

## **Efficacy of Meditation and Counseling on Emotional Intelligence**

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### **Abstract:**

Background: Emotions play a vital role in our life. Present era is evidence that emotional intelligent persons having good mental, physical as well as spiritual health but it is very difficult to be emotionally intelligence in odd situations of life. Meditation is a one of the way, which can improve our well being because off in the stage of meditation, one can be able introspection about their limitations. After acceptance of limitations, we can work out on behaviour modification under guidance of counseling.

Participants: Ten Participants were taken for the study from Indore (M.P.). All were taken from Happy Home, de-addiction and counseling centre. All were educated and married, belongs from Above average socio-economic status and lives in a nuclear family at urban area.

Materials and Methods: A pre-post research design was used in the study. Emotional intelligence inventory by Dr S.K. Mangal & Mrs. Shubra Mangal was used to obtain the score on emotional intelligence. Meditation was given 20 Minutes per day till 45 days along with Psychological Counseling. A paired sample t-test was used for statistical analysis.

Results: Significant mean difference was found on all the parameters of emotional intelligence.

Conclusion: Meditation and Counseling enhance emotional intelligence of the participants.

**Keywords:** Meditation, Counseling & Emotional Intelligence.

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### **Introduction:**

In Indian tradition, Yoga however, is more than physical exercise; it has a meditative and spiritual core (Jantos, M.; 2012). Patanjali, in his famous book “Yoga Sutra”, has defined yoga as the ability to understand and control fluctuations of the mind. "Fluctuations of the mind" represents any content of the mind as it changes from moment to moment. Our mind is constantly in a state of flux as new thoughts; emotions,

images etc occupy the mind at any given time. The content of the mind can change based on direct perception through the five senses, inference based on previous perceptions, misconceptions due to ignorance, pure imagination or by bringing stuff up from past memories. For the purposes of understanding how the mind processes information, it can be considered to be composed of four components – cognitive mind, intellect, ego and memory.

It is the cognitive mind that gathers information from the senses or from memory. The mind feeds the input to the intellect which is supposed to make decisions. The intellect, in our normal state of existence, is conditioned to consult with the ego for guidance. The ego makes use of the memory, and all its likes and dislikes, prejudices, fears and phobias etc before handing over the decision back to the intellect. The intellect then communicates the decision back to the mind. The outcome could be movement of the limbs, or some further thinking etc. This is a very simplistic way of looking at the functioning of the mind, but hopefully adequate in understanding how emotions play a role in our life. Emotions like anger, jealousy, hatred, fear, anxiety, love, compassion etc are all a result of the ego's involvement in the decision-making process, as outlined above.

As we are well aware, negative emotions like anger and hatred etc have a highly detrimental impact on our ability to make correct decisions. The type of decisions we make and the actions we perform are directly related to our performance at the work place. It is therefore important that we learn to make decisions based on our pure intellect without getting the ego involved. Meditation is a very powerful tool of yoga, which provides awareness of our emotions. The word meditation carries different meanings in different contexts. Meditation has been practiced since antiquity as a component of numerous religious traditions and beliefs.<sup>[5]</sup> Meditation often involves an internal effort to self-regulate the mind in some way. Meditation is often used to clear

the mind and ease many health concerns. Meditation may involve generating an emotional state for the purpose of analyzing that state—such as anger, hatred, etc.—or cultivating a particular mental response to various phenomena, such as compassion (Rainforth et al. 2008: Bach & Jennifer, 2015: Candon,2013 According to Feuerstein. (2006)The term "meditation" can refer to the state itself, as well as to practices or techniques employed to cultivate the state. Meditation may also involve repeating a mantra and closing the eyes (Lim, D.; 2015).

This is where we can turn to the practice of meditation to help us in that direction. Regular Meditation practice will help us cleanse the mind of its dross and sharpen the intellect so it learns not to be influenced by the negative ego. As we have seen before, our objective is to allow the intellect to make decisions without involvement from the negative ego. Such decisions will obviously help us in all the endeavors that we undertake including our professional careers. Hence Meditation provides a best way to understand own and other emotions as well as their management also. We can improve our emotional health with the help of Yogic Counselling. Yogic Counselling is the part of Yoga which provides facilitation of our skills with the environment without emotional imbalance to the subjects.

As a human being, we interact with each other and grade them according to our experiences. We learn something because it has an emotional base .As mentioned by the Plato that all learning has an emotional base. Hence our all learning process is part of our

emotions. That's why the ability to express and control our emotions is essential, but so is our ability to understand, interpret, and respond to the emotions of others (Luro,2013). Imagine a world where you could not understand when a friend was feeling sad or when a co-worker was angry. Psychologists refer to this ability as emotional intelligence, and some experts even suggest that it can be more important than IQ.

### **What is exactly Emotional Intelligence?**

Beldoch, M. (1964) used the term "emotional intelligence" in his research. Leuner (1966) mentioned that Emotional intelligence is the way of emancipation of social realtions. Since 1990, Peter Salovey and John D. Mayer (1990) have been the leading researchers on emotional intelligence. In their influential article "Emotional Intelligence," they defined emotional intelligence as, "the subset of social intelligence that involves the ability to monitor one's own and others' feelings and emotions, to discriminate among them and to use this information to guide one's thinking and actions" (1990). Famous social psychologist Argyle, M. (2000) used this term very frequently as essential quality of improving social relations.

Lihum, L. (2009) state that Emotional intelligence (EI) refers to the ability to perceive, control and evaluate emotions. Some researchers suggest that emotional intelligence can be learned and strengthened, while others claim it is an inborn characteristic.

### **The Four Branches of Emotional Intelligence**

Salovey and Mayer (1990) proposed a model that identified four different factors of emotional intelligence: the perception of emotion, the ability reason using emotions, the ability to understand emotion and the ability to manage emotions.

1. **Perceiving Emotions:** The first step in understanding emotions is to perceive them accurately. In many cases, this might involve understanding nonverbal signals such as body language and facial expressions.
2. **Reasoning With Emotions:** The next step involves using emotions to promote thinking and cognitive activity. Emotions help prioritize what we pay attention and react to; we respond emotionally to things that garner our attention.
3. **Understanding Emotions:** The emotions that we perceive can carry a wide variety of meanings. If someone is expressing angry emotions, the observer must interpret the cause of their anger and what it might mean. For example, if your boss is acting angry, it might mean that he is dissatisfied with your work; or it could be because he got a speeding ticket on his way to work that morning or that he's been fighting with his wife.
4. **Managing Emotions:** The ability to manage emotions effectively is a crucial part of emotional intelligence. Regulating emotions, responding appropriately and responding to the emotions of others are all important aspect of emotional management.

According to Salovey and Mayer (1989), the four branches of their model are, "arranged from more basic psychological processes to higher, more psychologically integrated processes. For example, the lowest level branch concerns the (relatively) simple abilities of perceiving and expressing emotion. In contrast, the highest level branch concerns the conscious, reflective regulation of emotion".

As above mentioned description, we can assess the significance of emotional intelligence in our daily life. This is very clear that without low level or poor emotional intelligence nobody can improve his quality of life. But due to excessive amount of stress in our life, we are unable to maintain our emotional health that why this area is very new for research. We can conclude that emotional intelligence is an essential quality of our life. But question is that how can improve our mental health. Many researches show that Yoga is one of the disciplines which is a clinical tool for improving emotional intelligence but this is not clear. So researchers choose this problem for the study.

**Objective to the study:** To assess the impact of Meditation and Counseling on Emotional Intelligence.

**Statement of the study:** Does the exposures of Meditation and Counseling enhances Emotional Intelligence.

**Sample & Sampling:** Ten Participants were taken for the study from Indore (M.P.). All were taken from Happy Home, de-addiction and counselling centre. All were educated and married, belongs from Above average socio-economic status and lives in a nuclear family at urban area.

**Research Design:** Pretest –Posttest research design was used in this study.

**Tools:** Emotional intelligence scale by Dr S. K. Mangal & Mrs. Shubhra Mangal was used to obtain the score on Emotional intelligence of the subject. This test is highly valid and reliable.

**Procedure:** Meditation and Counselling (Yogic Counselling) was given to the subjects till 45 days, 35 minute (20 minutes Meditation & 15 counselling) in morning per day to the subjects. All subjects were informed about the research purpose and they were ready for that. Before starting the treatment pre score was recorded with the help of questionnaire and after treatment post score were recorded and both data analysis statistically.

**Result:** There is no impact of Mediation and Counselling on Emotional Intelligence.

Test	N	Mean	S.D.	r	t-test	Level of Significance
Pre	10	14.26	3.56	+0.26	8.21	0.01
Post	10	19.88	4.25			

As result indicates that t-value is significant at 0.01 level of significance i.e. there is significance impact of Mediation and Counselling on Emotional Intelligence.

Test	N	Mean	S.D.	r	t-test	Level of Significance
Pre	10	8.89	4.55	+0.09	7.80	0.01
Post	10	12.26	6.64			

As result indicates that t-value is significant at 0.01 level of significance hence our null hypothesis is rejected therefore there is significance impact Mediation and Counselling on Emotional Intelligence as awareness of own emotions.

Test	N	Mean	S.D.	r	t-test	Level of Significance
Pre	10	5.23	3.24	+0.11	8.70	0.01
Post	10	11.56	6.66			

As result indicates that t-value is significant at 0.01 level of significance hence our null hypothesis is rejected therefore there is significance impact of Mediation and Counselling on Emotional Intelligence of own emotions.

Test	N	Mean	S.D.	r	t-test	Level of Significance
Pre	10	10.12	2.21	+0.21	4.11	0.01
Post	10	13.23	3.25			

As result indicates that t-value is significant at 0.01 level of significance hence our null hypothesis is rejected therefore there is significance impact of Meditation and counselling on Emotional Intelligence as awareness of other’s emotions.

Test	N	Mean	S.D.	r	t-test	Level of Significance
Pre	10	9.26	4.56	+0.16	8.18	0.01
Post	10	13.00	6.66			

As result indicates that t-value is significant at 0.01 level of significance hence our null hypothesis is rejected therefore there is significance impact of Mediation and Counselling on Emotional Intelligence as management of other’s emotions.

**Discussion and Interpretation:** As results indicate that Meditation and Counselling increases emotional intelligence. The procedure of Meditation is based on our aware about stimuli along with the awareness of self. When we improve our awareness about our surrounding, we can judge the reality of our emotions and mitigate the severity of ill emotions. Such type practices improve better understanding between you and other, between aggression and passivity, between your thoughts and actions (Rosen, R.; 2013). Rathore, N.S. & Choudhary, M.K. (2013) and Ganpat, T.S. and Nagendra, H. R. (2011) found that yogic intervention specially Meditation, is a

powerful tool to improve the emotional intelligence level of the subject.

Basically meditation provides our basic support of to our emotions for modification and intolerance toward unfavorable stimuli. In the stage of meditation we can join our domains of life i.e. joining of our healthy emotions and action. Meditation decreased the level of aggression (Dwivedi, S.K; 2009). The theorist, in this field believed that aggression is responsible for poor emotional intelligence (Mayer; 2000) . By the controlling of aggression participants can justify the things as actual these are, which shows improvement in emotional

intelligence. Meditation is the subtype of Yoga and there are several studies that indicate Yoga is effective to improve our emotional health. Yoga is one of the six foundations of Indian philosophy and has been used for millennia to study, explain, and experience the complexities of the mind and human existence (Feuerstein, 1998). Patanjali, an ancient yoga sage, in his *Yoga Sutras*, defined yoga as a technique used to still the mental fluctuations of the mind to reach the central reality of the true self (Iyengar, 1966).

Patanjali's *Yoga Sutras* outline a skilful way of conducting life that fosters moderation and harmony (Becker, 2000). These guidelines, which include ethical and moral standards of living in addition to postural and breathing exercises, can be used to foster spiritual growth and evolve one's consciousness. Meditation a part of yoga and form of Psychological Intro-inspection reduces the level of stress. Stress is the predictor for poor emotional intelligence (Shally, 2014). There are well documented data which shows stress is responsible for low level of emotional intelligence. Meditation is help for improvement of emotional health. According to Adhia et al (2010) "Yoga is an effective tool for improving our emotional intelligence as mentioned."

For this purpose many persons seek help from professionals for counselling, which is the other part of research. Counselling help the person to generate the insight about own behaviour. With the help of Counselling one can edify his emotional intelligence. Studies shows that Counselling help to maintain the recovery. Lynda,H (2011) Sarason et al. (2002) found that counselling is an supportive tool for improving emotional intelligence. Counselling not only works to improve emotional intelligence but decreases the level of frustration also. Hillson (2003), Sharin (2004, 07), Thakur (2008) found same results that counseling is most effective method of facilitation of complex emotions.

**Conclusion-** Yoga and Counseling improves emotional intelligence and its components. Yoga and Counseling both are the noble approaches to generate the insight about their ill emotions (stage of contemplation and pre contemplation), to initiate the action (Planning and its execution) and maintain the recovery (Maintenance). Hence Yoga and Counseling improves and maintain our Emotional Intelligence.

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