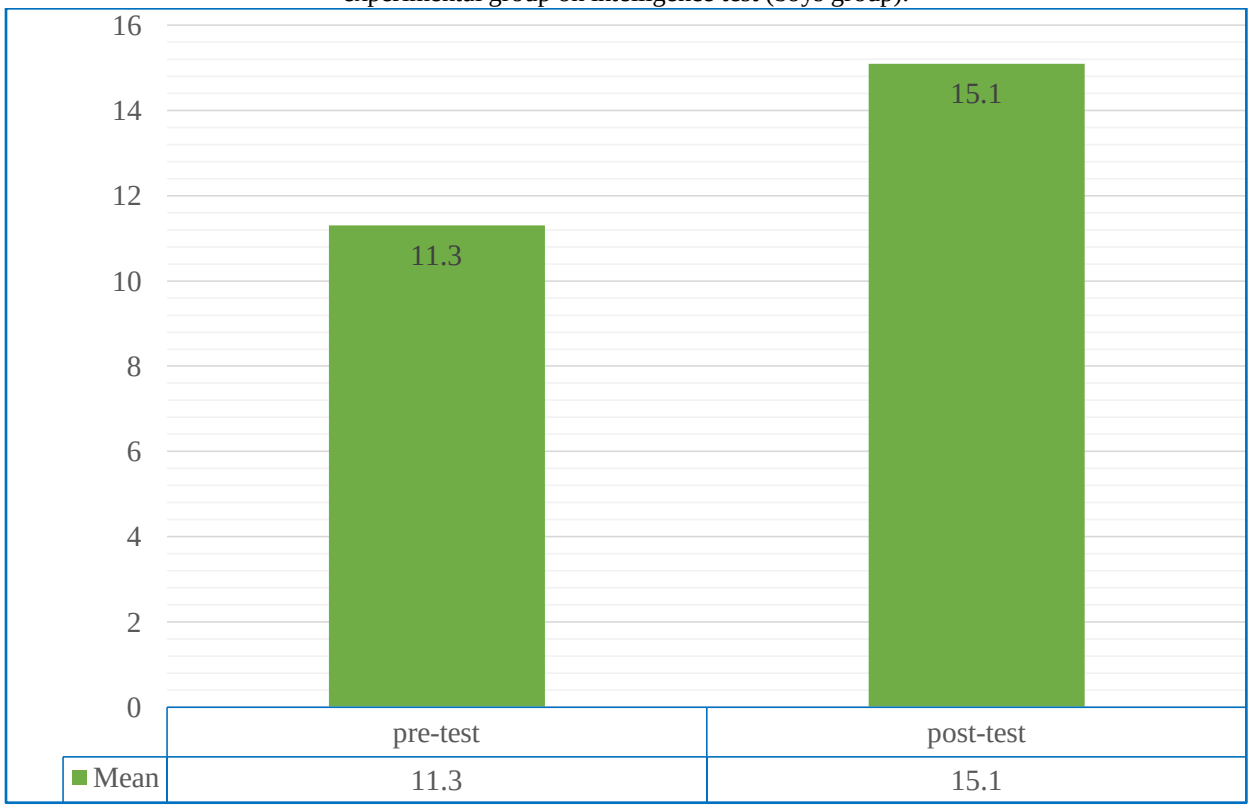

Table-3:-Mean and S.D. between the pre-test and post-test scores of the experimental group on intelligence test (girls group).

Group	Test	N	Mean	S.D.	M.D.	df	't' value	P- value
Experimental Group	Pre-Test	10	10.9	1.91	3.3	18	3.67	.000876
	Post-test	10	14.2	2.10				

Significant at .05 level of confidence.
Table value .05. (18, 2.10)

Table no- 3 reveals that the mean of the pre & post-test experimental groups is 10.9 and 14.2. Their calculated 't' value is 3.67 which is greater than that of the tabulated value of 2.10 at 0.05 level of confidence. It is indicating that there is significant of difference between the pre & post-test of the experiment group.

Therefore, it is indicated that there is significant difference found before and after the Jyoti meditation training programmein the girl's experimental group. It was indicated that, before the Jyoti Meditation training program intelligence level was below.

Figure 2:- Graphical representation of the mean difference between the pre-test and post-test scores of the experimental group on intelligence test (girls group).

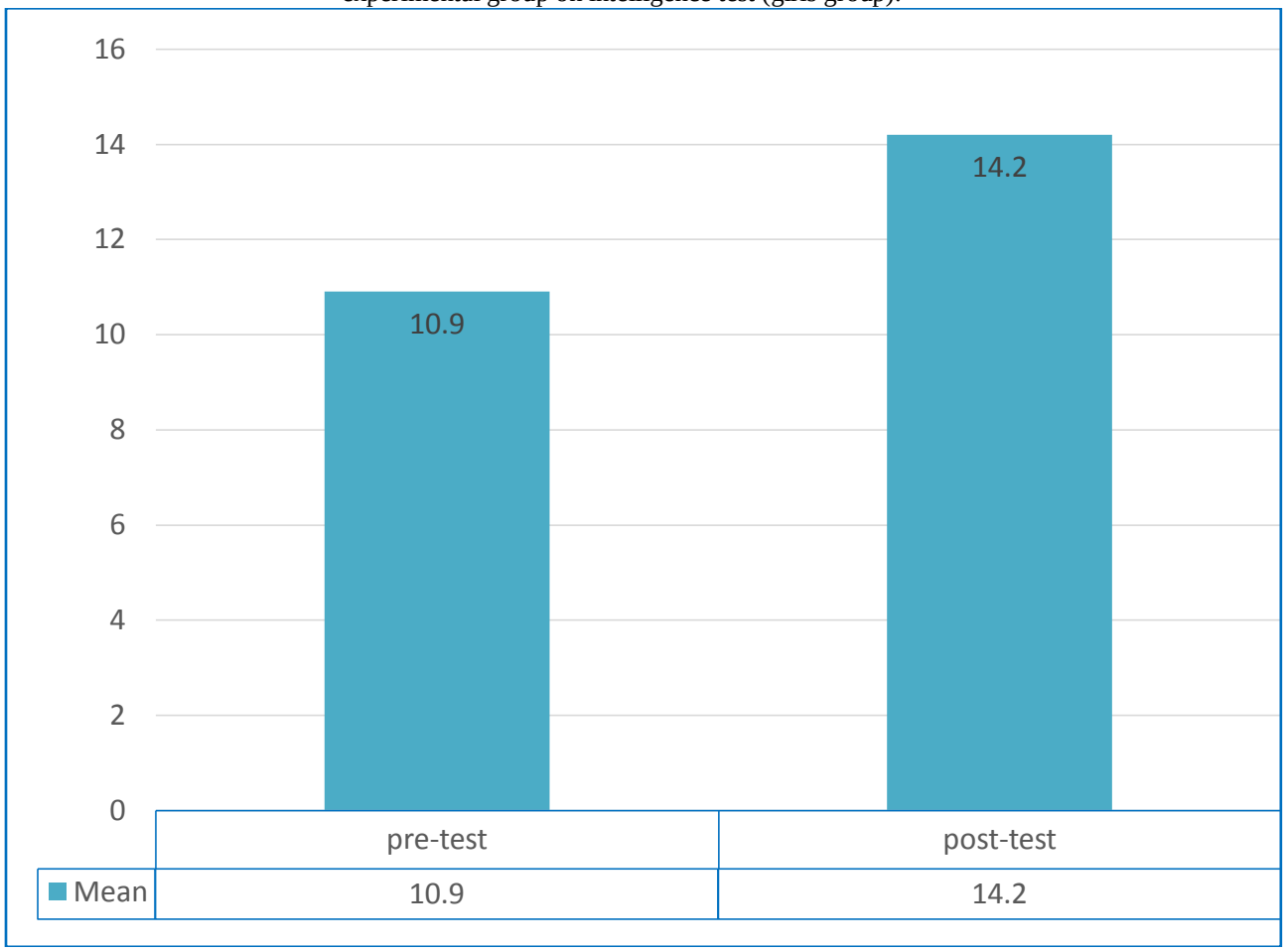

Table-4:-Mean and S.D. between the pre-test and post-test scores of the control group on intelligence test (boys group).

Group	Test	N	Mean	S.D.	M.D.	df	't' value	P- value
Control Group	Pre-test	10	11.1	1.79	0.5	18	.60	.277993
	Post-test	10	11.6	1.96				

Significant at .05 level of confidence.
Table value .05. (18, 2.10)

Table no- 4 reveals that the mean of the pre-test and post-test control groups are 11.1 and 11.6. their calculated' value is .60 which is smaller than that of the tabulated value of 2.10 at 0.05 level of confidence. It is indicates that there is no significant of difference between the pre-test and post-test of the control group.

Therefore, it is indicated that there is no significant difference found before and after the Jyoti meditation training programmein the control group. It was indicated that before training the intelligence of the group was at below level.

Figure 3:- Graphical representation of the mean difference between the pre-test and post-test scores of the control group on intelligence test (boys group).

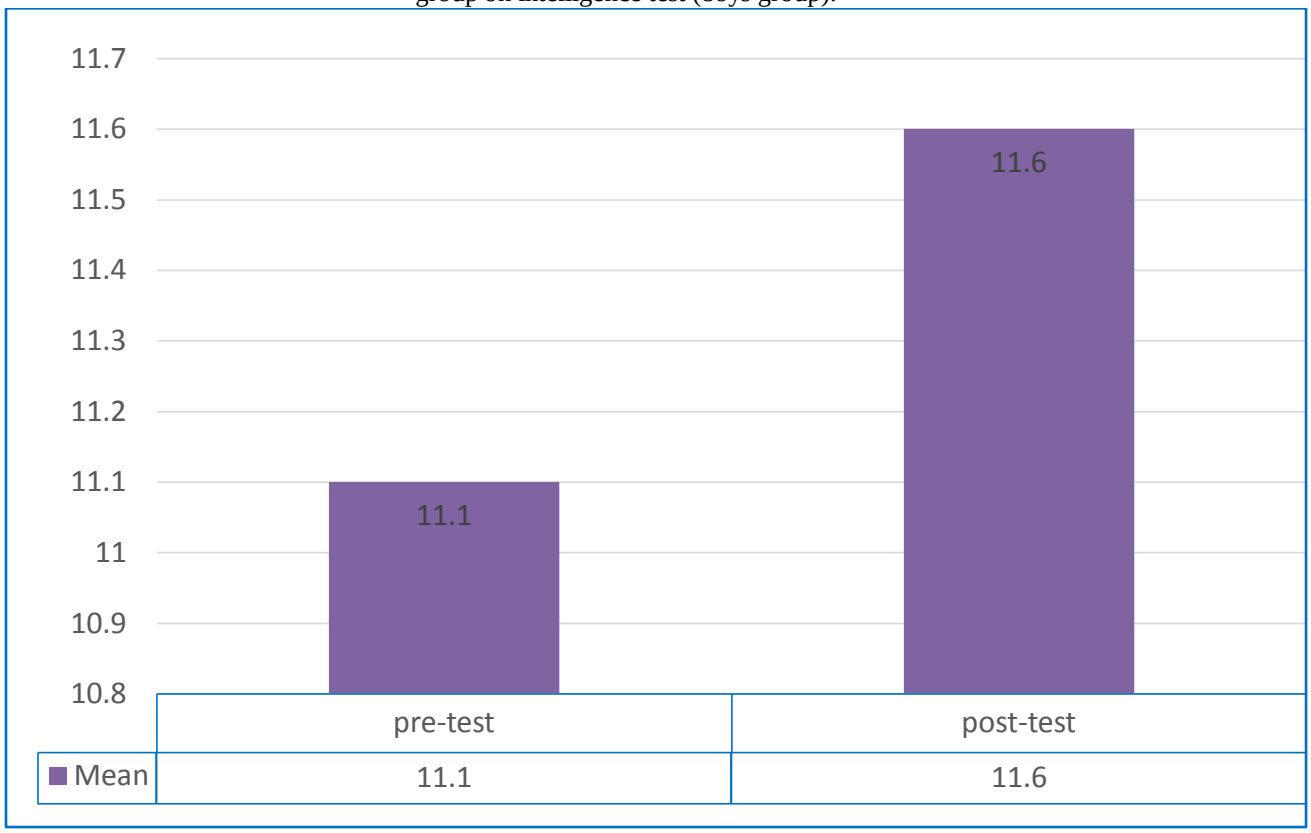

Table-5:- Mean and S.D. between the pre-test and post-test scores of control groups on intelligence test (girlsgroup).

Group	Test	N	Mean	S.D.	M.D.	df	't' value	P- value
Control Group	Pre-Test	10	10.5	1.50	.6	18	.95	.177347
	Post-test	10	11.1	1.29				

Significant at .05 level of confidence.
Table value .05. (18, 2.10)

Table no- 5 reveals that the mean of the pre-test and post-test experimental group are 10.5 and 11.1, and their calculated 't' value is .95 which is smaller than that of the tabulated value of 2.10 at 0.05 level of confidence. It is indicates that there is no significant of difference between the pre-test and post-test of the control group.

Therefore, it is indicated that there is no significant difference found before and after the Jyoti meditation training programmein the control group. It was indicated that before training the intelligence of the group was at below level.

Figure 4:- Graphical representation of the mean difference between the pre-test and post-test scores of the control group on intelligence test (girls group).

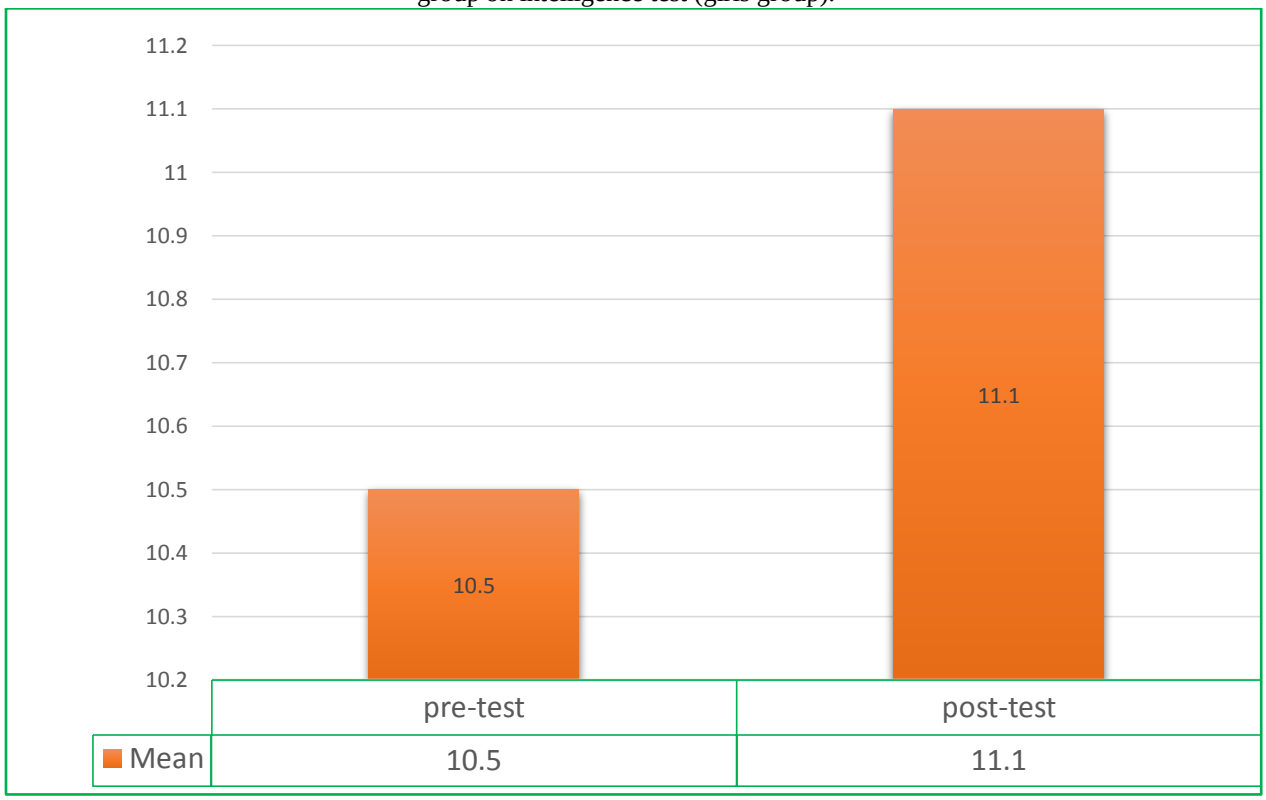

Table-6:-Mean and S.D. between the post-test scores of experimental and control groups on intelligence test (boys group).

Group	Test	N	Mean	S.D.	M.D	df	't' value	P- value
Experimental Group	Post-Test	10	15.1	1.66	3.5	18	4.32	.000206
Control Group	Post-Test	10	11.6	1.96				

Significant at .05 level of confidence.
Table value .05. (18, 2.10)

Table-7:-Mean and S.D. between the post-test scores of experimental and control groups on intelligence test (girls group).

Group	Test	N	Mean	S.D.	M.D	df	't' value	P- value
Experimental Group	Post-Test	10	14.2	2.10	3.1	18	3.97	.000449
Control Group	Post-Test	10	11.1	1.29				

Significant at .05 level of confidence.
Table value .05. (18, 2.10)

Above Table no 6-7 shows that the boy's post-test experimental group and control group mean difference and calculated 't' value is 3.5 and 4.32, and the girl's experimental group and control group post-test mean difference and calculated 't' value is 3.1 and 3.97. The boy's group mean difference and 't' values are 3.5 and 4.32 which is greater than that of the girl'sgroup's mean difference and 't' valuesof 3.1 and 3.97.

It is indicates that Jyoti meditation training has significantly more effect on the boys group compared to the girl group. Therefore, it is also indicated that Jyoti meditation training effects on the intelligence of boysstudents are having more significant with compare to girl students.

Another notable thing is significant that before training of both groups are present at below level. After giving the training both groups are having an improvement of their intelligence part.

Conclusions:-

Based on the outcomes and conclusions, it is determined that Jyoti meditation significantly affected the experimental groups intelligence in several ways. It is also concluded that there were significant differences on the pre-test and post-test results of the intelligence of the experimental groups.

Finally, I concluded that the Six (6) weeks Jyoti meditation training programme significant effect on the intelligence test of boys and girls students. Another group is the control group where is no significant difference between the intelligence test of boys and girls students.

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