

# A Survey on Impact of Nine Point Deep Meditation

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**Abstract**— Stress is very common among the human being is start from the LKG children’s to senior citizens. The peoples are running towards money, they don’t have time to relax themselves. They are restricting themselves in terms of relax themselves from their work load. The work load and the dead line of completion in mean while family related problem all these put to gather made them in confused state, this similar kind situation keeping on creeping up the human being finally it get in to the caused stress.

**Key words:** Z Test, Chi Square Test

## I. INTRODUCTION

The impact of stress is enormous in the present environment. There is no breaking point. Peoples are suffered lot in the working environment as well as in home environment so when the stress is keep on increasing ultimately it causes the anxiety. To reduce the stressful situation meditation is the best practice for reduced the mental stress. It produces the stress free mind and concentrates on our regular and routine works. To address this kind of problems Nine Point Meditation is the excellent therapy to reduce the stress which is introduced by Yogi Vedhathiri Maha Rishi.

A nine point deep meditation increases the thinking power of the human being. It gives peace the human soul. The duration of nine point mediation is approximately thirty minutes. The meditation reduced the stress and creates confidence to face the problems. It is more powerful medication.

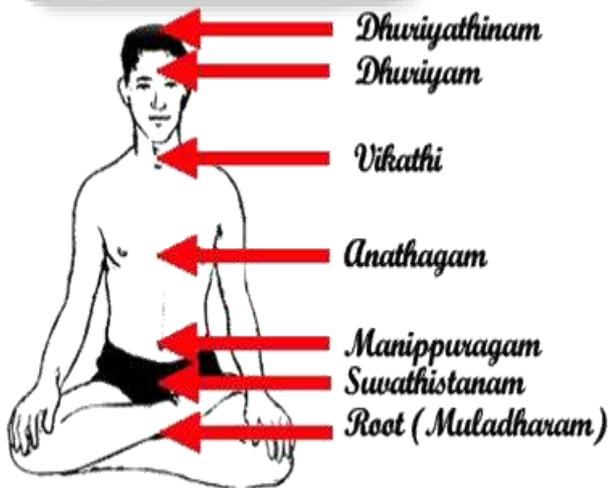


Fig. 1: Nine Point Deep Meditation

### A. Steps of Nine Point Meditation:

- Step1: Sit on a mat in a flat surface
- Step 2: Exercise the breathing process
- Step 3: Close the eyes
- Step 4: Imagine the root portion for few minutes

- Step 5: Imagine the Swathistanam portion for few minutes
- Step 6: Imagine the Manipuragam portion for few minutes
- Step 7: Imagine the Anathagam portion for few minutes
- Step 8: Imagine the Vigathy portion for few minutes
- Step 9: Imagine the Dhuriyam portion for few minutes
- Step 10: Imagine the Dhuriyathinam portion for few minutes
- Step 11: Imagine the Moon for few minutes
- Step 12: Imagine the Sun for few minutes
- Step 13: Imagine the stars for few minutes
- Step 14: Imagine the Deep Dark for few minutes
- Step 15: Slowly step down finish it in Dhuriyam

## II. ANALYSIS AND INTERPRETATION

The analysis was made up with hundred samples and the data are tabled with few specified statements.

### A. Do you feel the difference after exercise the 9 point deep meditation

S. No	Statements	No of Response
1	Strongly Agree	71
2	Agree,	28
3	Neither Agree nor disagree	1
4	Disagree	0
Total		100

Table 1: Difference after Exercise the 9 Point Deep Meditation

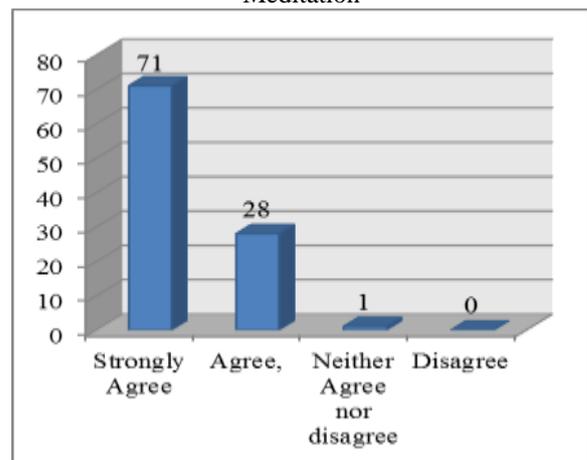


Fig. 2: Difference after Exercise the 9 Point Deep Meditation

### B. Inferecnes

In view of the difference after exercise the 9 point deep meditation above table shows that (71%) of people strongly agree, (28%) of the people are agree, (1%) peoples neither are Neither Agree nor disagree and (0%) peoples are Disagree.

III. METHODS AND MATERIALS USED

A. Z Test:

State ments	Code (x)	Frequency (f)	F (x)	(x - X̄)	(x - X̄)²	F(x - X̄)²
Strongly Agree	5	71	355	0.3	0.09	6.39
Agree,	4	28	112	-0.7	0.49	13.72
Neither Agree nor disagree	3	1	3	-1.7	2.89	2.89
Disagree	2	0	0	-2.7	7.29	0
Strongly Disagree	1	0	0	-3.7	13.69	0
Total	Σf=100	Σfx=470	-8.5	24.45	23	Σf=100

Table 2: Hypothesis Testing

$$\frac{\sum f}{\sum fx} = \frac{100}{470} = 4.70 \quad (1)$$

$$\text{Standard deviation (s)} = \sqrt{\frac{\sum f(X - \bar{X})^2}{\sum f}} = \sqrt{\frac{23}{100}} = 0.47 \quad (2)$$

$$\text{Standard error of S} = S/\sqrt{N} = 0.199 \quad (3)$$

$$Y = \bar{X} \pm 18.38 S/\sqrt{N} \quad (5)$$

$$4.70 \pm 18.38(0.47) \text{ 2.23}$$

$$Z = \frac{\bar{X} - \mu}{SE} = \frac{2.23 - 0.199}{0.47} = 0.95 \quad (6)$$

The population mean falls between the range of 2.03 and 2.22 at the 95% level of significance. Any of the two boundaries can be chosen. The first boundary 2.03 is chosen as the population means. Since the calculated z-score of the null hypothesis (Ho) is thus rejected and the alternative hypothesis (HA) is accepted which states that job stress is reduced by practicing the meditation regularly.

B. Chi square test:

Gender	Stron gly Agree	Agre e	Agree or Disagre e	Disagre e	No of Respons e
Male	43	21	1	0	65
Female	28	7	0	0	35
Total	71	28	1	0	100

Table 3: Response based on Gender

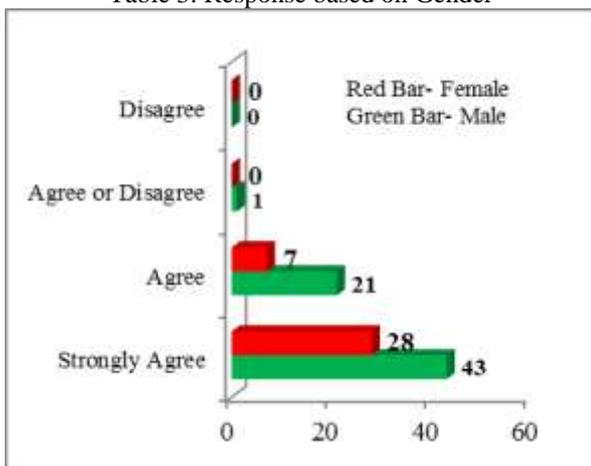


Fig 3: Gender Response

The Chi-square test is used to test the independence. The test is applied when you have two categorical variables from a single population. It is used to determine whether there is a significant association between the two variables.

The Z-test is mostly used to denote specifically to the one-sample location test comparing the mean of a set of measurements to a given constant.

1) Step: 1

H<sub>0</sub>: Variable Male and Variable Female are independent.

H<sub>1</sub>: Variable Male and Variable Female are not independent.

2) Step: 2

Significance level is 0.05

3) Step: 3

Degree of freedom is DF = (r - 1) \* (c - 1)

$$DF = (r - 1) * (c - 1) = (4 - 1) * (3 - 1) = 6$$

$$E_{r,c} = (n_r * n_c) / n$$

$$E_{1,1} = (71 * 65) / 100 = 4615/100 = 46.15$$

$$E_{1,2} = (28 * 65) / 100 = 1820/100 = 18.2$$

$$E_{1,3} = (1 * 65) / 100 = 65/100 = 0.65$$

$$E_{1,4} = (0 * 65) / 100 = 0/100 = 0$$

$$E_{2,1} = (71 * 35) / 100 = 2485/100 = 24.85$$

$$E_{2,2} = (28 * 35) / 100 = 980/100 = 9.8$$

$$E_{2,3} = (1 * 35) / 100 = 35/100 = 0.65$$

$$E_{2,4} = (0 * 35) / 100 = 0/100 = 0$$

4) Step: 4

The test statistic is a chi-square random variable (X<sup>2</sup>) defined by the following equation.

$$X^2 = \sum [(O_{r,c} - E_{r,c})^2 / E_{r,c}]$$

$$X^2 = (43 - 46.15)^2/46.15 + (21 - 18.2)^2/18.2 + (1 - 0.65)^2/0.65 + (28 - 24.85)^2/24.85 + (7 - 9.8)^2/9.8$$

$$X^2 = 9.92/46.15 + 7.84/18.2$$

$$+ 0.12/0.65 + 9.92/24.85 + 282.14/9.8$$

$$X^2 = 0.21 + 0.43 + 0.18 + 0.39 + 28.8 = 30.01$$

5) Step: 5

P-value: The P-value is the probability of observing a sample statistic as extreme as the test statistic.. Use the degrees of freedom computed.

$$X^2 = 12.59$$

$$\text{The Chi-Square Distribution Calculator to find } P(X^2 > 6) = (30.01 > 12.59)$$

IV. FINDINGS

The finding of the test of the hypothesis confirmations that the impact which is occurs on the human beings by exercising the regulation meditation. The results are performance the helpful to reduce the stress. The practices of nine point deep meditation reducing the emotional stress of the human beings. Nine point deep meditation is the most powerful meditation which accepted by the people. Apart from this is reduced the Heart attack rate, Blood pressure and hypertension.

V. CONCLUSION

This nine point deep meditation is helps to reduce to stress if we practice daily basics. It gives peace to the mind and

creates positive thinking. It creates more will power to face the problem and defend it. This nine point deep meditation creates tremendous improvement when compare with previous stage. Based on the survey people believe it most powerful one.

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