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Impact of mindfulness meditation on perceived stress levels and subjective well-being among housewives: A review

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Abstract---Mindfulness meditation is paying attention to the current moment with openness, curiosity and with full acceptance. Mindfulness in every day experiences is best strengthened and supported by a regular meditation practice. This review aimed to identify the impact of Mindfulness meditation on the different sections of the society. A systematic search strategy was conducted with through online databases-Medline, PubMed, SCOPUS, Embase, Google Scholar, Cochrane library. The grey literatures from relevant websites were also searched. The keywords were identified and used to search the literature published from 2007-2020 in English. More than 50 papers published related to this area were reviewed. It was found that people deal with plenty of psychological problems related to stress, burnout, and fatigue. Mindfulness helps them in having more awareness regarding their inner as compared to their outer and that would captivate their performance in every aspect. Many studies show evidence – based implementation plan contributes in the psychological wellbeing of students'. Mindfulness interventions found very useful for reducing the psychological distress. Further implications include the MBSR (mindfulness based stress reduction) potentially beneficial for oncology nursing intervention as they are exposed to more stressful conditions. Psychotherapeutic use of

meditation technique can be implicated for self-control and relaxation in facilitating personal and spiritual growth.

Keywords---mindfulness meditation, stress, psychological wellbeing, adolescents.

Introduction

The mindfulness contemplative practices originated from Buddhist tradition from eastern world at least 100 years ago. Philip Kapleau was the first teacher of Zen Buddhism who teaches meditation to a student named Kabat-Zinns. Mindfulness is different from meditation. It has awareness of something. Meditation is technique of clearing the mind. Mindfulness enhances the focus, attention related to present moment.^[1] The individual has to concentrate on his or her breathing and slowly the person will reduce negative emotions and will have satisfying relationship too ^[2].

There are many types of therapeutic uses of mindfulness as 8 week sessions of stress reduction program under mindfulness prove to be useful for human beings. Brief meditation works on the functioning of memory and visual- spatial processing and decrease in anxiety and fatigue. MBSR therapy results in the mixture of mindfulness, meditation plus yoga. Mindfulness also lower down the cardiovascular hazard and one study also stated that mindfulness also increases gray matter in the brain occurred in left hippocampus ^[3]. Eight week sessions are practiced which helps in developing the skills to get free from miserable emotions. Whole course divided into weeks. In the first week, whole body scan is being done including activities of routine and mindful eating habits. In second week, It helps the individual to know about himself and in the third week includes having united minded free from worries then in the next week person will recognise himself and in later weeks when the person is letting the things to go exactly as it is happening followed by action of kindness and for seeing for the future ^[4]

In today's scenario many mental health problems are prevailing e.g. anxiety disorders, stress disorders, psychotic disorder. Many evidences exist that shows that "mindfulness has the positive results on the mental and physical well being conditions of a person". Neuroscience also says that mindfulness also responsible for the changes in the structure and brain imaging which further improves in thoughts and feelings. A recent study conducted to compare the level of stress experienced by housewives and working women in the district Rohtak, Haryana. A cross -sectional survey was conducted by using general-role-stress scale (GRSS) on 100 housewives and 100 working women. The conclusion of the study was working-women face more stress when compared to housewives which was statistically significant. As a result, knowledge regarding stress management techniques should be increase in order to avoid stress from negatively impacting lives. ^[5].

Mindfulness meditation has some effects includes positive and negative. a study conducted on twenty- seven long term meditators average (4.21 years) retrospectively(one time) and prospectively at one month(time two) and six

months (time three) following a meditation retreat. In both time one and time three subjects reported significantly positive effects than negative from meditation. However, twenty-seven subjects, 17(62.9%) experience at least one adverse effect and 2(7.4%) suffered profound adverse effect. When subjects were divided into three groups based on length of practice (16.7 months; 47.1 months; 105 months) there were no critical contrasts in adverse effects [36].

Another examination shows that expanding number of experimental and episodic reports that cooperation in a care based intervention(MBI) has prompted impacts for example leader memory weaknesses, depersonalisation, as sociality, alarm assaults, insane scenes, habit (i.e to care) or hindered reality testing[37]. Working women and housewives are considered full time working by a recent research. Working women are stressed and anxious in case family is not supportive whereas, Housewives are managing the family, educating and taking care of her children as well as elderly, cooking food, buying goods, cleaning and maintaining safe environment at home, in both the situations women are working and striving for the work life as well as at home. A recent study conducted to compare the level of stress experienced by housewives and working women in the district Rohtak, Haryana. A cross –sectional survey was conducted by using general-role-stress scale (GRSS) on 100 housewives and 100 working women. The conclusion of the study was working-women face more stress when compared to housewives which was statistically significant. As a result, knowledge regarding stress management techniques should be increase in order to avoid stress from negatively impacting lives. [5]

According to some studies Mindfulness meditation has some effects includes positive and negative. Some scientist it's a topic of concern if meditation has some undesirable health effects. According to a study conducted on 27 long term meditators average 4.21 years in a retrospective and prospective way. In both time, one among three subjects experience positive and negative impacts. The after effect of the investigation is (27%) subjects experience a couple of results and (7.4%) experienced serious kind of results. At the point when subjects at time were partitioned into three gatherings dependent on length of training (6.1 months, 41.1 months, 105 months) there were no critical contrasts in antagonistic impacts [6].

In today's scenario many mental health problems are prevailing e.g. anxiety disorders, stress disorders, psychotic disorder. Many evidences exist that shows that "mindfulness has the positive results on the mental and physical well being conditions of a person". Neuroscience also says that mindfulness also responsible for the changes in the structure and brain imaging which further improves in thoughts and feelings. Due to small number of studies it was investigate regarding the negative health effect of mindfulness. Based on the anecdotal and empirical reports the author having teaching experience over a period of decades in teaching mindfulness concluded that lack of understanding of the nuances of mindfulness among instructors pose greatest risk to the patients so there is clearly a need for future research to investigate the conditions under which mindfulness may incur the negative health consequences [37].

Methods

Literature search strategy

The article were searched from many online databases like Medline , Pub Med, SCOPUS, EMBASE, Goggle scholar, Cochrane were searched. Subheadings and keywords were identified from key concepts of the focus of interests of the study. The following keywords and subheadings were combined with and Or to proceed with the systematic literature search. These were Mindfulness meditation, stress, burn out, psychological well being and adolescents. The articles were searched from all databases used in the search startegy. The atitles and abstracts were screened and dublicate and irrevelant articles were exculed according to inclusion and exclusion criteria. Full texts of eligible articles, reviewed and narrative review was conducted from year 2007-2020.

A number of studies have been conducted previously on mindfulness meditation results in reducing the stress and improving in subjective well being of the individual. MBSR interventions help in stress reduction in cancer patients. [7-8] It has also good results in improving the academic progress reducing stress among medical college students and also reduced the negativity among youth hence there is less suicide attempt behaviour in them [9,14], [11], [17-18], [20] .It was also seen that there variation in experiencing the meditation experiences of the person. It varies from person to person but it is really difficult to measure the mindfulness experience effectively^{[10],[16]} .Many studies show the relationship exist between mindfulness and subjective well being but subjects should have more knowledge regarding mindfulness specially in primary health professionals^{[12],[19]} . Psychologists also suggested that mindfulness profile can be made for the individual and longitudinal studies can be done.^[13] Mindfulness makes the music students active and gives the mindfulness performance for the work and developed leadership practices too^[15,17]. “Mindfulness based interventions had overall positive effect on resting physiological measurements in population” ^[21, 23]. Meta analysis and systematic review shows significantly greater pre-post changes with mindfulness ^[22] .Exposure to nature and forest views has positive health effects ^[24]. Interventions through wildflower Smartphone app wildflower has long term benefits for attention control^[25],virtual reality support the mindfulness and also to understand closer experience issues in general population ^[26],mindfulness helpful during COVID -19 pandemic according to mental health professionals.

women are more stressed than men according to a study they are more prone to have depression, post-traumatic stress disorder then men ^[28] stress among housewives can be reduce by applying relaxation technique ^[29] so needs more mindfulness intervention needed in women ^[30],mindfulness also promotes wellbeing in older adulthood ^[31]. Mindfulness induced psychotic symptoms but in certain conditions ^[32]. Mindfulness meditation activates human altruism, a component of social cooperation. Using a simple donation game, which is a real-world version of the Dictator’s Game, we randomly assigned 326 subjects to a mindfulness meditation online session or control and measured their willingness to donate a portion of their payment for participation as a charitable donation. Subjects who underwent the meditation treatment donated at a 2.61 times higher rate than the control (p = 0.005), after controlling for socio-demographics.

Researcher also found a larger treatment effect of meditation among those who did not go to college ($p < 0.001$) and those who were under 25 years of age ($p < 0.001$), with both subject groups contributing virtually nothing in the control condition. Our results imply high context modularity of human altruism and the development of intervention approaches including mindfulness meditation to increase social cooperation, especially among subjects with low baseline willingness to contribute.^[50]

Conclusion

Mindfulness interventions found very useful for reducing the psychological distress in the individuals. MBSR (mindfulness based stress reduction) potentially beneficial for oncology nursing intervention. Findings also show that mindfulness meditation techniques are very effective in enhancing the cognitive functioning of the individual.

Future prospects

The findings from this review can be applied to see the evidence that meditation helpful in reducing the stress and improves the psychological wellbeing of the person. Furthermore, mindfulness meditation are required to be learn in the form of proper training so that person can use it any time at anywhere.

Conflict of interest –Nil

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Ethical clearance

Ethical clearance has been taken by the Institutional Ethics Committee (IEC), Chitkara University, Punjab.

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