

CHAPTER 4
AIM AND OBJECTIVES

4.0 AIM AND OBJECTIVES

4.1. AIM OF THE STUDY

To investigate and test the efficacy of *Ānāpānasati* Meditation technique on anxiety, depression and verbal aggression.

4.2 OBJECTIVES OF THE STUDY

- To investigate the effect of *Ānāpānasati* Meditation on levels of anxiety as assessed using the scores of State-Trait Anxiety Inventory (STAI)
- To investigate the effect of *Ānāpānasati* Meditation on levels of depression as assessed using the scores of Beck Depression Inventory-II (BDI)
- To investigate the effect of *Ānāpānasati* Meditation on levels of verbal aggression as assessed using the scores of the Verbal Aggressiveness Scale (VAS)

4.3 RELEVANCE OF THE STUDY

Many western philosophers have undertaken numerous studies in the field of meditation. However, about “*Ānāpānasati*” Meditation, there is hardly any significant research work undertaken. *Ānāpānasati* Meditation is simply mindful breathing with a mere observation of breathing in and out. Even in several Buddhist sections, the situation is very similar. The present study on the efficacy of *Ānāpānasati* Meditation on emotions as verbal aggression, anxiety and depression is in the direction of bringing modesty in emotions and reach society in general.

4.4 HYPOTHESIS

Hypothesis 1:

H0: There will not be any significant reduction in the levels of anxiety after practicing *Ānāpānasati* Meditation for six months.

Ha: There will be a significant reduction in the levels of anxiety after performing *Ānāpānasati* Meditation for six months.

Hypothesis 2:

H0: There will not be any significant reduction in the levels of depression after performing *Ānāpānasati* Meditation for six months.

Ha: There will be a significant reduction in the levels of depression after performing *Ānāpānasati* Meditation for six months.

Hypothesis 3:

H0: There will not be any significant reduction in the levels of verbal aggression after performing *Ānāpānasati* Meditation for six months.

Ha: There will be a significant reduction in the levels of verbal regression after performing *Ānāpānasati* Meditation for six months.