

# An analysis the impact of subjective Well-being and emotional intelligence On meditators

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**Abstract** - Meditation is a type of mental exercise that aims to increase a person's capacity for self-awareness. A new state of awareness is induced, resulting in positive outcomes for all of humanity. Meditation is a cornerstone of developing emotional intelligence and overall health. In examining the effect of meditation on EI & subjective well-being among mediators regardless of age, gender, etc of meditation they practice. This study is systematically and scientifically organized. The validity of research is determined by a systematic approach to data gathering and analysis in a methodical manner. It has made an general usage of both primary & secondary data. It describes EI & subjective well-being of the mediators in Indore Madhya Pradesh and hence the study is descriptive in nature. So, this investigates usages sampling technique for collecting data.

**Keywords** - Meditation, Subjective Well-Being, Emotional Intelligence, Psychological

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## INTRODUCTION

Meditation is a psychological discipline that helps people become more aware of their bodies and minds. It induces a state of consciousness that allows mankind to profit. It allows you to concentrate on a single point, such as your breath, your physique, or your mantra. It is regarded as the most effective technique for stress relaxation, mental simplicity, & pain treatment. Every one of us is filled with a variety of emotions in our daily lives. They are an inextricable element of all living things. Emotions include both happy and bad feelings. Anxiety, depression, wrath, & hostility are examples of pleasant emotions, while happiness & life satisfaction (subjective wellness) are examples of unpleasant emotions. The purpose of this study is to determine how common people are impacted by emotional imbalances. At the same time, the researcher attempted to determine the impact of meditation and intelligence on mood. The researcher has investigated the following questions based on the aforementioned issues: What function does meditation play in enhancing EI & subjective well-being of meditators in a stressful environment? As a result, this study is critical in the current situation, where humans are struggling to cope with emotions and life pleasure. Meditation practice ensures emotional intelligence & subjective well-being for meditating minds, which helps to tackle the aforesaid difficulty. Most of the studies have been done on adults, especially old meditative practitioner or patients but less research based literature is found on children. Even after the research based evidences support that meditative practices improve attention, concentration, well-being, lessen

the anxiety and stress etc. less research had been done on children as compared to adults. More research work should be done on children for enhancing their creativity, happiness, concentration, attention, compassion, etc. for constructing a well-ordered society.

## OBJECTIVES

1. To explore the meditation role on emotional intelligence.
2. To assess the emotional intelligence of the respondents on pre and post practice of meditation.
3. To assess the subjective well-being of the respondents on practice of meditation.

## METHODOLOGY

This study is systematically and scientifically organized. The validity of research is determined by a systematic approach to data gathering and analysis in a methodical manner. It has made an general usage of both primary & secondary data. It describes EI & subjective well-being of the meditators in Indore Madhya Pradesh and hence the study is descriptive in nature.

## Sampling methods and size

Only a small portion of the universe or population is explored, & statistical inferences from that are applied to the entire universe or population as a whole. As a result, data for this study were gathered

through the use of sampling. For this research stratified random sampling is used for collecting the data.

**Data Collection Method**

For the present study, the universe comprised of meditators in Indore Madhya Pradesh. The sample units will chose by cover the meditators in all 6 taluks of Indore Madhya Pradesh. The sampling size was 727 respondents.

**Primary Data**

Primary data refers to those data which were collected first hand by the investigator. In this research work, field survey technique was utilized to gather the primary data by considered questionnaire. The investigator use both closed-ended & open-ended interrogations to accumulate primary data. In imperative to accomplish the objectives of the research, the primary data will collect from the meditators who had undertaken for the period of least 8 weeks in Indore Madhya Pradesh. One noteworthy element was that the respondents filled out the questionnaire with enthusiasm & emotion, indicating that they had positive feelings.

**Secondary Data**

In the early phases, secondary data provides researchers with information on the activities, scope, & perspectives of other researchers and specialists. It supplemented the qualitative components of the research findings with valuable & necessary information. Secondary data was gathered for this aim from all associated sources, which included: volumes on meditation, emotions, emotional intelligence, well-being and research methodology, Research journals, magazines, periodicals published on the area of study and Internet web sources

**RESULTS AND ANALYSIS**

**Meditation's Effect On EI**

One of the goals of this chapter was to conduct a comprehensive investigation into the effects of meditation on meditators' EI & SWB. A field survey method was used to gather first-hand data from 727 participants in the sample. The collected information was then presented in a table for ease of use. The effect of meditation on EI & level of Emotional Intelligence increase after meditation are regarded dependent variables.

**Opinion Of The Respondents Towards Role Of Meditation On Emotional Intelligence – Percentage Analysis**

In an effort to learn what respondents think about the importance of meditation in EI, a survey was conducted. 14 subcategories have been created for

this investigation viz., develops self-awareness, helps to perceive one's emotions and of others, helps to regulate one's emotions, builds mutual relationship with others, enhances socializing skills, develops inner motivation for long term success, develops empathy, increases one's self confidence level, helps to grow as a stable and more balanced personality, creates inner peace and happiness, creates positive energy, develops contentment in oneself, develops sense of life satisfaction and brings body, mind, spirit in harmony.

**TABLE 1: OPINION OF THE RESPONDENTS TO ROLE OF MEDITATION ON EMOTIONAL INTELLIGENCE**

S.No.	Role of Meditation	SA	A	N	A	SDA
1	Develops self-awareness	408 (56.1%)	216 (29.7%)	42 (5.8%)	36 (5.0%)	25 (3.4%)
2	Helps to perceive one's emotions and of others	400 (55.0%)	253 (34.8%)	38 (5.2%)	22 (3.0%)	14 (1.9%)
3	Helps to regulate one's emotions	377 (51.9%)	272 (37.4%)	42 (5.8%)	26 (3.6%)	10 (1.4%)
4	Builds mutual relationship with others	327 (45.0%)	298 (41.0%)	45 (6.2%)	37 (5.1%)	20 (2.8%)
5	Enhances socializing skills	363 (49.9%)	292 (40.2%)	34 (4.7%)	21 (2.9%)	17 (2.3%)
6	Develops inner motivation for long term success	406 (55.8%)	251 (34.5%)	33 (4.5%)	25 (3.4%)	12 (1.7%)
7	Develops empathy	330 (45.4%)	290 (39.9%)	37 (5.1%)	39 (5.4%)	31 (4.3%)
8	Increases one's self confidence level	425 (58.5%)	238 (32.7%)	30 (4.1%)	20 (2.8%)	14 (1.9%)
9	Helps to grow as a stable and more balanced personality	390 (53.6%)	272 (37.4%)	31 (4.3%)	25 (3.4%)	9 (1.2%)
10	Creates inner peace and happiness	421 (57.9%)	236 (32.5%)	37 (5.1%)	16 (2.2%)	17 (2.3%)
11	Creates positive energy	373 (51.3%)	252 (34.7%)	49 (6.7%)	33 (4.5%)	20 (2.8%)
12	Develops contentment in oneself	394 (54.2%)	262 (36.0%)	31 (4.3%)	22 (3.0%)	18 (2.5%)
13	Develops sense of life satisfaction	325 (44.7%)	219 (30.1%)	126 (17.3%)	41 (5.6%)	16 (2.2%)
14	Brings body, mind, spirit in harmony	415 (57.1%)	239 (32.9%)	43 (5.9%)	20 (2.8%)	10 (1.4%)

**Note :** SA – Strongly Agree; A – Agree; N – Neutral; DA – Disagree; SDA – Strongly Disagree;

It is evaluated from the above table that the respondents have strongly agreed with the impact of meditation on emotional intelligence like „develops self-awareness, helps to perceive one's emotions and of others, helps to regulate one's emotions, builds mutual relationship with others, enhances socializing skills, develops inner motivation for long term success, develops empathy, increases one's self confidence level, helps to grow as a stable and more balanced personality, creates inner peace and happiness, creates positive energy, develops contentment in oneself, develops sense of life satisfaction and brings body, mind, spirit in harmony" as 56.1, 55.0, 51.9, 45.0, 49.9, 55.8, 45.4, 58.5, 53.6, 57.9, 51.3, 54.2, 44.7 and 57.1 percentage correspondingly. Analysis shows that 58.5 percent of

respondents strongly agreed that meditation can improve EI through increasing one's self-confidence level.

**Effect Of Meditation On Ei (Chi-Square Analysis)**

Role of meditation on emotional intelligence was measure founded on meditators' opinion about the impact to fourteen statements. 5 for strongly agree, 4 for agreeing, 3 for neutral, 2 for disagreeing, & 1 for strongly disagreeing. Depending on mean & standard deviation, the influence of meditation on EI amongst meditators was categorized as low, medium, & high.

**TABLE 2; EFFECT OF MEDITATION ON EMOTIONAL INTELLIGENCE**

S. No.	Category	Range	No. of Respondents	Percentage (%)	Mean Score	SD
1.	Low	≤ 3.881	134	18.4	3.71	0.27
2.	Medium	3.882-4.762	206	28.3	4.24	0.21
3.	High	>4.762	387	53.3	4.58	0.34
	<b>Total</b>		<b>727</b>	<b>100.0</b>		

The information in the table above can be summarised as follows.

- Low level impact– 134 respondents (3.881 Range)
- Medium level impact– 206 respondents (3.882-4.762 Range)
- High Level of impact – 387 respondents (>4.762 Range)

Meditators with high, medium, & low levels of impact were found to have a mean score of 4.58, 4.24, & 3.71 points, respectively, among the three categories of responders. According to research conducted in Indore, the vast majority of the city's meditators have a high level of emotional intelligence as a result of their practise.

Data on how meditation affects EI in Indore is presented in the following tables based on the demographics of those who practise it (age & gender), as well as their marital status (single vs. married), family size, type of location (city or rural), & duration of meditation practised per day (hours or minutes).

**Age And Impact Of Meditation On Emotional Intelligence**

Meditative practises have been categorised into three groups based on the age of the participants, ranging from under 30 to between 30 & 45 years of age. Among the respondents, there are 51 (7.0 percent) who are under 30 years old, 387 (53.2 percent) who are between the ages of 30 and 45, & 289 (39.8 percent) who are over 45. The following table shows the age distribution of the sample respondents & effect of meditation on EI.

**TABLE 3: AGE & EFFECT OF MEDITATION ON EMOTIONAL INTELLIGENCE**

S. No.	Age	No. of Respondents	%	Ave rage	Range		S.D
					Min	Max	
1.	Below 30 years	51	7.0	4.22	3.1	4.7	0.46
2.	30-45 years	387	53.2	4.29	2.5	4.6	0.44
3.	Above 45 years	289	39.8	4.38	3.1	4.2	0.44
	<b>Total</b>	<b>727</b>	<b>100.0</b>				

From the above table, it can be concluded that the effect of meditation on emotional intelligence among the respondents below 30 years ranged between 3.1 and 4.7 with an average of 4.22. The impact of meditation on emotional intelligence among 30- 45 years aged respondents ranged among 2.5 & 4.6 with an average of 4.29. The effect of meditation on EI was found to range from 3.1 to 4.2 with an average score of 4.38 among participants over the age of 45. According to the results of the study, people over the age of 45 have the greatest appreciation for the benefits of meditation on their EI. Using a two-way table, researchers were able to see how the age of the respondents & effect of meditation on EI were linked.

**TABLE 4: AGE & EFFECT OF MEDITATION ON EMOTIONAL INTELLIGENCE**

**(TWO-WAY TABLE)**

S. No.	Age	Impact of Meditation			Total
		Low	Medium	High	
1.	Below 30 years	16 (31.4%)	7 (13.7%)	28 (54.9%)	51
2.	30-45 years	73 (18.9%)	111 (28.7%)	203 (52.5%)	387
3.	Above 45 years	45 (15.6%)	88 (30.4%)	156 (54.0%)	289
	<b>Total</b>	<b>134</b>	<b>206</b>	<b>387</b>	<b>727</b>

According to the preceding table, it can be concluded that the percent of high level of impact of meditation on emotional intelligence was the highest (54.9%) among the respondents below 30 years & same was the lowest (52.5%) amongst 30-45 years aged respondents. Those who are over 45 years old had the highest percentage of respondents reporting a medium effect on EI, while those who are under 30 years old had the lowest percentage. Conversely, respondents under the age of 30 had the largest percentage of low influence on emotional intelligence (31.4%), while respondents over the age of 45 had the lowest percentage (15.6%).

**LEVEL OF INCREASING EMOTIONAL INTELLIGENCE AFTER MEDITATION**

**Respondents' Opinion Towards Emotional Intelligence On Pre And Post Practice Of Meditation**

EI has been a topic of discussion in this study, which surveyed participants before and after meditating. It has been classified into 15 subcategories for this study, viz., realization of own strengths and



weaknesses, ability to recognize the situations that causes emotions, clarity in vision, ability to make independent decision, ability to know and accept oneself, ability to see things from others" perspective, mentality to work towards others" welfare/ satisfaction, enables one to maintain good interpersonal relationship with others, tolerance level : personal stress, work stress, environmental stress, ability to control ones desire for others, willingly change ideas / perceptions based on new information, flexibility: in personal life, in work life, in social life, ability to solve problem and adopt oneself to the situation, your ability to see obstacles as opportunity to learn and develop and inner satisfaction.

**TABLE 5: RESPONDENTS' OPINION TO EI ON PRE & POST PRACTICE OF MEDITATION**

S. No.	Factors	BEFORE MEDITATION					AFTER MEDITATION				
		E	G	A	P	VP	E	G	A	P	VP
<b>I Intrapersonal</b>											
1	Realization of my own strengths and weaknesses	154 (21.2%)	161 (22.1%)	268 (36.9%)	57 (7.8%)	87 (12.0%)	345 (47.5%)	203 (27.9%)	95 (13.1%)	40 (5.5%)	44 (6.1%)
2	Ability to recognize the situations that causes emotions	157 (21.6%)	236 (32.5%)	271 (37.3%)	35 (4.8%)	28 (3.9%)	286 (39.3%)	232 (31.9%)	93 (12.8%)	50 (6.9%)	57 (7.8%)
3	Clarity in vision	135 (18.6%)	206 (28.3%)	305 (42.0%)	48 (6.6%)	33 (4.5%)	295 (40.3%)	235 (32.3%)	99 (13.6%)	52 (7.2%)	48 (6.6%)
4	Ability to make independent decision	183 (25.2%)	223 (30.7%)	258 (35.5%)	34 (4.7%)	20 (2.8%)	296 (40.7%)	213 (29.3%)	110 (15.0%)	53 (7.3%)	46 (6.3%)
5	Ability to know and accept oneself	194 (26.7%)	219 (30.1%)	256 (35.2%)	30 (4.1%)	19 (2.6%)	270 (37.1%)	223 (30.7%)	113 (15.5%)	72 (9.9%)	49 (6.7%)
<b>II Interpersonal</b>											
6	Ability to see things from others' perspective	193 (26.5%)	234 (32.2%)	262 (36.0%)	18 (2.5%)	20 (2.8%)	286 (39.3%)	233 (32.0%)	95 (13.1%)	52 (7.2%)	61 (8.4%)
7	Mentality to work for others welfare/ satisfaction	201 (27.6%)	234 (32.2%)	257 (35.4%)	15 (2.1%)	20 (2.8%)	335 (46.1%)	225 (30.9%)	61 (8.4%)	53 (7.3%)	53 (7.3%)
8	Enables one to maintain good interpersonal relationship with others	195 (26.8%)	233 (32.0%)	248 (34.1%)	28 (3.9%)	23 (3.2%)	315 (43.3%)	214 (29.4%)	120 (16.5%)	48 (6.6%)	30 (4.1%)
<b>III Stress Management</b>											
Tolerance level :											
• Personal stress											
200 (27.5%) 226 (31.1%) 256 (35.2%) 27 (3.7%) 18 (2.5%) 263 (36.2%) 215 (29.6%) 92 (12.7%) 95 (13.1%) 62 (8.5%)											
• Work stress											
176 (24.2%) 236 (32.5%) 253 (34.8%) 39 (5.4%) 23 (3.2%) 266 (36.6%) 251 (34.5%) 107 (14.7%) 54 (7.4%) 49 (6.7%)											
• Environmental stress											
193 (26.5%) 246 (33.8%) 234 (32.2%) 30 (4.1%) 24 (3.3%) 236 (32.5%) 256 (35.2%) 178 (24.5%) 26 (3.6%) 31 (4.3%)											
10	Ability to control one's desire for others	197 (27.1%)	313 (42.9%)	260 (35.8%)	34 (4.7%)	23 (3.2%)	294 (40.4%)	315 (43.3%)	60 (8.3%)	35 (4.8%)	23 (3.2%)
<b>IV Adaptability</b>											
11	Willingly change ideas/ perceptions based on new information	203 (27.9%)	228 (31.4%)	236 (32.5%)	36 (5.0%)	24 (3.3%)	286 (39.3%)	322 (44.3%)	53 (7.3%)	31 (4.3%)	35 (4.8%)
Flexibility:											
• In personal life											
193 (26.5%) 231 (31.8%) 252 (34.7%) 39 (5.4%) 12 (1.7%) 302 (41.5%) 320 (44.0%) 61 (8.4%) 25 (3.4%) 19 (2.6%)											
• In work life											
187 (25.7%) 227 (31.2%) 266 (36.6%) 27 (3.7%) 20 (2.8%) 283 (38.9%) 318 (43.7%) 68 (9.4%) 31 (4.3%) 27 (3.7%)											
• In social life											
191 (26.3%) 236 (32.5%) 253 (34.8%) 29 (4.0%) 18 (2.5%) 276 (38.0%) 301 (41.4%) 85 (11.7%) 31 (4.3%) 34 (4.7%)											
13	Ability to solve problem and adapt oneself to the situation	201 (27.6%)	226 (31.1%)	251 (34.5%)	32 (4.4%)	17 (2.3%)	303 (41.7%)	312 (42.9%)	53 (7.3%)	25 (3.4%)	34 (4.7%)
<b>V General Mood</b>											
14	Your ability to see obstacles as opportunity to learn and develop	180 (26.0%)	219 (30.1%)	252 (34.7%)	45 (6.2%)	22 (3.0%)	277 (38.1%)	334 (45.9%)	58 (8.0%)	31 (4.3%)	27 (3.7%)
15	Inner satisfaction	170 (23.4%)	213 (29.3%)	253 (34.8%)	46 (6.3%)	45 (6.2%)	313 (43.1%)	180 (24.8%)	116 (16.0%)	65 (8.9%)	53 (7.3%)

Note: E- Excellent, G- Good, A- Average, P- Poor, V- Very poor.

It is surmised from the above table that 33.8% of the respondents opined „good" towards Emotional Intelligence on pre practice of meditation as „tolerance level of environmental stress". On either side, the respondents opined „average" towards Emotional Intelligence on pre practice of meditation like „realization of own strengths and weaknesses, ability to recognize the situations that causes emotions, clarity in vision, ability to make independent decision, ability to know and accept oneself, ability to see things from others perspective, mentality to work for others" welfare/ satisfaction, enables one to maintain good interpersonal relationship with others, tolerance level of personal stress, tolerance level of work stress, ability to control one"s desire for others, willingly change ideas/ perceptions based on new information, flexibility in personal life, flexibility in work life, flexibility in social life, ability to solve problem and adapt oneself to the situation, ability to see obstacles as opportunity to learn and develop and inner satisfaction as 36.9, 37.3, 42.0, 35.5, 35.2, 36.0, 35.4, 34.1, 35.2, 34.8, 35.8, 32.5, 34.7, 36.6, 34.8, 34.5, 34.7 and 34.8%

correspondingly. It is originate from the analysis that majority (42.0%) of the respondents opined „average" towards emotional intelligence on pre practice of meditation as „clarity in vision" in intrapersonal characteristics.

It is analyzed from the above table that the respondents opined „excellent" towards emotional intelligence on post practice of meditation like „realization of own strengths and weaknesses, ability to recognize the situations that causes emotions, clarity in vision, ability to make independent decision, ability to know and accept oneself, ability to see things from others" perspective, mentality to work for others welfare / satisfaction, enables one to maintain good interpersonal relationship with others, tolerance level of personal stress, work stress and inner satisfaction as 47.5, 39.3, 40.3, 40.7, 37.1, 39.3, 46.1, 43.3, 36.2, 36.6 and 43.1 percent correspondingly. On the other hand, the respondents opined „good" towards emotional intelligence on post practice of meditation like „tolerance level of environmental stress, ability to control one's desire for others, willingly change ideas / perceptions based on new information, flexibility in personal life, in work life, in social life, ability to solve problem and adapt oneself to the situation and ability to see obstacles as opportunity to learn and develop" as 35.2, 43.3, 44.3, 44.0, 43.7, 41.4, 42.9 and 45.9% correspondingly. It is initiate from the analysis that majority (47.5%) of the respondents opined „excellent" towards emotional intelligence on post practice of meditation as „realization of own strengths and weaknesses" in intrapersonal characteristic.

**Gap Analysis For Emotional Intelligence**

This table explains the gap analysis for Emotional Intelligence before meditation and after meditation Hypothesis: There is no significant difference between before and after practice of meditation on Emotional Intelligence.

**TABLE 6: GAP ANALYSIS FOR EMOTIONAL INTELLIGENCE**

S.No.	Statements	Before	After	Gap	't' Test	'p' Value
<b>I Intrapersonal</b>						
1	Realization of my own strengths and weaknesses	2.67	4.05	1.38	-20.958	0.000*
2	Ability to recognize the situations that causes emotions	2.37	3.87	1.50	-25.450	0.000*
3	Clarity in vision	2.50	3.93	1.42	-23.895	0.000*
4	Ability to make independent decision	2.32	3.91	1.59	-27.897	0.000*
5	Ability to know and accept oneself	2.27	3.82	1.54	-26.203	0.000*
<b>Overall Mean Score</b>		<b>2.43</b>	<b>3.91</b>	<b>1.49</b>		
<b>II Interpersonal</b>						
6	Ability, to see things from others' perspective	2.23	3.87	1.64	-28.247	0.000*
7	Mentality to work towards others welfare/ satisfaction	2.20	4.01	1.81	-31.871	0.000*
8	Enables one to maintain good interpersonal relationship with others	2.24	4.01	1.77	-30.876	0.000*
<b>Overall Mean Score</b>		<b>2.22</b>	<b>3.96</b>	<b>1.74</b>		

<b>III Stress Management</b>						
Tolerance level :						
9	• Personal stress	2.23	3.72	1.49	-24.785	0.000*
	• Work stress	2.31	3.87	1.56	-26.927	0.000*
	• Environmental stress	2.24	3.88	1.64	-29.989	0.000*
10	Ability, to control one's desires for others	2.28	4.13	1.86	-36.344	0.000*
<b>Overall Mean Score</b>		<b>2.26</b>	<b>3.90</b>	<b>1.64</b>		
<b>IV Adaptability</b>						
11	Willingly change ideas/ perceptions based on new information	2.24	4.09	1.85	-33.468	0.000*
12	Flexibility:					
	• In personal life	2.24	4.18	1.95	-39.084	0.000*
	• In work life	2.27	4.10	1.83	-33.782	0.000*
	• In social life	2.24	4.04	1.80	-34.548	0.000*
13	Ability to solve problem and adapt oneself to the situation	2.23	4.13	1.91	-37.518	0.000*
<b>Overall Mean Score</b>		<b>2.24</b>	<b>4.11</b>	<b>1.87</b>		
<b>V General Mood</b>						
14	Your ability to see obstacles as opportunity to learn and develop	2.30	4.10	1.80	-33.953	0.000*
15	Inner satisfaction	2.43	3.87	1.45	-21.932	0.000*
<b>Overall Mean Score</b>		<b>2.36</b>	<b>3.99</b>	<b>1.63</b>		

Note: \* - significant at 1% level.

It is illustrious the above table that the gap analysis for emotional intelligence of the meditators, maximum of the respondents opined with the flexibility in personal life with the gap score of 1.95. It is followed by the respondents' ability to solve problem and adapt oneself to the situation with the gap score of 1.91. On the other hand, the respondents' ability to control one's desire for others with the gap score of 1.86. It is found from the gap analysis that maximum of the meditators have recorded maximum gap in „flexibility in personal life“ under adaptability. On the whole, the adaptability has recorded the highest gap score followed by interpersonal characteristics of the Emotional Intelligence.

It is claimed from the „t“ test analysis that the null hypothesis is rejected. Therefore, it is observed that there is a considerable change in all the claims between before a& after benefits of meditation on EI.

### LEVEL OF INCREASING EI AFTER MEDITATION (CHI-SQUARE ANALYSIS)

Level of increasing emotional intelligence after meditation was measured from meditators' opinion towards emotional intelligence on pre and post practice of meditation. The responses were scored with Likert's five point scaling technique computed based on 5 for excellent, 4 for good, 3 for average, 2 for poor and 1 for very poor. The meditators' opinion towards emotional intelligence after meditation was classified as low, medium & high level of increasing Emotional Intelligence after meditation founded on mean & standard deviation.

TABLE 7: LEVEL OF INCREASING EI AFTER MEDITATION

S. No.	Category	Range	No. of Respondents	Percentage (%)	Mean Score	SD
1.	Low	≤ 3.515	128	17.6	3.37	0.49
2.	Medium	3.515 to 4.441	295	40.6	3.96	0.24
3.	High	> 4.441	304	41.8	4.25	0.36
<b>Total</b>			<b>727</b>	<b>100.0</b>		

That's clear from looking at the table above.

- Low level increase – 128 respondents (□ 3.515 Range)
- Medium level increase – 295 respondents (3.515 to 4.441 Range)
- High Level of increase – 304 respondents (>4.441 Range)

Meditators with high levels of EI after meditation scored 4.25 out of 5, followed by those with moderate levels at 3.96 out of 5, and those with low levels at 3.37 out of 5. The majority of meditators show a significant increase in EI following their practise.

Tables show how people's EI increased as a result of meditating in Indore, broken down by a variety of factors such as their age, gender identity, level of education, current life circumstances (including marital status & monthly income), size of family (including number of children), type of family (including number of adults), & time spent meditating per day.

### Age & Level Of Increasing Ei After Meditation

A two-way table was set up in order to examine the correlation between the age of the respondents and their increased EI after meditation.

**TABLE 8: AGE & LEVEL OF INCREASING EI AFTER MEDITATION (TWO-WAY TABLE)**

S. No.	Age	Level of Increasing Emotional Intelligence			Total	Mean
		Low	Medium	High		
1.	Below 30 years	5 (9.8%)	18 (35.3%)	28 (54.9%)	51	4.09
2.	30-45 years	58 (15.0%)	158 (40.8%)	171 (44.2%)	387	4.01
3.	Above 45 years	65 (22.5%)	119 (41.2%)	105 (36.3%)	289	3.91
	<b>Total</b>	<b>128</b>	<b>295</b>	<b>304</b>	<b>727</b>	

According to the above figure, 54.9 percent of respondents under 30 years of age reported an increase in EI following meditation, compared to 36.3 percent of respondents over 45 years of age. When it comes to increasing one's EI, those over the age of 45 had the highest percentage (41.2 percent) & those under the age of 30 had the lowest (35.3 percent). In contrast, those over 45 had the highest percentage of low levels of increased emotional intelligence following meditation (22.5 percent), while those under 30 had the lowest percentage (9.8 percent).

EI scores rose the most in those under 30 years of age, with a mean score of 4.09, according to a study of the data from the participants.

**Effect Of Meditation On Ei & Subjective Well-Being And Subjective Well-Being Assessment**

The researcher has evaluated the assessment of Subjective Well-Being among the meditators in the study area. Opinion of the meditators towards assessment of the Subjective Well-Being has collected and subduced into various tables by using percentage analysis, factor analysis technique and structural equation modeling. This chapter has been categorized into three sections and presented in the following tables.

**Opinion Of The Respondents Towards Assessment Of Subjective Well-Being Of Meditators**

Efforts have been undertaken to find out what the respondents know towards assessment of Subjective Well - Being of meditators based on standardized scales such as Satisfaction with Life Scale, Flourishing Scale and Scale of Positive & Negative Experience. The goal of this analysis, it has been categorized into 25 categories viz., in most ways life is close to ideal, the condition of life is excellent, satisfied with life, so far got the important things they want in life, if could live life over, would change almost nothing, lead a purposeful and meaningful life, social relationship is supportive and rewarding, engaged and interested in daily activities, actively contribute to the happiness and Well-Being of others, competent and capable in the activities that are important, a good person and live a good life, optimistic about future and flourishing when people respect, feel positive about life, do come

across negative things in life, feel good about self and others around, feel bad when people hurts feeling, have realized many pleasant situations in life, unpleasant situations are also felt in life, feel happy with what we have, feel sad when the happenings are not to expectations, get afraid of unusual happenings in life, keep self joyful and others around, get angry when something which does not like the happenings and feel warmth and contended about life.

**TABLE 9: OPINION OF THE RESPONDENTS TO ASSESSMENT OF SUBJECTIVE WELL - BEING OF MEDITATOR**

S.No.	Statements	SA	A	N	DA	SDA
<b>I Satisfaction With Life Scale</b>						
1	In most ways my life is close to my ideal	330 (45.4%)	177 (24.3%)	119 (16.4%)	53 (7.3%)	48 (6.6%)
2	The condition of life is excellent	315 (43.3%)	244 (33.6%)	104 (14.3%)	36 (5.0%)	28 (3.9%)
3	I am satisfied with my life	373 (51.3%)	214 (29.4%)	70 (9.6%)	44 (6.1%)	26 (3.6%)
4	So far I have got the important things I want in life	297 (40.9%)	243 (33.4%)	104 (14.3%)	56 (7.7%)	27 (3.7%)
5	If I could live my life over, I would change almost nothing	312 (42.9%)	214 (29.4%)	109 (15.0%)	52 (7.2%)	40 (5.5%)
<b>II Flourishing Scale</b>						
6	I lead a purposeful and meaningful life	335 (46.1%)	205 (28.2%)	127 (17.5%)	36 (5.0%)	24 (3.3%)
7	My social relationship is supportive and rewarding	361 (49.7%)	247 (34.0%)	78 (10.7%)	23 (3.2%)	18 (2.5%)
8	I am engaged and interested in daily activities	418 (57.5%)	214 (29.4%)	44 (6.1%)	36 (5.0%)	15 (2.1%)
9	I actively contribute to the happiness and Well-Being of others	380 (52.3%)	207 (28.5%)	54 (7.4%)	48 (6.6%)	38 (5.2%)
10	I am competent and capable in the activities that are important to me	430 (59.1%)	210 (28.9%)	39 (5.4%)	32 (4.4%)	16 (2.2%)
11	I am a good person and live a good life	468 (64.4%)	202 (27.8%)	24 (3.3%)	23 (3.2%)	10 (1.4%)
12	I am optimistic about my future	460 (63.3%)	176 (24.2%)	30 (4.1%)	36 (5.0%)	25 (3.4%)
13	I am flourishing when people respect me	459 (63.1%)	188 (25.9%)	31 (4.3%)	31 (4.3%)	18 (2.5%)
<b>III Scale of Positive and Negative Experience</b>						
14	I feel positive about my life	394 (54.2%)	228 (31.4%)	47 (6.5%)	36 (5.0%)	22 (3.0%)
15	I do come across negative things in life	357 (49.1%)	242 (33.3%)	68 (9.4%)	38 (5.2%)	22 (3.0%)
16	I feel good about myself and others around me	440 (60.5%)	232 (31.9%)	23 (3.2%)	17 (2.3%)	15 (2.1%)
17	I feel bad when people hurts my feeling	402 (55.3%)	240 (33.0%)	44 (6.1%)	23 (3.2%)	18 (2.5%)
18	I have realized many pleasant situations in my life	420 (57.8%)	231 (31.8%)	41 (5.6%)	20 (2.8%)	15 (2.1%)
19	Unpleasant situations are also felt in life	383 (52.7%)	249 (34.3%)	37 (5.1%)	27 (3.7%)	31 (4.3%)
20	I feel happy with what I have	405 (55.7%)	230 (31.6%)	38 (5.2%)	32 (4.4%)	22 (3.0%)
21	I feel sad when the happenings are not to my expectations	389 (53.5%)	234 (32.2%)	30 (4.1%)	42 (5.8%)	32 (4.4%)
22	I get afraid of unusual happenings in my life	424 (58.3%)	222 (30.5%)	37 (5.1%)	27 (3.7%)	17 (2.3%)
23	I keep myself and others around me joyful	408 (56.1%)	229 (31.5%)	41 (5.6%)	31 (4.3%)	18 (2.5%)
24	I get angry when something which I don't like happens	326 (44.8%)	247 (34.0%)	100 (13.8%)	35 (4.8%)	19 (2.6%)
25	I feel warmth and contended about my life	320 (44.0%)	217 (29.8%)	139 (19.1%)	32 (4.4%)	19 (2.6%)

According to the data in the table above, the respondents strongly endorse assessment of Subjective Well-Being of meditators like „in most ways life is close to ideal, the condition of life is excellent, satisfied with life, so far got the important things want in life, live life over and change almost nothing, lead a purposeful and meaningful life, social relationship is supportive and rewarding, engaged



and interested in daily activities, actively contribute to the happiness and Well-Being of others, competent and capable in the activities that are important, a good person and live a good life, optimistic about future and flourishing when people respect, feel positive about life,

do come across negative things in life, feel good about self and others around, feel bad when people hurts feeling, have realized many pleasant situations in life, unpleasant situations are also felt in life, feel happy with what have, feel sad when the happenings are not to expectations, get afraid of unusual happenings in life, keep myself and others around me joyful, get angry when something which don't like happens and feel warmth and contended about life" as 45.4, 43.3, 51.3, 40.9, 42.9, 46.1, 49.7, 57.5, 52.3, 59.1, 64.4, 63.3, 63.1, 54.2, 49.1, 60.5, 55.3, 57.8, 52.7, 55.7, 53.5, 58.3, 56.1, 44.8 and 44.0 percentage correspondingly. Sixty four percent of those surveyed strongly agreed that meditators are "good people" who lead "good lives," according to the findings of this study's research.

**Grouping Meditators Based On Their Assessment Of Subjective Well-Being : Factor Analysis Technique**

Using Principal Component Analysis with Varimax Rotation, 25 variables were taken into account in the factor investigation and their respective results are shown in the following table. When using Factor Analysis, however, the data must first be evaluated for suitability and the opinions of the meditators must be taken into consideration. We employ principal component extraction & orthogonal (Varimax) rotation to select all 25 components from the questionnaire for factor analysis. More than half of all pure variables have loadings of at least half of one.

**TABLE 10: ASSESSMENT OF SUBJECTIVE WELL-BEING OF MEDITATORS**

Var. No.	Factors
1	In most ways my life is close to my ideal
2	The condition of life is excellent
3	I am satisfied with my life
4	So far I have got the important things I want in life
5	If I could live my life over, I would change almost nothing
6	I lead a purposeful and meaningful life

7	My social relationship is supportive and rewarding
8	I am engaged and interested in daily activities
9	I actively contribute to the happiness and Well-Being of others
10	I am competent and capable in the activities that are important to me
11	I am a good person and live a good life
12	I am optimistic about my future
13	I am flourishing when people respect me
14	I feel positive about my life
15	I do come across negative things in life
16	I feel good about myself and others around me
17	I feel bad when people hurts my feeling
18	I have realized many pleasant situations in my life
19	Unpleasant situations are also felt in life
20	I feel happy with what I have
21	I feel sad when the happenings are not to my expectations
22	I get afraid of unusual happenings in my life
23	I keep myself joyful and others around me
24	I get angry when something which I don't like happens
25	I feel warmth and contended about my life

**CONCLUSION**

Meditation practices may be useful as a routine practice to reduce performance anxiety in meditators. Additionally, the study found that EI Meditators are excellent at their assigned jobs, fulfil their responsibilities, and carry out things that are expected of them, as well. Meditators in Indore, Madhya Pradesh, use EI to categorise the many areas of EI, according to the study. When it comes to Emotional Intelligence, "increases one's self-confidence level" is a common response from the survey participants. In Indore, Madhya Pradesh, it has been observed that the majority of meditators have a significant impact on their EI through meditation. It is analyzed to determine its value that majority of the respondents have strongly agreed towards assessment of Subjective Well-Being of meditators as "I am a good person and live a good life" in flourishing scale.

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