CHAPTER V

MAJOR FINDINGS AND CONCLUSIONS

This chapter focuses on major findings of the research, conclusions, implications of the study and recommendations for further research.

MAJOR FINDINGS OF THE STUDY

1. The experimental group is found to be greater overall life satisfaction compared to the control group after the Vipassana meditation intervention.

2. The experimental group is found to be greater in family domain of life satisfaction compared to the control group after the Vipassana meditation intervention.

3. The experimental group is found to be greater in friend’s domain of life satisfaction compared to the control group after the Vipassana meditation intervention.

4. The experimental group is found to be greater in school domain of life satisfaction compared to the control group after the Vipassana meditation intervention.

5. The experimental group is found to be greater in living environment domain of life satisfaction compared to the control group after the Vipassana meditation intervention.

6. The experimental group is found to be greater in self domain of life satisfaction compared to the control group after the Vipassana meditation intervention.

7. The experimental group is found to be greater in quality of life compared to the control group after the Vipassana meditation intervention.
CONCLUSIONS

1. The Vipassana meditation intervention has enhanced the life satisfaction.
2. The Vipassana meditation intervention has enhanced the quality of life.

IMPLICATIONS OF THE STUDY

1. The study findings can be applied in educational settings for various student related issues. The vipassana meditation is most beneficial in increasing concentration and self awareness among students.
2. Since Vipassana meditation is an integral part of Positive Psychology, psychologist, Professional Counselors, Social Workers, Yoga Practitioners, Educationists and all those people involved in any ‘Helping Profession’, will find it beneficial for assisting their clients.
3. The study findings can be applied to different Psychological disorders to build awareness, prevention, and care.

DELIMITATIONS OF THE STUDY

The delimitations of the present investigation are the relatively small sample size which prevents the detection of small effects. Importantly, our results are restricted to immediate effects post-intervention. The investigation of potentially mediating effects of mindfulness skills on long term outcome is very much needed. In the study it’s focused upon to the students particularly 18 to 30 year’s age group, delimiting the study findings.
SUGGESTIONS FOR FURTHER RESEARCH

1. Further research may be focused on using Vipassana meditation as individual therapy.

2. Further research may be focused on possible long-term impact of the Vipassana meditation intervention.

3. Geographical limitation can be overcome in further research.

4. Vipassana meditation can be used not only to students; the results of this study can be broadened to various life domains.

5. A more lengthy study with a longer mindfulness intervention, more participants, and a longer follow-up period is needed to more fully examine the benefit of mindfulness techniques for stress reduction and self-care in students.

6. Through Vipassana meditation one can improve spiritual and personal strengths which can be very beneficial in the present social context, can be studied.