



▼ POST GRADUATES ABSTRACTS

PG - 90 : A STUDY TO ASSESS THE EFFECTIVENESS OF MINDFULNESS MEDITATION TECHNIQUE ON REDUCING PERCEIVED STRESS AMONG ADOLESCENTS IN SELECTED SCHOOLS AT PUDUCHERRY.

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Introduction: Adolescence is a stage of 'Storms and Stresses'. The period of adolescence is of supreme importance in the life of human. It is the period in

which a person gets physical, emotional and mental maturity. Everyone is affected by stress and reacts to it in different ways, but adolescents are faced with important

and challenging issues including the puberty, identity formation and transition from childhood to adulthood.

Objectives: To assess the level of perceived stress among adolescents, to evaluate the effectiveness of Mindfulness meditation technique on reducing perceived stress and to associate the level of perceived stress among adolescents with selected demographic variables.

Methodology: Quantitative Research approach and Quasi-Experimental design (one group pre test post test) was adopted for the study. The population of the study was adolescents. A total of 60 samples were selected by randomized sampling technique. Pre-test was done using perceived stress scale followed by

Mindfulness meditation technique and after 21 days post test was done using the perceived stress scale. Paired t-test was used to analyze the data.

Results: The result of the study showed that the pre test level of Perceived stress mean and standard deviation value is (18.98 ± 4.69) and post test value is (6.12 ± 3.189) among adolescents. Therefore the post test level of stress was reduced significantly ($p < 0.0001$) when compared to the pre- test.

Conclusion: Thus the study concludes that mindfulness meditation technique is very effective in reducing perceived stress