

ABSTRACT

Background:

The lifestyle of people (20-70 yr) period is an extremely emotional, development period when a person's mood always changeable and the counter feelings flow up. The emotional deregulation lead to the negative outcomes like anger, impulses, depression, self-harm, eating disorder, drug and alcohol abuse, unsafe sex, physical violence, and other kinds of physical risk. A discipline such as meditation technique: Mastering emotional technique (MEMT) offered to psychosomatic patients may increase emotion regulation, but research in this area is lacking. This study was designed to evaluate the impact of a MEMT intervention on the emotion regulation of psychosomatic patients. In addition, potential mediating intervention enhancing positive emotion, improve mindfulness, self-compassion and self-control.

Aim:

The purpose of the study was to assess the immediate effect of mastering emotional technique (MEMT) in emotional regulation in psychosomatic patients.

Methodology:

33 participants with an age range of 20-70 years from Arogyadhama, s-vyasa, Bangalore. The psychosomatic participants were enrolled in the study. All participants are given the meditation technique (MEMT) practice for 1 weeks and immediate effect. Positive Affect and Negative Affect scales (PANAS), Emotional Regulation scale, Mindful attention, awareness scale (MAAS) and State and Trait anxiety questionnaires was administered to the participants before and after the intervention was given.

Results:

The positive PANAS and mindfulness attention awareness scale increased from the pre values. The negative PANAS and STAI(y1 and Y2) decreased.

Conclusions:

The meditation (MEMT) has an important role to play in to regulating emotions in psychosomatic patients.

Key-words:

Psychosomatic people patients, Mastering Emotional Technique (MEMT), Emotional Regulation.