

Effect of Chakra Meditation on Anxiety Among Working Females (Non-Sedentary)

Ms. Himanshi Verma¹, Dr. Bharat Verma²

¹Assistant Professor, Department of Physical Education, Indira Gandhi National Tribal University, Amarkantak, (M.P)

²Head of the Department Sports Psychology, Lakshmi bai National Institute of Physical Education, Gwalior (M.P)

ABSTRACT

INTRODUCTION: The very purpose of the study was to investigate the “Effect of **Chakra Meditation** on Anxiety Among Working Females (NON-SEDENTARY).”

HYPOTHESIS: It is hypothesized that there will be no difference in the level of anxiety among Working Females.

OBJECTIVE

To assess the level of anxiety of Working Females.

To compare the level of anxiety among control group and experimental group of Working Females.

METHODOLOGY: Total 20 subjects were taken for the study from Hazira Gwalior district and data was collected using Hamilton Anxiety Rating Scale (HAM-A) and then ‘ANOVA’ test was applied by using SPSS for finding out the effect of anxiety among Working Females. Level of significance was set to 0.05.

RESULT: Significant difference was found in the level of anxiety. on the basis of which it is concluded that CHAKRA MEDITATION works effectively in decreasing the level of anxiety among Working Females.

CONCLUSION: On the basis of which it is concluded that CHAKRA MEDITATION healing works effectively in decreasing the level of anxiety among Working Females.

KEYWORDS: Chakra Meditation, Anxiety, Working Females, Hamilton Anxiety Rating Scale.

INTRODUCTION

Chakra meditation is a form of meditation that focuses on the body's seven primary chakras. These chakras are thought to be centres of spiritual power in the human body. The concept originates from ancient Indian traditions and has been incorporated into various modern meditation practices. **The Seven Chakras:** **Root Chakra (Muladhara):** Located at the base of the spine, associated with grounding and stability. **Sacral Chakra (Svadhithana):** Located below the navel, associated with creativity and sexuality. **Solar Plexus Chakra (Manipura):** Located in the stomach area, associated with personal power and confidence. **Heart Chakra (Anahata):** Located in the centre of the chest, associated with love and compassion. **Throat Chakra (Vishuddha):** Located at the throat, associated with communication and expression. **Third Eye Chakra (Ajna):** Located between the eyebrows, associated with intuition and insight. **Crown Chakra (Sahasrara):** Located at the top of the head, associated with spiritual connection and enlightenment.

Practicing chakra meditation is believed to help balance the chakras, leading to improved physical, emotional, and spiritual well-being. Benefits may include reduced stress, enhanced mental clarity, emotional stability, and a greater sense of peace. Chakra meditation aims to balance and align the chakras, which is believed to promote physical, emotional, and spiritual well-being. Some of the potential benefits include, reduced stress and anxiety, improved mental clarity and focus, enhanced emotional stability, greater sense of inner peace and harmony, heightened spiritual awareness and connection. Anxiety is a common emotional response characterized by feelings of tension, worried thoughts, and physical changes like increased blood pressure. It is a normal reaction to stress and can be beneficial in some situations, as it can alert us to dangers and help us prepare and pay attention. However, anxiety disorders involve more than temporary worry or fear and can significantly interfere with daily activities. Anxiety is a common issue that affects many working women. The interplay between professional and personal responsibilities often creates a fertile ground for stress and anxiety. Here are some key points to consider: For working women, incorporating chakra meditation into their daily routine can serve as a valuable tool for managing anxiety. By focusing on specific chakras, such as the root chakra (associated with grounding and stability) and the heart chakra (associated with compassion and emotional balance), women can potentially mitigate the effects of daily stressors. □ **Work-Life Balance:** Juggling work responsibilities with household duties and childcare can lead to significant stress. The constant pressure to perform well in both domains can be overwhelming. **Workplace Discrimination:** Women may face gender-based discrimination, including unequal pay, limited career advancement opportunities, and lack of representation in leadership roles, contributing to workplace stress and anxiety. **High Expectations and Perfectionism:** Many women feel the need to excel in all aspects of their lives, leading to unrealistic expectations and self-imposed pressure. **Lack of Support:** Inadequate support systems, both at work and home, can exacerbate feelings of isolation and stress. This includes lack of maternity leave, flexible working hours, and understanding from employers. **Health Concerns:** Physical health issues, hormonal changes, and mental health conditions can also contribute to anxiety. Women are more likely to experience anxiety disorders than men, partly due to biological differences and partly due to social factors. Empirical evidence supports the use of mindfulness and meditation practices for mental health improvement. A meta-analysis by Goyal et al. (2014) concluded that meditation programs can result in small to moderate reductions in multiple negative dimensions of psychological stress, including anxiety. Addressing anxiety among working women requires a multifaceted approach involving personal strategies and systemic changes within organizations. By recognizing and addressing the unique challenges faced by working women, it is possible to create a healthier and more supportive environment that enhances well-being and productivity.

METHODOLOGY

Total of 20 subjects were selected for the study out of which 10 were in experimental group and 10 were in control group. The females were selected from the Hazira, Gwalior district. All the 20 subjects lie in the age group of 25-30 years. Selection of the subjects were done by Random Sampling. For the measurement of the Anxiety of working females the Hamilton Anxiety Rating Scale (HAM-A) was used which was prepared by M Hamilton and this anxiety inventory is highly reliable and highly valid. Prior to data collection, all subjects were instructed how to fill the inventory and inventory was filled by all the 20 subjects under the supervision to maintain the accuracy of results.

For the comparison of the level of anxiety of the working female's 'ANOVA' was used by using SPSS. Level of significance for the study was 0.05. The data collected from the Hamilton Anxiety Rating Scale

(HAM-A) inventory was treated statistically and ‘ANOVA’ was employed to the data. The statistical analysis of the raw score is represented in tables below:

ANXIETY

Table 1.1 Descriptives								
Anxiety								
	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum
					Lower Bound	Upper Bound		
CG1	9	9.56	9.369	3.123	2.35	16.76	1	24
EG1	11	15.09	12.669	3.820	6.58	23.60	3	49
CG2	10	18.50	13.640	4.313	8.74	28.26	3	46
EG2	10	6.70	4.968	1.571	3.15	10.25	2	14
Total	40	12.60	11.381	1.800	8.96	16.24	1	49

Table 1.1(a)

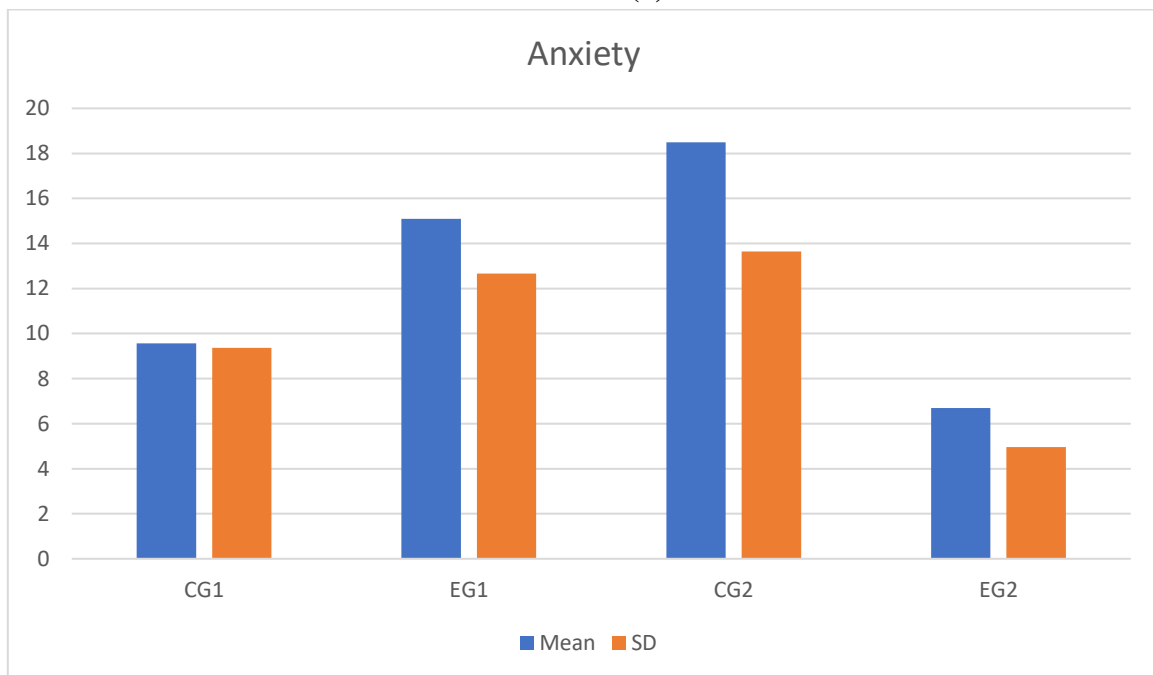


Table 1.1 and 1.1(a) shows the descriptive statistics of anxiety among working females. A total of 20 working females were taken (10 in control group and 10 in experimental group) in which the Mean value of anxiety for CG1 is 9.56, for EG1 is 15.09, for CG2 is 18.50 and EG2 is 6.70. The standard deviation of anxiety among working females of CG1 is 9.36, for EG1 is 12.66, for CG2 is 13.640 and for EG2 is 4.96

Table 1.2 ANOVA					
Anxiety					
	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	847.869	3	282.623	2.420	.082
Within Groups	4203.731	36	116.770		

Total	5051.600	39			
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Table 1.2 shows the sum of squares between groups is 847.869 and within groups is 4203.731

Table 1.3 Multiple Comparisons						
Dependent Variable: Anxiety						
LSD						
(I) Group	(J) Group	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval	
					Lower Bound	Upper Bound
CG1	EG1	-5.535	4.857	.262	-15.39	4.31
	CG2	-8.944	4.965	.080	-19.01	1.13
	EG2	2.856	4.965	.569	-7.21	12.93
EG1	CG1	5.535	4.857	.262	-4.31	15.39
	CG2	-3.409	4.721	.475	-12.98	6.17
	EG2	8.391	4.721	.084	-1.18	17.97
CG2	CG1	8.944	4.965	.080	-1.13	19.01
	EG1	3.409	4.721	.475	-6.17	12.98
	EG2	11.800*	4.833	.020	2.00	21.60
EG2	CG1	-2.856	4.965	.569	-12.93	7.21
	EG1	-8.391	4.721	.084	-17.97	1.18
	CG2	-11.800*	4.833	.020	-21.60	-2.00

*. The mean difference is significant at the 0.05 level.

Table 1.4

Group 1	Group 2	Mean 1	Mean 2	Mean Difference	Significance Value
CG1	EG1	9.56	15.09	-5.535	.262
	CG2	9.56	18.50	-8.944	.080
	EG2	9.56	6.70	2.856	.569

Table 1.4 shows the mean value of CG1, EG1, CG2 and EG2, i.e., 9.56, 15.09, 18.50, 6.70 respectively with the mean difference of -5.535, -8.944 and 2.856 respectively and the significance value of the groups are 0.262, 0.080, 0.569 respectively and no significant difference is found between the groups.

Table 1.5

Group 1	Group 2	Mean 1	Mean 2	Mean Difference	Significance Value
EG1	CG2	15.09	18.50	-3.409	.475
	EG2	15.09	6.70	8.391	.084

Table 1.5 shows the mean value of EG1, CG2 and EG2, i.e., 15.09, 18.50, 6.70 respectively with the mean difference of -3.409 and 8.391 respectively and the significance value of the groups are 0.475 and 0.084 respectively and no significant difference is found between the groups.

Table 1.6

Group 1	Group 2	Mean 1	Mean 2	Mean Difference	Significance Value
CG2	EG2	18.50	6.70	11.800	0.020

Table 1.6 shows the mean value of CG2 and EG2 is 18.50 and 6.70 respectively with the mean difference of -11.800 respectively and the significance value is 0.020 and hence there is significant difference between CG2 and EG2.

DISCUSSIONS OF FINDINGS

The purpose of this study was to determine the effect of Chakra Meditation on selected psychological variable (anxiety) among working females. For the purpose of the study, 20 working females were taken as subjects and data was collected through questionnaire method. Hamilton Anxiety Rating (HAM-A) was used to find out the level of anxiety among working females. The variable was considered separately which is discussed as below:

The mean value of anxiety for CG1 is 9.56, for EG1 is 15.09, for CG2 is 18.50 and EG2 is 6.70. The standard deviation of anxiety among working females of CG1 is 9.36, for EG1 is 12.66, for CG2 is 13.640 and for EG2 is 4.96. The one -way ANOVA was applied and no significant difference was found between CG1 and EG1, CG1 and EG2, CG1 and EG2, EG1 and CG2, EG1 and EG2 and the significant difference was found between CG2 and EG2.

RESULT

The purpose of this study is to determine the effect of Chakra Meditation on anxiety among working females (Non-Sedentary Females). For anxiety the data was collected through Hamilton Anxiety Rating Scale (HAM-A), to determine the level of anxiety. The collected data was statistically treated and the result of the 'Descriptive statistics and One -Way ANOVA' along with the findings of the study. The mean value of CG2 and EG2 is 18.50 and 6.70 respectively with the mean difference of -11.800 respectively and the significance value is 0.020 and hence there is significant difference between CG2 and EG2.

CONCLUSION

The present research was conducted in order to find out the, "**Effect of CHAKRA MEDITATION on ANXIETY among WORKING FEMALES (NON-SEDENATARY)**". Working females and their emotional stability has been studied broadly from last few decades, yet the researchers have not reached to an imperfect perceptive of the association between the working females and their emotional stability. As the working females go to their working places, they undergo various emotional problems such as anxiety, stress, depression among which anxiety is very common when the women's are working because she has to handle many situations both at the office, as well as at home. Thus, a lot of researchers still try to see the link between the concepts and researchers not only in the discipline of emotional stability but also in various other disciplines continuously trying to make a general agreement about the relationship in order to illuminate and improve the condition of working females .However, the current research is an attempt to show that Chakra Mediation is also one of the techniques to provide emotional stability to working females as when they practice chakra meditation they focus on all the aspects of their personality whereby providing relief to their mental status through meditation .Now a days it is important to distinguish the level of anxiety as it is the major concerns for anyone's health and most importantly among working females as they are bounded by many issues and problems whether working or being at home.

Working women face unique challenges that can lead to increased levels of anxiety. Chakra meditation offers a promising avenue for alleviating this anxiety by promoting mental and emotional balance. Integrating such mindfulness practices into daily life can empower women to better manage stress and enhance their overall well-being.

This current study is the attempt to find out the effect of CHAKRA MEDITATION among working females and how CHAKRA MEDITATION has its positive effect on decreasing the level of anxiety among working females. The present study also shows the positive effect of CHAKRA MEDITATION in decreasing anxiety.

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