



Impact of Mindfulness Meditation on Mental Health

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Abstract:

Mindfulness-based practices are the effective way to reduce stress, Anxiety and improve concentration. Mindfulness is a new mind-body based approach to help people to change the way of thinking and their thoughts. Recently Majority of research has focused on clinical studies to major the effectiveness of Mindfulness-Based Intervention. This paper gives the information about how mindfulness meditation effects positively on mental health as well as useful in clinical settings.

Keywords: Meditation, Mindfulness Meditation, Mental Health.

Introduction:

As indicated by World Health Organization (WHO): "Health is a condition of complete physical, mental and social prosperity and not just the nonappearance of sickness. When conceived, is bound to experience pressure, rot and in the end passing. Be that as it may, total health can't be accomplished with an always changing physical body, "Healthy Look" may accomplish at

changed focuses in time as transient satisfies of a continually changing personality – body – cognizance alliance. Be that as it may, the probability of accomplishing mental health is there with the assistance of different strategies of Yoga and Meditation. Mindfulness is the one of the successful method of meditation.

Mindfulness is the fundamental human capacity to be completely present, mindful of where we are and what we're doing, and not excessively responsive or overpowered by what's happening around us. It implies keeping up a minute – by-minute attention to our contemplations, sentiments, real sensation, and the encompassing condition. It has been proposed that individuals are inclined to sorrow have a psychological set whereby considerations and emotions are experienced as occasions instead of as parts of oneself, and that changing this set lessens the danger of backslide.

Aim of the Study:

The aim of this study is to gain deeper insight about mindfulness meditation and its uses in clinical intervention. At the first stage discuss about concept Mindfulness Meditation and then explore the application in uses in clinical intervention.

Objectives:

To study the concept Mindfulness Meditation.

To study the how to use Mindful Meditation in clinical intervention.

Methodology:

Secondary data was used for this study. Varies research papers, books on mindfulness and Meditation are studied.

Mindfulness Meditation:

Mindfulness Meditation: term was utilized in the nineteenth century which was credited to two clinicians Jon Allen and Peter Fonagy and one therapist, Anthonoy Batemen, who depicted the

procedure in their book *Mentalizing in Clinical Practice*, a lot of which framed the reason for this segment. Mindfulness has its roots in Buddhist way of thinking 2500 years prior created by Lord Buddha. Mindfulness is the core of Buddhist Meditation yet not a religion but rather a method for being on the planet. Buddhist methodology encourages an individual to initially change one's inward world, to alter and cleanse one's perspective; at that point the outside world will bit by bit tag along and be progressively serene. A common act of mindfulness has entered the American standard as of late, to a limited extent through crafted by Jon Kabat-Zinn and his Mindfulness-Based Stress Reduction (MBSR) program, which he propelled at the University of Massachusetts Medical School in 1979. Since that time, a huge number of studies have reported the physical and mental health advantages of mindfulness as a rule and MBSR specifically, moving incalculable projects to adjust the MBSR model for schools, jails, medical clinics, veterans focuses, and past.

Mindfulness Therapy:

Mentalization-Based treatment and Mindfulness: Mentalization is a generally new term that has been characterized as the way toward pondering oneself as well as other people Mindfulness is to some degree comparable aside from that it applies just to oneself. In the two modalities the individual endeavors to remain mindful of considerations, sentiments, influences, states of mind and physical sensations, yet in Mentalization-based that activity stretches out to someone else too. It is a relational exchange. From a hypothetical point of view, MBT is eclectic in that it consolidates hypotheses from various diagnostic and non-systematic ways of thinking: Sigmund Freud and analysis; John Bowlby and connection hypothesis; Aron T Beck and Cognitive treatment; and Gerald Klerman and relational treatment. The amalgam of these procedures formed into the interesting technique for treatment known as mentalization.

As indicated by the Anxiety and Depression Association of America (ADAA), as mental disease arrives at pandemic extents, creative arrangements and successful treatment choices are required.

Lately, psychotherapist has gone to Mindfulness Meditation as a significant component in the treatment of various issues including Depression, Substance misuse, dietary issues, couple's

contentions, tension issue, fanatical habitual issue and likewise manages indications of worry also. Not just on grown-ups in most recent couple of years mindfulness has risen as a method for treating kids and youths with conditions extending from ADHD to nervousness, mental imbalance range issue, sorrow, outrage the board issues and stress and advantages are demonstrating to be enormous.

Mindfulness and mental health:

Mindfulness is suggested as a treatment for individuals with mental sick health just as the individuals who need to improve their mental health and prosperity. There are additionally various sorts of mindfulness meditation which can help individuals in various manners. Proof shows convincing help for Mindfulness Based Stress Reduction (MBSR), which causes individuals to adapt to pressure, and for Mindfulness Based Cognitive Therapy (MBCT), which is intended to help individuals with repeating gloom. They give an adaptable arrangement of abilities to oversee mental health and bolster prosperity.

Mindfulness Strategies by Diagnosis:

By working with an advisor who spends significant time in mindfulness-based treatment, you may get positive remedial advantages at a quicker rate. Here are a couple of territories where mindfulness treatment can improve mental health.

Stress and Anxiety: Mindfulness treatment is a powerful answer for pressure the board. The methodology works through an engaged unwinding of the body and psyche during, and after, distressing occasions. Mindfulness rehearses lighten nervousness by concentrating oneself on your present state, as opposed to stresses over the future or other damaging ruminations.

Ceaseless Pain: More than a billion people far and wide experience the ill effects of some type of interminable torment. Physical agony and other terminal conditions can genuinely influence mental prosperity. Treatment that joins mindfulness can expand personal satisfaction by giving an expanded degree of mental help for interminable agony.

Misery: Mindfulness prompts better authority over feelings, which can be valuable for adapting to sorrow. This mindfulness guarantees an increasingly all encompassing reaction to any circumstance without being up to speed in overpowering or negative feelings.

Over the top Compulsive Disorder (OCD): OCD presents a steady tempest of meddling musings and impulses. This frequently prompts troublesome, formal conduct's or the failure to go out because of nonsensical idea designs around appalling situations. Mindfulness treatment can enable the individuals who to live with OCD accomplish harmony through a more clear personality. An advisor can show customers with OCD to react with mindfulness systems when their contemplations or impulses obstruct one's capacity to feel in charge of a circumstance.

Substance Abuse and Addiction: Substance misuse and dependence contrarily influence mental health by binds impulses to detrimental wants. Rehearsing mindfulness makes mindfulness around the base of these wants, and the capacity to feel negative feelings without judgment. Concentrating on the accessible opportunity to settle on the correct decision in every minute decreases longings that lead to dangerous conduct. Instead of staying away from issues behind dependence, mindfulness empowers investigation into explicit contemplations and emotions.

The Measurement of Mindfulness:

Several Questionnaires on measurement of mindfulness have been developed to assess the degree to which mindfulness meditation improves trait or state mindfulness. Following are some Questionnaires which measures mindfulness.

1. The Freiburg Mindfulness Inventory (FMI): This inventory has 30 items which are designed to measure non-judgemental, present-focused attentiveness and openness to negative experiences.
2. The Kentucky Inventory for Mindfulness Skills (KIMS): This inventory has 39 items, which Quantifying four aspects of mindfulness which are Observing, describing, acting with awareness and non-judgemental acceptance.
3. The Cognitive and Affective Mindfulness Scale-Revised (CAMS-R): This scale has twelve items which measures mindfulness as a single factor with sub-scores for attention

regulation, maintaining focus, awareness and accepting thoughts and feelings (Fieldman et al, 2007)

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