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Title: “Effect of Mystic Rose Meditative Therapy on Depression, Quality of life and Mental Health”

ABSTRACT

Modern societies are constantly changing all over the world. People go through various changes and social problems everywhere. Due to these problems many psychological problems occur. Depression is one of them. Depression an emotional state marked by great sadness and apprehension, feeling of worthlessness and guilt, withdrawal from others, loss of sleep, appetite, and sexual desire, loss of interest and pleasure in usual activities. Quality of life is the individual’s perception of their position in life with regard of their culture, value system their goals, expectations, standards and concerns. Mental Health as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community. In addition, meditation can help us to learn how to transform our mind from negative to positive, from disturbed to peaceful, from unhappy to happy. There are so many meditative therapy for reduce mental health related problems. Mystic rose meditative therapy is one of them. It’s a three hour a day process which lasts for 21 days created by Osho. Each part consists of seven days. This meditative therapy involving laughter tears and silence respectively. The major aim of this study to see the effect of Mystic Rose Meditative therapy on Depression (Minimum, mild, moderate, severe), Quality of Life (Physical, Psychological, Social, Environmental) and Mental Health (Positive self- evaluation,

Perception of reality, Integration of personality, Autonomy, Group oriented Attitudes and Environmental mastery) among male and female. The sample of the study consisted of 200 male and female subjects equally divided into two groups i.e. Experimental (intervention) and Control (without intervention). All the subjects were administered different scales namely The Beck Depression Inventory (BDI-II, 1996), The WHOQOL- BREF by WHO (1996) and Mental Health Inventory by Jagdish and Srivastava (1983). Participants with both baseline and post intervention conditions were included in the analysis. All the demographic variables Depression, Quality of life and Mental Health scores compared between two groups using t-test for continuous variables and Chi square statistics for categorical variables. To see the difference between pre and post condition within each group, paired t-tests were used. Multiple Regressions was used to assess the effect of meditation on controlling for essential demographic covariates. To conclude the study it has been observed that Mystic rose meditative therapy is helpful in reducing depression, enhancing Mental Health and improving Quality of Life.

Key Words: Mystic Rose Meditation, Depression, Quality of life, Mental Health