

## Efficiency of Meditation Practice on Systolic Blood Pressure among Prehypertensive Women in India

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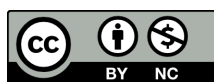
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**ABSTRACT.** The main purpose of the present study was to assess the efficiency of meditation practice on systolic blood pressure among pre-hypertensive women. Thirty women with pre-stage hypertension were randomly selected from Karaikudi, Tamil Nadu, India. Subjects' age ranged from 25 to 30 years, and selected subjects were separated into two groups, one control group and another meditation group (15x15). The meditation group was engaged in a 6-week training program, and assessment was done weekly in 4 days for 40 minutes. Selected subjects were tested on systolic blood pressure using a sphygmomanometer. Results revealed that due to meditation practice systolic blood pressure was significantly improved. A significant change was recorded between the pre-test to post-test of the control group and treatment groups. The result shows that regular meditation practice was beneficial for pre-stage hypertensive women to reduce systolic blood pressure.

**Keywords:** Meditation, practice, pre-stage hypertensive, systolic blood pressure

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## INTRODUCTION

Meditation is a process of connecting body and mind. Meditation is a part of yoga that helps with mental relaxation and concentration. It is a connection of religious practice with a mantra and prayer and focuses on a particular point because when you are going to start practicing meditation to relax the body and control the mind. One can begin rehearsing yoga out of nowhere, and one might begin with reflection or straightforwardly with pranayama without doing the asanas (Das et al., 2020). Yoga is a part of Indian tradition which helps to connect the divine. It is a spiritual practice for a person. Yoga is a practical aid, not a religion, and its techniques may be practiced by Buddhists, Jews, Christians, Muslims, Hindus, and Atheists alike (Das et al., 2019).

The average normal blood pressure is less than 120/80. To maintain a healthy level, the focus should be on a lifestyle and healthy diet. For any variation from the normal level, the doctors advise the person to change their lifestyle, food, and medication. The main objective of this study was to investigate the efficiency of meditation practice on systolic blood pressure among hypertensive women in their pre-stage.

## MATERIALS AND METHODS

Thirty women were selected randomly, aged 25- 30 years. The meditation practice was selected as an independent variable for observing changes in the selected dependent variable systolic blood pressure, among the selected subjects. A similar

number of subjects were grouped as the meditation practice group (15) and the control group (15). The treatment group went through meditation practice weekly, four days a week, for 40 minutes each. The Control group performed their regular life schedule and did not participate in the study training. The physiological variable was systolic blood pressure as a criterion. Using a sphygmomanometer, both groups were tested on the systolic blood pressure immediately before and after the study period. For this study, the t-test was used to solve and measure the difference between the two groups. About 0.05 was set as the significance level, which was calculated as correct. The distinct changes between the two groups among the means of the research gathering and whether there would be any altogether various was discovered by pre-test and later post-test.

## RESULTS AND DISCUSSION

The results of this study point out that the treatment group with meditation practice had an improvement in their systolic blood pressure compared to the control group without meditation practice. There is a significant improvement compared to the control group caused by meditation practice. The result of this study on systolic blood pressure is in line with the study conducted by Alaguraja, K and Yoga, P. (2019), who conducted a study on the Pranayama Package on Systolic Blood Pressure among middle-aged unemployed women and found that systolic blood pressure was significantly improved when compared to the control group.

**Table 1.** Analysis of t-ratio for the pre and posttests of treatment group and control group on Systolic Blood pressure (Score in mmHg).

Variables	Group	Mean		SD		df	t ratio
		Pre	Post	Pre	Post		
Systolic Blood Pressure	Control	123.46	123.60	0.83	1.18	14	0.521
	Experimental	123.66	124.53	0.89	1.18		

\*Significance at .05 level of confidence.

Table 1 shows that the point of the current study was to discover the mean distinction of the pre-test and post-test of the control group on systolic blood pressure were 123.46 mmHg and 123.60 mmHg separately. The outcome shows that statistically significant investigations proved fundamental contrast towards the systolic blood pressure. In the post-test contrast with the control group, the obtained t-ratio was 0.521, and the obtained t-ratio was 2.14, with the level of confidence at 0.05 levels and 14 degrees of freedom. The mean value of the pre-test and post-test of the treatment group on systolic blood pressure were 123.66

mmHg and 124.53 mmHg, respectively. Since the acquired t-ratio was 4.51\*, the obtained t-ratio was more noteworthy than the necessary table worth of 2.14, at a confidence level of 0.05, with 14 levels of opportunity. The result was viewed as statistically significant. The result of the study showed that later given treatment in the meditation group, there was a significant contrast between the control group and treatment groups in terms of the subject's blood pressure. It very well might be finished up from the effect of the result that treatment groups after practicing upgrade their systolic blood pressure because of six-week meditation practice.

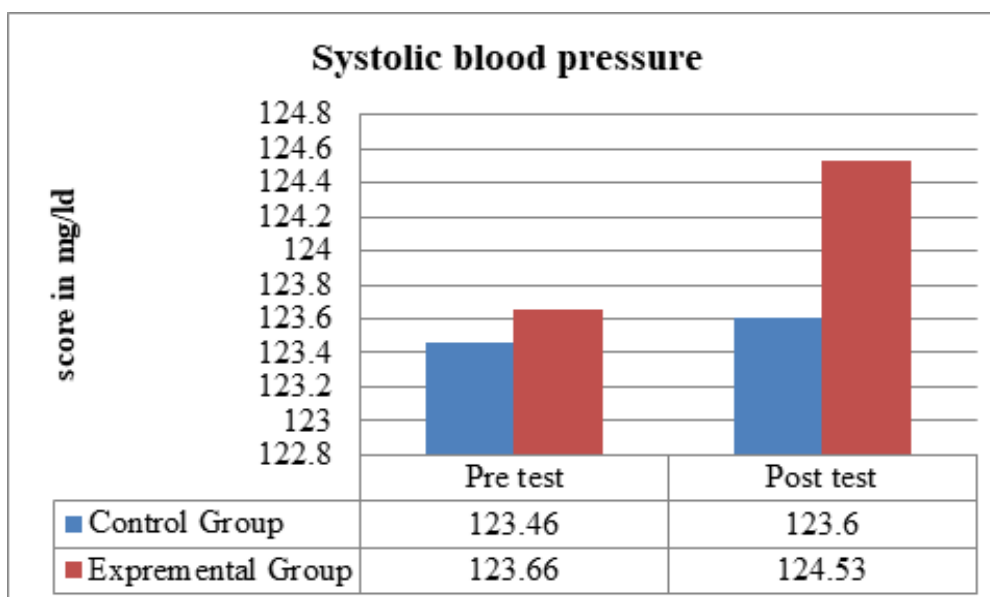


Figure 1. Diagram showing the pre and post-mean values of experimental and control groups on systolic blood pressure (Score in mmHg).

**CONCLUSION**\_\_\_\_\_

Based on the research results obtained, the following conclusions are drawn:  
 1. There was a significant difference between the experimental and control group on systolic blood pressure after the training period.  
 2. There was a significant improvement in systolic blood pressure. However, the improvement favored the experimental group due to six weeks of pranayama practices.

**RECOMMENDATIONS**\_\_\_\_\_

1. Meditation practices may also include a daily routine to control their overall health.

2. Yoga practices and physical activity may be included for patients with other health-related problems.

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