

Impact of Transcendental Meditation on Occupational Self-Efficacy of Personnel of Shopping Mall of Metro city

R. Ahuja

Dr Ruchir Ahuja, A-54, Sector-52, Noida, U.P.-201307. Email: ruchirahuja777@gmail.com

V. S. Gusain

Dr. Vijay Singh Gusain, Assistant Professor, Yoga Department, Sri Lal Bahadur Shastri Rashtriya Sanskrit Vidhyapeeth (University), Qutub Institutional Area, Delhi.

B.P. Gaur

Professor (Dr.) B. P. Gaur, Former Head, Dept. of SOL, P.M. & Yoga, J.V.B.U., Ladnun, Rajasthan. Director, YogPath India, Jodhpur. Email: drbpgaur@gmail.com

Abstract

The purpose of the study is to evaluate the effect of Transcendental Meditation practice on 'Occupational Self Efficacy of Personnel of Shopping Mall'. In this investigation the pre-post, with control group, research design is adopted. A sample of 20 male workers was taken from a Shopping Mall of the Metro city Delhi and were divided into two groups, i.e., experimental and control group, each of 10 subjects. The subjects were homogenous in terms of economic, social and educational status and with the age range of 21 to 30 years. The Occupational Self Efficacy Scale (O.S.E.S.) of Sanjyot Pethe, Sushama Chaudhari and Upinder Dhar (1999) was administered individually on the subjects of both groups prior to commencement of their respective interventions. The subjects of experimental group were initiated to the practice of Transcendental Meditation for 20 minutes twice a day for total of 60 days. While the subjects of control group were not assigned any specific treatment, rather they indulged in their normal daily routine activities. The subjects of both the groups were re-administered on the previously mentioned questionnaire after 60 days of the investigation. The data analysed under two steps i.e., inter-group comparison and intra-group comparison. The students 't' and Sandler's 'A' tests were applied respectively with the criteria of $\alpha =$ or $p < .05$ for analysing the data. The obtained results reveal that the subjects of both the groups were found homogenous in their Occupational Self Efficacy at pre-experimental stage, as their mean scores did not differ significantly. However, after 60 days of their respective treatments the subjects of experimental group differed and improved significantly, on three factors of Occupational Self Efficacy, in comparison to their pre-experimental stage and to the subjects of control group. They improved significantly on - Adaptability, Personal Effectiveness, and Positive Attitude. No significant changes observed in the subjects of control group after 60 days of their daily routine activity. The results reveal that Transcendental Meditation is an effective method for increasing Occupational Self Efficacy in personnel working at shopping mall of metro city.

Key Words: *Transcendental Meditation, Occupation, Self-Efficacy*

Article Received: 16-05-2018, Published: 15-08-2018

Conflict of interest: None declared

***Corresponding Author: Dr. Gusain, V. S**

Dr. Vijay Singh Gusain, Assistant Professor, Yoga Department, Sri Lal Bahadur Shastri Rashtriya Sanskrit Vidhyapeeth (University), Qutub Institutional Area, Delhi.

**International Journal of Science and Consciousness (IJSC): A Bio-Psycho-Spiritual approach
Published by the Research Foundation for Science & Consciousness, Uttarakhand, India**

Copyright IJSC 2018 | Sept. 2018 | Vol. 4 | No. 3 | Pages 55-64

eISSN: 2455-2038

An international, refereed, quarterly, open access, multidisciplinary, e-journal

IMPACT OF TRANSCENDENTAL MEDITATION ON OCCUPATIONAL SELF-EFFICACY OF PERSONNEL OF SHOPPING MALL OF METRO CITY

Introduction

In the present era of competition, it has become very important for a person to be result oriented. However, there are many psychological factors, which influence the performance of a person in achieving his goals. Among these psychological factors the self-efficacy is one of the major contributing factors. The Self-efficacy is an inner belief of a person whether “I can do it or not” based, on which a person takes initiative in performing a given task or do the efforts for a selected target. A person sets his goals on the bases of this belief. The Self-efficacy can help a person and his organization to achieve desired occupational goals and successes in the competitive occupational environment. Therefore, it is very important for a person to develop his or her occupational self-efficacy to set his or her goals and get success.

By occupational self-efficacy, we can understand that it is one’s ability to produce desired results. It is a self-belief in which people think that they can produce desired effects by their actions, influence the choices they make, their aspirations, level of effort and perseverance resilience to adversity and vulnerability to stress and depression (Bandura, 1998)¹.

Self-efficacy is a vital personal resource and amply documented by contrasting and combining results from different studies and their findings from various spheres of functioning under laboratory & naturalistic conditions (Holden, 1991²; Holden, Moncher, Schinke, and Barker, 1990³; Multon, Brown, and Lent, 1991⁴; Stajkovic and Luthans 1998⁵). It is the foundation of action,

it is correlated with other self-beliefs and with academic performances (Pajares, 1996)⁶. The perception of self-efficacy helps the people to determine what to do with the skills they have, how well knowledge and skills acquired in the first place (Pethe, Chaudhari & Dhar, 1999)⁷.

Self-efficacy affects performance and self-regulated learning variables (Pajares, 1996)⁶. Pajares (1996)⁶ also suggested that self-efficacy is a powerful motivation construct that can predict and performance.

There are different techniques of meditation prevailing across the world and their psychological and physiological effects have been studied using a range of variables. The Transcendental Meditation (T.M.) is one of the meditation techniques, it is a spiritual but scientific process invented by Maharishi Mahesh Yogi in 1957. The source of T.M technique lays in the ancient Indian Sanskrit text Vedas. According to Maharishi (1969)⁸, Transcendental Meditation (T.M.) is inward turning of attention towards the subtle level of a thought until the mind transcends the experience of the subtlest state of the thought. The T.M. is world’s simplest meditation technique; any one can practice it. According to Maharishi Mahesh Yogi, T.M. is the fourth state of consciousness, which gives deep rest to the practitioners and being easy and effortless technique of meditation. It develops the state of ‘Restful Alertness’ (WHAT IS TM, 2014)⁹. It is a meditation, which helps in achieving transcendental consciousness and expansion of our awareness. A number of studies on T.M. have shown evidences that by practicing T.M. one can

expand the dimension of his consciousness and can maintain good physical and mental health. By practicing T.M., one can develop his inner peace. In the past four decades, more than 600 scientific studies have been conducted on TM. The studies concluded that regular practice of T.M. regulates the metabolic system, keeps electro-physiological functions at normal levels; maintains normal autonomic functions and keeps general health in good condition. The studies on T.M. have also yielded remarkable positive results in treating problems of insomnia, lack of attention-concentration, anxiety, fear, and problems of maladaptive behaviour. In many studies T.M., practice was found to be helpful in increasing intelligence, learning ability, academic performance and in personality development. Some of the studies have reported positive role of T.M. in correcting habits of criminals and drug addicts. A brief presentation of research studies conducted on T.M. is cited here:

Bhardwaj, Upadhyaya, and Gaur (1977)¹⁰ reported significant reduction in anxiety, frustration and neuroticism in the subjects who practiced T.M. Pathak and Gaur (1984)¹¹ concluded significant positive effect of T.M. on paired associated learning of students. A study conducted by Gaur, Rudola, Shaikh and Pathak (1985)¹² on the Jail prisoners showed positive effect of Transcendental Meditation (T.M.) practice on the mental health of prisoners. Pathak, Gaur, and Rudola (1985)¹³ noticed a positive change in personality variables of prisoners who were subjected to T.M.

Joshi, Gaur, and Mathur (1987)¹⁴ noticed the slowing down of CNS and ANS functions in the students who practiced Transcendental Meditation (T.M.), which is an indication of deep

rest. Further, the students also showed significant increase in their moral values. In another study Joshi, Gaur, and Gupta (1987)¹⁵ concluded significant reduction in mental stress of T.M. practicing students. Gaur (1994)¹⁶ concluded the T. M. reduced Ergic-tension ($p < 0.005$) and strengthened ego ($p < 0.005$), super-ego ($p < 0.025$), and self-concept formation ($p < 0.005$) in the practitioners of T.M.

Alexander, Swanson, Rainforth, Carlisle, Todd & Oates Jr. (1993)¹⁷ in their experiment on TM program found that the T.M. reduces stress, and imparts the positive effect on the health of employees.

Gaur (1994)¹⁶ found the healthy attitude towards the reaction to frustration ($P < 0.005$) of the Central Jail prisoners who practiced T. M. for two months.

Barnes and Orme Johnson (2012)¹⁸, in their study, on prevention and treatment of cardiovascular disease in adolescents and adults through the T.M. reported acute and longitudinal reductions in sympathetic tone and stress reactivity. They also noticed reduction in hypertension, blood pressure, left ventricular mass, cardiovascular reactivity, and improvement in school behaviour of adolescents, reduction in angina pectoris and carotid atherosclerosis, cardiovascular risk factors, including alcohol and tobacco use, they also found T.M. very useful to significantly decrease cardiovascular and all-cause of morbidity and mortality.

Balaji, Varne and Ali (2012)¹⁹ in their study on the yogic practices and transcendental meditation found health benefits which included improved cognition, respiration, reduced cardiovascular risk, body mass index, blood pressure, and diabetes. They also reported that Yog

also influenced immunity and ameliorated joint disorders.

Gaur and Kumar (2012)²⁰ in their study on Metro city schools students noticed a positive impact of Transcendental Meditation on their Academic Anxiety and Academic achievement. A research conducted by Gaur, Vats and Gaur (2012)²¹ indicates that T.M. is helpful in reducing the psychosomatic problems viz., anxiety, restlessness, nervousness, loneliness, despair, anger, headache, fatigue, sleep disorder, indigestion and acidity and in increasing the mental health.

Some of studies conducted on T.M. have shown reduction in common anxiety (Sedlmeier, Eberth, Schwarzb, Zimmermann, Haerig, Jaeger and Kunze, 2012²²; Chen, Berger, Manheimer, Forde, Magidson, Dachman and Lejuez, 2012)²³. A study conducted by Eppley, Abrams and Shear (1989)²⁴ mentioned that T.M. was highly effective in reducing anxiety. Further, Sedlmeier, Eberth, Schwarzb, Zimmermann, Haerig, Jaeger and Kunze (2012)²² confirmed T.M. as a more effective than other meditation and relaxation techniques, including mindfulness meditation.

Gaur and Sharma (2013)²⁵ noticed reduction in anxiety, stress, depression, regression, fatigue, and arousal in the subjects who practiced T.M. for two months.

The present study:

The present study is aimed to evaluate the impact of Transcendental Meditation on the Occupational Self-Efficacy of personnel working at shopping mall of the Metro city.

Hypotheses:

In this investigation, all the hypotheses are directional and declarative statements and formulated as follow:

1. In comparison to their pre-experimental, the subject of experimental group initiated to Transcendental Meditation (T.M.) will show significant increase in Occupational Self-Efficacy after two months practice of T.M. practice.
2. As compared to those of control group the subjects of experimental group will found significantly better in Occupational Self-Efficacy after two months practice of T.M. practice.

METHOD AND PROCEDURE

Design of the study

In this investigation a Pre- and post-experimental design with control group was used.

Subjects

Twenty healthy and below supervisor level male volunteers from housekeeping department of Ansal Plaza (New Delhi), a shopping mall, with the age between 25 and 30 years with similar educational and socio-economic status were taken for the study. All the subjects were normal in their health on a routine clinical examination. The purpose of the study was explained to the subjects and they gave their consent to participate the program of T.M.

Tests

The Occupational Self Efficacy Scale (O.S.E.S.) of Sanjot Pethe, Sushama Chaudhari and Upinder Dhar (1999)⁷ was use in this investigation. It is a standardized scale and contains 19 items measuring different factors of Occupational Self- Efficacy. The Confidence factor is measured by the items no. 10, 11, 12 and 13, the Command factor by 4, 6 and 17; the Adaptability by 2, 5 and 9; Personal effectiveness by 1, 14, 18 and 19; the Positive attitude by 3, 7 and 8; and the Individuality by the items no.15

and 16. The reliability of the scale is 98 with high validity of 99.

Procedure

The subjects were divided into two groups each of 10. One served as an experimental group and subjected to Transcendental Meditation (TM) while the another group (control group) was not assigned any meditation technique or other Yog activity. A trained instructor of T.M. imparted the training of Transcendental Meditation to the subjects of the experimental group. The subjects practiced T.M. for 20 minutes twice a day regularly for total of 60 days. While the subjects of control group were not given any treatment and they were continued with their normal activities. The subjects were assessed their self-efficacy on afore said test prior to the commencement of respective treatments (pre-experimental testing) and the last day of termination of the investigation.

RESULTS

The scores of the subjects of both the groups obtained on Occupational Self Efficacy

Scale (O.S.E.S.) were analysed in two ways i.e. Inter-group comparison and Intra-group comparison. For Inter-group comparison (between the experimental and the control group), statistical students’ ‘t’ test was used to pan out the net effect of Transcendental Meditation on experimental group as compared to normal activities of control group. For Intra-group (within the group) comparison Sandler’s ‘A’ test was used to find the significant changes, if any, occurred after two months of the intervention.

a. Inter-group comparison (experimental v/s control group):

1. Pre-experimental stage

Table 1 reveals that there is no significant difference in the scores of both groups (experimental group and control group) at their pre-experimental stage. Hence, it clear that the both groups are homogenous in their self-efficacy at their pre-experimental stage. Here the early proposed hypothesis first is corroborated by the obtained results.

Table 1
Mean, S.D. and ‘t’ Values for the Experimental and Control Group at the Pre- experiment Stage (n=10 for each group)

Occupational Self Efficiency Factors	Experimental Group		Control Group		‘t’ (two tailed)	p<
	Mean	SD	Mean	SD		
Confidence	16.5	2.592	15.9	2.998	0.802	NS
Command	12.4	2.170	12.5	1.433	0.166	NS
Adaptability	11.5	2.121	10.8	2.529	1.026	NS
Personal Efficiency	16.4	2.913	16.3	2.213	0.139	NS
Positive Attitude	11.7	2.311	12.4	1.955	1.071	NS
Individuality	8.4	1.429	7.8	2.250	0.988	NS

NS=Non Significant

2. Post-experimental stage

It is observed by the table -2 that after two months of intervention the subjects of experimental group,

who practiced T.M. for 60 days, have significantly increased their Adaptability ($P < 0.01$), Personal Effectiveness ($P < 0.01$) and Positive Attitude

($P < 0.05$) as compared to the subjects of control group. The early proposed hypothesis second is confirmed by the result.

Table 2
Mean, S.D. and 't' Values for the Experimental and Control Group at the Post- experiment Stage (n=10 for each group)

Occupational Self Efficiency Factors	Experimental Group		Control Group		't' (one tailed)	p<
	Mean	SD	Mean	SD		
Confidence	16.0	3.333	15.8	2.149	0.270	NS
Command	12.6	1.955	13.2	1.398	1.036	NS
Adaptability	12.8	1.398	11.4	2.319	2.296	0.01**
Personal Efficiency	17.5	2.505	16.0	2.905	2.771	0.01**
Positive Attitude	12.9	1.197	11.9	1.523	1.917	0.05*
Individuality	8.4	1.173	8.1	1.595	0.570	NS

**p<0.01, *p<0.05 and NS=Non Significant

b. Intra-group comparison: (within the group)

Experimental Group:

The scores obtained on Occupational Self Efficacy Scale (O.S.E.S.) of the subjects of experimental group are given in Table-3. It is observed that the subjects practicing Transcendental Meditation for 60 days have significantly increased their Adaptability ($P < .005$) as their mean score raised from 11.5 to 12.8 with

the mean difference of 1.3. Their ability of Personal Effectiveness has also increased highly significantly ($P < .0005$) with mean value raised from 16.4 to 17.5 while the Positive Attitude towards their work has also increased significantly ($P < .05$) as the mean value raised from 11.7 to 12.9. The other factors such as Confidence, Command, and Individuality did not show any significant change. The third hypothesis is corroborated by the findings.

Table 3
Mean, S.D. and 'A' Values for the Experimental Group at the pre- and post- experimental stage (n=10)

Occupational Self Efficiency Factors	Pre Mean	Post Mean	Sandler's 'A'	P<
Confidence	16.50	16.00	3.50	NS
Command	12.40	12.00	10.00	NS
Adaptability	11.50	12.80	0.171	0.005**
Personal Efficiency	16.40	17.50	0.01	0.0005***
Positive Attitude	11.70	12.90	0.31	0.05**
Individuality	08.40	08.40	00.00	NS

and

p<0.0005,
**p<0.005,
*p<0.05
NS=Non
Significant

Control group:

Table four shows the mean scores and Sandler's 'A' values of the factors of self-efficacy of the subjects of control group. There is no significant difference observed between two

stages of the experiment, i.e., pre and post experimental stage. This reveals that the normal activities could not improve the self-efficacy of the subjects of this group.

Table 4
Mean, S.D. and 'A' Values for the Control Group
at the pre- and post- experimental stage (n=10)

Occupational Self Efficiency Factors	Pre Mean	Post Mean	Sandler's 'A'	P<
Confidence	15.90	15.80	45.00	NS
Command	12.50	13.20	0.71	NS
Adaptability	10.80	11.40	2.38	NS
Personal Efficiency	16.30	16.00	7.00	NS
Positive Attitude	12.40	11.90	0.6	NS
Individuality	07.80	08.10	1.66	NS

DISCUSSION

The present study was an attempt to evaluate the impact of Transcendental Meditation on occupational self-efficacy of Working Personals of a Shopping Mall. The results of this study show that the T.M. practitioners significantly increased their Adaptability, Positive Attitude towards their works and Ability of Personal Effectiveness. No direct study on T.M. is observed on this variable however; some studies referred above indicate that T.M. has potentiality to improve psycho-somatic health that means that the T.M. has improved the mental activities and also improved the insight to understand and perform the things better.

In fact this Meditation technique dissolves the stresses and strains of body and mind and hence the individual acts in better way in this environment and surrounding.

The results lead to the following conclusions with respect to the original hypotheses.

1. The subjects of experimental did not differ significantly from those of control group at pre-experimental stage on any of the factors of the occupational self-efficacy. Here first hypothesis is confirmed.
2. However, after two months of T.M. practice, the subjects of experimental group differed significantly from the subjects of the control group on Adaptability, Personal Effectiveness, and Positive Attitude factors. Thus, this finding corroborates the second hypothesis proposed earlier.
3. The subjects of experimental group increased their self-efficacy significantly after two months practice of T.M. Thus, the early proposed third hypothesis also supported by the results.

The overall picture emerged by the results indicates that T.M. practice influenced the self-efficacy positively.

References:

1. Bandura, A. (1998): Personal and Collective Efficacy in Human Adaptation and Change. In J. G. Adair, D. Belanger, & K. L. Dion (Eds.). *Advances in psychological science: Vol. 1. Personal, social and cultural aspects* (pp. 51-71). Hove, UK: Psychology Press.
2. Holden, G. (1991): The relationship of self-efficacy appraisal subsequent health related outcomes: A meta-analysis. *Social Work in Health Care*, 16, 53-93.
3. Holder, G., Moncher, M.S., Schinke, S.P., and Barker, K.M (1990): Self-efficacy of children and adolescents: A meta-analysis. *Psychological Report*, 66, 1044-6.
4. Multon, K.D., Brown. S.D, and Lent, R.W. (1991): Relation of self-efficacy beliefs to academic outcomes: A meta-analytic investigation. *Journal of Counselling Psychology*, 38, 30-8.
5. Stajkovic, A.D., & Luthans, F. (1998). Self-efficacy and work-related performance: A meta-analysis. *Psychological Bulletin*, 124, 240-261.
6. Pajares, F. (1996): Emory University "Measuring and mismeasuring self efficacy: dimensions, problems and misconceptions." Paper presented in Annual general meeting of American Educational Research Association, New York. From the world wide web.
7. Pethe, S., Chaudhari, S. & Dhar, U. (1999). Manual of Occupational Self-Efficacy Scale (OSES). National Psychological Corporation, Agra, India.
8. Maharishi Mahesh Yogi (1969): Mahrishi Mahesh Yogi on Bhagwad- Gita: A new translation and commentary, Chapter 1-6, Baltimore, Maryland; Penguin, 1969.
9. WHAT IS TM. (2014): Retrieved January Thursday, 2014, from Transcendental Meditation: <http://www.tm.org/meditation-techniques>.
10. Bhardwaj, P., Upadhyaya, S. and Gaur, B.P. (1979): T.M. as a Treatment Modality in Neurotic Disorder. *Journal of Rajasthan Psychiatry Society*, Vol. 2, July, 53-57.
11. Pathak, L.K. and Gaur, B.P.(1984). Effect of T.M. on Paired-associate Learning, Department of Psychology, University of Jodhpur, Jodhpur, India, 1984.
12. Gaur, B.P., Rudola, M., Sheikh, S. and Pathak, L.K. (1985) : T.M. reaction on J.M.P.I., Department of psychology, university of Jodhpur, India, paper presented at National council of Education, Research and Training, New Delhi, India.
13. Pathak, L.K., Gaur, B.P. and Rudola, M.(1984). Effect of T.M. on Personality Traits of Prisoners, Department of Psychology, University of Jodhpur, India, Paper Presented at National Council of Education Research and Training, New Delhi,
14. Joshi, M.C., Gaur, B.P. and Mathur, K. (1987). Effect of T.M. on Reaction to Frustration, Values C.N.S. and A.N.S. Functions of Students, Department of Psychology, University of Jodhpur, Jodhpur India ,1987.
15. Joshi, M.C., Gaur, B.P. and Gupta, M. (1987). Effect of T.M. on Mental Stress and C.N.S. & A.N.S. Functions of students, Department of Psychology University of Jodhpur India, 1987.
16. Gaur, B.P. (1994) : Personality and Transcendental Meditation . A Jainsons Publication, New Delhi, India. 1994.
17. Alexander C N, Swanson G C, Rainforth M V, Carlisle T W, Todd C C & Oates Jr R M, Effects of the Transcendental Meditation program on stress reduction, health, and employee development: a prospective study in two occupational settings. *Anxiety, Stress, and Coping*. Vol.6 (1993):245-262.
18. Barnes, V.A. and Orme-Johnson D.W. (2012). Prevention and Treatment of Cardiovascular Disease in Adolescents and Adults through the Transcendental Meditation Program: A Research Review Update. *Curr Hypertens Rev*.8(3):227-242.

19. Balaji, P.A, Varne, S.R and Ali, S.S. (2012). Physiological effects of yogic practices and transcendental meditation in health and disease. *N Am J Med Sci.* 4(10):442-8. doi: 10.4103/1947-2714.101980
20. Gaur, B.P. and Kumar, R.(2012) Impact of Transcendental Meditation and Yoga-sans on Academic Anxiety and Academic achievement of Metro city schools students. The paper was presented in 6th International Conference of World Council for Psychotherapy (Asian chapter) & 5th International Conference of Yoga and Psychotherapy Association of India, 24-26 Sept.2012 at New Delhi, India.
21. Gaur, M., Vatsa, N. and Gaur, B.P. (2012). Transcendental Meditation as a Treatment Modality for Psychosomatic problems. The paper presented at 50th World congress of Integrated Medicines, held at Colombo, Sri Lanka, from 23-25 Nov. 2012.
22. Zimmermann, D., Haarig, F., Jaeger, S., Kunze, S. (2012). "The Psychological Effects Sedlmeier, P., Eberth, J., Schwarz, M., of Meditation: A Meta-Analysis". *Psychological Bulletin*, 138 (6): 1139–1171.
23. Chen, K.W., Berger, C.C., Manheimer, E., Forde, D., Magidson, J., Dachman, L., Lejuez, C.W. (2012)."Meditative Therapies for Reducing Anxiety: A Systematic Review and Meta-Analysis of Randomized Controlled Trials". *Depress Anxiety*, 29(7):545-62.
24. Eppley K, Abrams AI, Shear J. (1989) Differential effects of relaxation techniques on trait anxiety: A meta-analysis. *J Clin Psychol* 1989;45(6):957-974.
25. Gaur, B.P. and Sharma, M. (2013). Transcendental Meditation and Mental Health. The paper presented at 7th National Yoga Week, held at Morarji Desai National Institute of Yoga.18-24 Feb. 2013 at New Delhi India.
26. Garret, Henry E. (1981). *Statistics in Psychology and Education*, Indian Reprint. Bombay: Vikas, Feffer & Simon.

Cite this paper as: Ahuja R., Gusain V. S., Gaur B.P., (2018). Impact of Transcendental Meditation on Occupational Self-Efficacy of Personnel of Shopping Mall of Metro city. *International Journal of Science and Consciousness*: 4(3): 55-64.