ABSTRACT

In the present study an attempt has been made to find out the impact of Vipassana meditation on life satisfaction and quality of life. The life satisfaction scale developed by Scott Huebner (2001) was employed to measure level of life satisfaction in five domains namely family, friends, school, living environment, self life satisfaction and Quality of life scale developed by Dubey and Dwivedi (2009) was employed to measure level of quality of life. The researcher selected 120 students, who have low score on life satisfaction and quality of life. Participant’s age ranges between 18-30 years. The Participants were divided randomly into two groups, experimental group which consists of 60 students: 30 boys and 30 girls who receive Vipassana meditation ten hours per day and took three hundred total hours and control group which consists of 60 students: 30 boys and 30 girls. After the very next day of last hours of intervention, Life satisfaction and quality of life scale was administered once again for both the groups. Data analysis involved General linear model repeated measures of ANOVA to measure the effect of Vipassana meditation on life satisfaction and quality of life. Findings indicated that Vipassana meditation was effective in enhances life satisfaction and improving Quality of life among the target students. Effect sizes calculated for each domain of life satisfaction and quality of life, these scores were found to be medium and large for all domains and total of life satisfaction and quality of life of experimental group. Implications of the study have been discussed along with the remedial measures for life satisfaction and quality of life in students.