

A survey of Pre-Post effect on change in human mindset with meditation during Covid 19 Pandemic

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Abstract—Today due to Covid19 pandemic, we are threatened with a situation we have never faced before. The government, medical experts, police are taking necessary commendable actions to fight against corona. But it is the need of the hour to be able to remain calm, balanced, and strong and face this dreadful situation. Anapana is the first step in the practice of Vipassana Meditation. Anapana means observation of natural, normal respiration, as it comes in and as it goes out. It is an easy to learn scientific technique that helps develop concentration of the mind. Anapanasati is a form of Buddhist meditation originally taught by Gautama Buddha in several suttas including the Anapanasati Sutta. This research article discusses on the comparative study on change in human mindset with Anapana meditation during Covid 19 Pandemic. The study is made by collecting the responses with the help of pre and post questionnaires.

Keywords—Anapana, Pandemic, mindset

I. INTRODUCTION

Anapana is the first step in the practice of Vipassana Meditation. Anapana means observation of natural, normal respiration, as it comes in and as it goes out. Ana = incoming breath, Apana = outgoing breath. It is an easy to learn, unbiased and scientific technique that helps develop concentration of the mind. Anapanasati is a form of Buddhist meditation originally taught by Gautama Buddha in several suttas including the Anapanasati Sutta. Sati = awareness; or awareness of the incoming and outgoing. Observation of the breath is the ideal object for meditation because it is always available and it is completely non-sectarian. Anapana is very different from techniques that are based on the artificial regulation of breath. There are no rites or rituals involved in the practice or presentation of Anapana.

Anapana provides a tool to deal with the fears, anxieties and pressures across all age groups. Anapana help people to introspect themselves well and instils an awareness into their own mind. It also helps to calm and concentrate the mind. Because of its effortlessness, the technique is easy to understand and practice. There are many people of

different ages who have got benefited due the regular practice of this meditation. Especially significant changes have been observed in students' community with respect to their attitudinal behaviour.

II. WHY NATURAL RESPIRATION?

The goal of Vipassana meditation is not the concentration of the mind but to purify the mind completely, by exterminating all mental impurities such as anger, hatred, passion, fear.

Vipassana is the logical study of the mind and body (matter). With the help of respiration, it is possible to gain complete acquaintance of the body, the mind and the mental impurities at the practical level. Respiration turns like a bond between the conscious and the unconscious mind, voluntary and involuntary processes of the body.

This technique starts with the initial aim of developing awareness of the existing truth. Life can really be lived only in the present. After we start observing the respiration, it becomes possible to understand the nature of the mind. The mind is very transitory, very inconsistent - this reality becomes very clear. The mind constantly tries to escape into a past or future without staying in the present. No one can bring back the past moment, it is gone forever. Similarly, one cannot live in the future. When the future becomes the present, only then can one live in it. By observing the incoming and outgoing breath natural as it is coming and going, we gradually increase the awareness of training our mind to live in present.

With respect to the fact that our respiration has an intimate natural connection with the negativities of the mind, the incoming and outgoing breath can be used as an effective object of concentration. When the mind is contaminated and overwhelmed by any harmful emotions such as anger, fear, lust, envy or any other,

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we see that the speed of our respiration naturally becomes fast and gross. When these harmful emotions stop spoiling the mind, the speed of respiration becomes normal.

III. CONSULTATION METHODOLOGY

Questionnaires were used as a method to collect responses from the respondents in two phases. The pre-questionnaire was prepared to collect the responses in order to understand the mindset of the respondents during pandemic before getting introduced to Anapana meditation and its regular practice. And the post-questionnaire was prepared to collect the responses in order to understand the mindset of the respondents after practicing the technique for one month with 10 minutes in the morning and 10 minutes at night before sleep.

IV. CONCLUSION

The analysis is done on the basis of the responses received. The respondents were asked questions on the basis of certain parameters with respect to their mindset during pandemic situation prior to the introduction and practice of Anapana meditation. The aim of the paper was to only study the change in the mindset of respondents. Our observations describe the mind set impact of COVID-19 and outline how continued practice of Anapana meditation may safeguard against worsening mental health due to the COVID-19 pandemic.

The pie chart prepared out of the responses is as follows: Table No.1 is showing responses regarding various factors with respect to the mindset of the respondents before practicing Anapana meditation

Table 1: Mindset of the respondents before practicing Anapana meditation

Factors	Percentage
Adapted the Anapana mediation practice	73%
Feeling of Restlessness	38%
Feeling of Uncertainty and anxiety	41%
Feeling of losing cool easily	35%
Worry about the economic problems	51%
Fearful thoughts	43%
Adverse effect on self-confidence and decision-making power.	27%
Feeling of boredom hampering the productivity (capacity of work)	32%
Losing concentration due to the recurring thoughts in mind.	32%

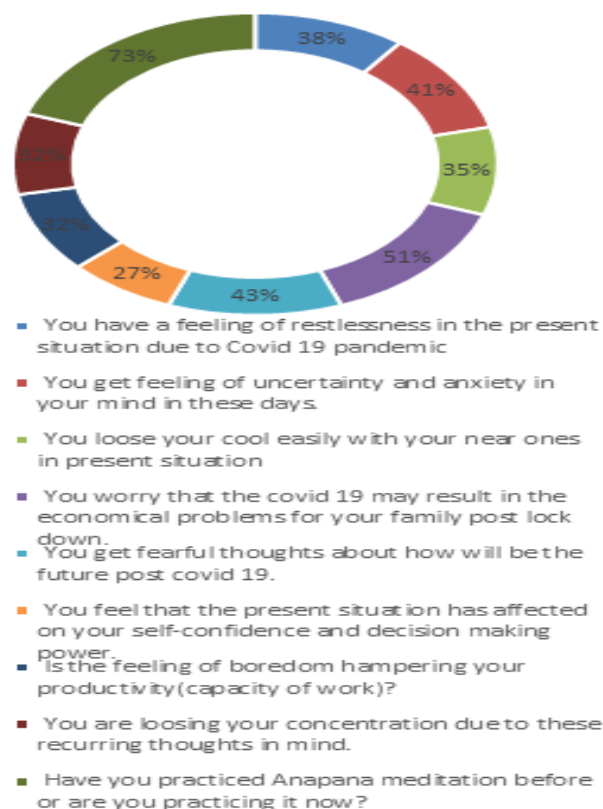


Fig:1

Table No.2 is showing responses regarding various factors with respect to the mindset of the respondents after practicing Anapana meditation

Table 2: Mindset of the respondents after practicing Anapana meditation

Factors	Percentage
Continued with Anapana Meditation Practice	89%
Reduced feeling of restlessness	43%
Reduced feeling of uncertainty and anxiety reduced.	35%
faced the unpleasant situations better in more balanced way, without loosing cool	38%
Reduction in level of your worry, stress & anxiety about economical problems	32%
Reduction in level & frequency of fearful thoughts	35%
Feeling of more confident	35%
Feeling of less bored & more productive	35%
Improvement in the level of concentration & sharpness	35%

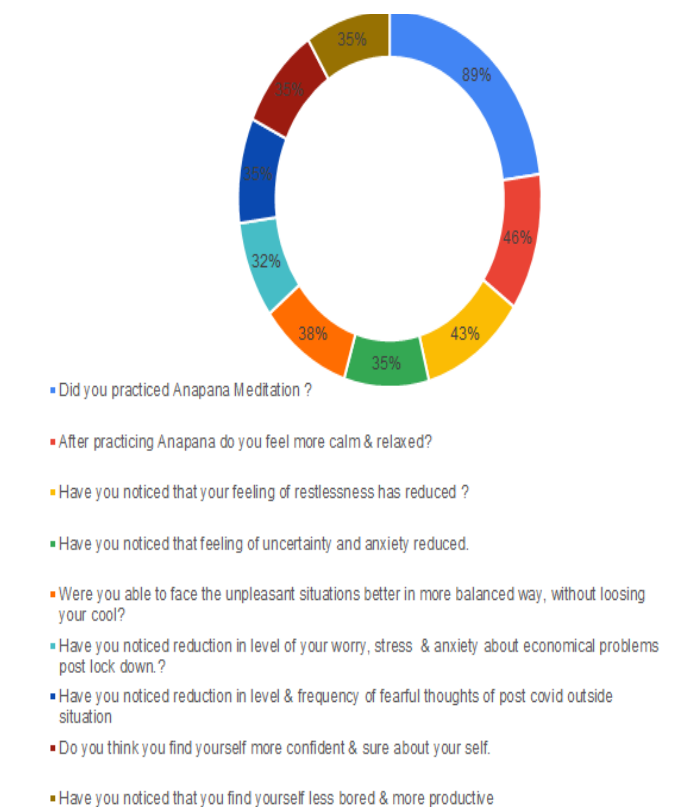


Fig:2

81% respondents felt to recommend Anapana mediation to their friends & family members as a tool to have a calm, balanced & sharp mind. And 68% respondents would like to continue to Anapana practice session post lock down. The future scope of study will be to understand the impact of continuous practice of Anapana meditation in various professions.

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