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National Seminar on "The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario"

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Organized by: Department of Psychology, Sports and Physical Education
Shivaji College, Hingoli-431513 (Maharashtra)



Personality Development through Mindfulness Meditation

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Abstract

This research paper deals with the use of mindfulness meditation in developing the personality. Several studies have investigated the relationship between mindfulness and personality development. There is significant reduction in anxiety and neuroticism due to mindfulness meditation. There is significant increase in empathy, compassion, cooperative, supportive and caring.

Introduction

Mindfulness is a longstanding concept, Meditation originated several centuries BCE in Hinduism and Buddhism healing and spiritual traditions. There are many forms of meditation which are very much useful for the healthy human being. The meditation helps in creating the balance between thoughts and emotional wellbeing. (Wynne, 2007; Lutz et al., 2008; Fabbro, 2010). Relatively recently, its utility as a psychological tool has been brought into the Western view of clinical psychology.

Mindfulness is an attribute of consciousness that can be developed effectively through the practice of mindfulness-oriented meditation and involves being aware of and attentive to what is occurring in the present moment (in terms of thoughts, emotions, and somato sensory experience) with a nonjudgmental attitude of openness and receptivity (Chiesa A et al., 2010 ; Didonna F ,2009; Kabat-Zinn J. 2003) Individuals who are practicing the Mindfulness Meditation from long time it does have a its impact on focused attention. It also affects the non judgmental attitude of openness and receptivity. The intentional attention is improved. (Brown and Ryan, 2003; Lutz et al., 2008).



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Personality is defined in many ways; it is the sum of person's attitude, actions, reactions and interactions with others. Personality is defined as the form of characteristic thoughts, feelings and behavior that differentiate one individual from the other and it persists over time. It is the integration of biological and experienced behaviours of an individual that forms responses to environmental stimuli. Every person is unique; they have their distinct attitude, way of behaviour in an organized form. Development of such organized traits in a person is personality development. Development is a continuous process. So it is same to the personality development. There is ongoing process occurring where the temperament, character all are going through development. With the help of research the psychologists have recognized the factors that influence the growth and development directly and indirectly.

Impact of meditation on personality

The study was carried out in Lucknow on the college going students from various institutions using multistage random sampling technique. The sample consisted of 120 students from various institute. To assess the personality Dimensional Personality Inventory by Singh & Singh was used. Doing regular meditation has a significant impact on personality of the college students. College students have number of different stress which affects their mental health in a negative way. These make their mental health weak. Use of appropriate meditation played an important role in improvement among the students. (Sangya Rathore et.l, 2015)

(Orme et.l;1972) found significant changes in personality variables of prisoners. (Bhardwaj et.l; 1977), recorded a significant reduction in anxiety and neuroticism in people who practiced Transcendental Meditation regularly for two months. (Gaur,et,l; 1985) found positive effect of T.M. on mental health and personality variables of prisoners. (Gaur 1994) attested increase in ego, super-ego, self-concept formation capacity, self-realization and reduction in ergic-tension in prisoners who practiced T.M. (Gaur ,et.l; 2003) concluded reduction in anxiety and hassles of prisoners who practiced Preksha Meditation. (Gaur ,et.l; 2003) observed better mental health and increase in ego, super-ego strength, self-concept formation capacity, self-realization and reduction in ergic tension of the prisoners, who practiced Preksha Meditation (P.M.). (Gaur ,et.l; 2003) found reduction in stress due to practice of Preksha Meditation (P.M.). (Gaur ,et.l; 2005) concluded positive effect of Preksha Meditation on Anxiety, frustration, stress and mental health of female prisoners. (Gaur .et.l;2006) attested on better mental health in the married college going women



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due to regular practice of P.M. (Gaur and Mudita 2013) explored the effect of Transcendental Meditation on eight emotional states of graduate girls and found positive and significant changes in all eight emotional states viz., Anxiety, Depression, Regressive, Fatigue, Guilt, Arousal and Extroversion.

Mindful Meditation and Personality Development

Several studies have investigated the relationship between mindfulness and the Big five model of personality. (Baer et al., 2006) examined the validity of various measures of mindfulness and their relatedness to the Big Five personality variables and found a common positive correlation between mindfulness and openness to experience, and a non-significant relationship between mindfulness and extraversion. Consistent with (Brown et.al, 2003) findings, (Giluk, 2009) in a meta-analysis found a significant correlation between conscientiousness and mindfulness and a strong negative correlation between mindfulness and neuroticism. (Klockner et.al,2015) in a study of impacts in the workplace found that cognitive errors (decision errors), mindfulness and the Big Five personality dimensions interacted significantly, underlining the importance of mindfulness-personality studies and showing the need for training and development in the workplace.

The regular practice of Mindful Meditation is strongly and positively related to the minimizing the worries and negative thoughts. It also reduces the level of neuroticism. The mindful meditation not only reduces negativity it increases the openness as the result of exposure to a wide range of thoughts, emotions and experiences. Mindful meditation is positively related to the extraversion, the social interaction is increased and the positive relation is formed in social engagement. The feeling of empathy is also seen to be increased due to mindful meditation. Thus the agreeableness which is cooperative, supportive, caring and concerned for others is increased due to the mindful meditation. (Kabat-Zinn 1990) There was a positive association between the personality traits conscientious which is rule abiding, responsible and self disciplined and mindful meditation. (Giluk 2009). . Previously it was said that the personality was stable, but now the research have proven that personality can be changed. (Helson et al. 2002; Piedmont 2001) Personality development is significantly affected by the environment and the experience a person gets in his or her life. (Roberts et al. 2004). After reviewing the researches, the practice of mindful meditation can actually change, alter the personality traits. The mindful meditation gives the person a different approach to see the world. There is shift in the interpretation of the life experience and the way life



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needs to be dealt. (Kabat-Zinn 1990).

Conclusion:

From all the above researches it successfully shows the importance of both personality factors and of mindfulness in predicting overall psychological well-being. The growing scientific interest in meditation showed that this practice of mindful meditation is associated with positive changes in the personality.

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