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VIPASSANA MEDITATION AN INDIGENOUS APPROACH FOR GOOD SELF-ESTEEM AND SELF-EFFICACY

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ABSTRACT

Vipassana is one of the most ancient techniques of mindful meditation found and practiced in India. History of vipassana can be traced back to 2500 years ago, when Gautama Buddha rediscovered this ancient Indian practice. Buddha taught vipassana as a universal remedy for all illness. Vipassana is self-transformation technique through self-observation that brings deep awareness about mind and body interconnection. The present study aimed to compare the level of self-esteem and self-efficacy of adults who practice vipassana and also those who do not practice vipassana. The research was conducted on 32 number of adults, among them 16 adults practiced vipassana and the rest 16 did not have awareness about the practice. Questionnaire survey and interview method was utilized in the collection of data. Generalized Self-Efficacy Scale (GSES) and Rosenberg self-esteem scale was used in the research. To analyse the data mean, SD and t-test was used. The research emphasized the relevance of vipassana in today's modern world for better mental health.

I. INTRODUCTION

Vipassana meditation is a healing practice that has a history of more than 2500 years. The word Vipassana means "insight" in the Pali language, which is one of the ancient Indian languages. In Vipassana it is believed that every thought, every emotion, every mental action is accompanied by a corresponding sensation within the body. The individuals those who practise Vipassana meditation adopt the position of an observer of their own thoughts and feelings. They get the ability to be less judgmental as a result. Here the essential objective is to stay aware in the present moment. Vipassana meditation is currently typically taught in standardized intervention of a 10-day retreat as in the tradition lead by S.N. Goenka. It is usually practiced in a motionless seated position even though other postures are allowed, and can be practiced from 5 to 10 minutes twice a day for novice meditators up to several hours for expert meditators (Alberto Chiesa, 2010). In recent years there has been increasing focus on mindfulness meditation due to its proven physical and mental health benefits. A study by Dr. Bani Narula and Shefali Midha (2021), highlighted that western adaptation of mindfulness meditation derives its origin from Vipassana meditation.

Self-esteem refers to how we view and respect ourselves. It is founded on our perceptions of ourselves, which can be challenging to alter. This could also be referred to as self-confidence. A strong sense of self-worth can affect our motivation, mental health, and general quality of life. However, a self-esteem that is either excessively high or excessively low might cause issues. One can find the perfect balance for him or her by having a better grasp of your individual level of self-esteem.

Self-efficacy is the conviction that one can carry out an activity or accomplish a goal. It

includes a person's self-assurance in their ability to manage their conduct, have an impact on their surroundings, and remain motivated in the pursuit of their objective. The term „self-efficacy" was first coined by psychologist Albert Bandura (1977) a Canadian-American psychologist. Self-efficacy is a trait that people possess in a variety of contexts and domains, including relationships, employment, and other crucial areas.

Methods Objectives

To compare the level of self-esteem among adults who had practiced vipassana and adults who had not practiced vipassana.
To compare the level of self-efficacy among adults who had practiced vipassana and adults who had not practiced vipassana.
To compare the level of self-esteem and self-efficacy among male and female adults.
To explore relation between self-esteem and self-efficacy among the sample.

Hypothesis

There is a significant difference in the level of self-esteem among adults who practiced vipassana and adults who had not practiced vipassana.
There is a significant difference in the level of self-efficacy among adults who practiced vipassana and adults who had not practiced vipassana.
There is a significant difference in the level of self- esteem and self-efficacy among male and female adults.
There is a significant relation between self-esteem and self-efficacy among the sample.

Procedure

The research study aimed to study the self-esteem and self-efficacy among adults who had practiced vipassana and adults who had not practiced vipassana. A sample of 32 adults were randomly chosen for the study among them 16 adults practiced vipassana and 16 adults had not practiced vipassana. The data was collected through survey and interview method. Generalized Self-Efficacy Scale (GSES) and Rosenberg Self-Esteem scale was used in the research to know the level of self-efficacy and self-esteem respectively. The data obtained was analysed using suitable statistical procedures.

Sample

The sample of the study encompassed thirty adults in the age group of 20-40 years. Among the sample 16 adults had practised vipassana whereas the other 16 adults had no idea about vipassana. The sample who were randomly chosen has various educational and occupational backgrounds.

Sl. No	**Criteria**	**No. of Subjects**
1.	Subjects who had practised vipassana	16
2.	Subjects who had not practised vipassana	16
3.	Total	32

Tools used in the Study

Generalized Self-Efficacy Scale (GSES)

Generalized Self-Efficacy Scale is a ten item questionnaire which can be administered through interview or self-reporting manner. This scale was originally developed by Schwarzer in 1992. It assess the strength of individual"s belief in his or her own ability to respond to novel and difficult situations and to deal with obstacles or setbacks.

Rosenberg Self-Esteem Scale

The Rosenberg Self-Esteem Scale, a widely used self-report instrument for evaluating individual self-esteem. This is a 10-item scale that measures global self-worth by measuring both positive and negative feelings about the self. The scale is believed to be unidimensional. All items are answered using a 4-point Likert scale format ranging from strongly agree to strongly disagree. Higher scores indicate higher self-esteem.

Results

In this section, the researcher has tried to assess the level Self-Efficacy and Self-Esteem among adults. The data obtained was analysed as below:

Table No.1: Level of Self-Efficacy and Self-Esteem among adults who had practised vipassana and adults who had not practiced vipassana

	Self-Efficacy		**Self-Esteem**	
Group	Adults who had practised vipassana	Adults who had not practised vipassana	Adults who had practised vipassana	Adults who had not practised vipassana
Mean	33.25	30.94	33.00	29.38
Standard Deviation	4.18	4.04	4.16	3.68
SEM	1.04	1.01	1.04	0.92
N	16	16	16	16
t-value	1.590		2.608	
p-value	0.122		0.014	

The above table reveals the level of Self-Efficacy and Self-Esteem among adults who had practised vipassana and adults who had not practiced vipassana.

The mean scores of level of Self-Efficacy among adults who had practised vipassana and adults who had not practiced vipassana are 33.25 and 30.94 respectively, though the scores indicate a slightly greater score among adults who had practised vipassana, the level of Self-Efficacy among both the groups is above average. There was no significant difference in the level of Self-Efficacy based on vipassana practice among adults.

The mean scores of level of Self-Esteem among adults who had practised vipassana and adults who had not practised vipassana are 33.00 and 29.38 respectively, the scores indicate a greater score among adults who had practised vipassana. The level of Self-Esteem among adults who had practised vipassana is above average while the level of Self-Esteem among adults who had not practised vipassana is average. Henceforth there is a significant difference in the level of Self-Esteem based on vipassana practice among adults.

Table No.2: Level of Self-Efficacy and Self-Esteem among male and female adults.

	Self-Efficacy		**Self-Esteem**	
Group	Male	Female	Male	Female
Mean	32.25	31.94	31.44	30.94
Standard Deviation	3.35	5.03	3.44	5.09
N	16	16	16	16
t-value	0.206		0.325	
p-value	0.83		0.74	

The above table reveals the level of Self-Efficacy and Self-Esteem among male and female adults. The mean scores of level of Self-Efficacy among male and female adults are 32.25 and 31.94 respectively, though the scores indicate a slightly greater score among males, the level of Self-Efficacy among both the gender is above average. There was no significant difference in the level of Self-Efficacy based on gender among adults. Thus the scores indicate that men and women have same level of Self-Efficacy. The mean scores of level of Self-Esteem among male and female adults are 31.44 and 30.94 respectively, though the scores indicate a slightly greater score among males, the level of Self-Esteem among both the gender is above average. There was no significant difference in the level of Self-Esteem based on gender among adults. Thus the scores indicate that men and women have same level of Self-Efficacy and Self-Esteem.

Table No.3: Relationship between Self-Efficacy and Self-Esteem of adults.

			Self-Efficacy	
Pearson Correlation	Self-Efficacy	Pearson Correlation	1.000	
		Sig. (2-tailed)	.	
		N	32	
	Self-Esteem	Pearson Correlation	.749**	1.000
		Sig. (2-tailed)	.000	.
		N	32	32

The above table reveals the relationship between Self-Efficacy and Self-Esteem among adults. Pearson correlation coefficient of 0.749 indicates a positive moderate correlation between Self-Efficacy and Self-Esteem. Hence there is a highly significant positive moderate correlation between Self-Efficacy and Self-Esteem this suggests that as the level of Self-Efficacy increases the level of Self-Esteem also increases.

II. CONCLUSION

The current research study revealed that the level of Self-Esteem among adults who had practised vipassana is above average while the level of Self-Esteem among adults who had not practised vipassana is average. Thus there was a significant difference in the level of Self-Esteem based on vipassana practice among adults. However the level of Self-Efficacy among the adults who had practised vipassana and adults who had not practiced vipassana was above average. Thus there was no significant difference in the level of Self-Efficacy based on vipassana practice among adults. The study also revealed that adult men and women had same level of Self-Efficacy and Self-Esteem. The research study highlighted that there was a highly significant positive moderate correlation between Self-Efficacy and Self-Esteem.

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