

# 9<sup>th</sup> International Conference on **PHYSICAL MEDICINE & REHABILITATION**

July 10-11, 2023 | Dubai, UAE

## **Influence of vipassana (Meditation) on the cognitive style of thinking and general well being of an individual.**

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Vipassana meditation is a rational method for purifying the mind of the mental factors that cause distress and pain. It was rediscovered by Gautama Buddha more than 2500 years ago and was taught by him as a universal remedy for universal ills, i.e., an "art of living". Cognitive styles refer to the preferred way individual processes information. They are usually described as personality dimensions which influence attitudes, values and social interaction. General well-being includes social satisfaction, mental and personal fulfillment.

The objective of the present study was to assess "Influence of Vipassana (Meditation) on the Cognitive Style of Thinking and General Well Being of an Individual" seeks to find out whether Vipassana (Meditation) has an effect on the Cognitive Style of Thinking and General Well Being of an individual. A sample of 60 early adolescents was used for the study. The adolescents were selected from different colleges in Mumbai. The sample was divided into two groups; experimental and control group wherein meditative techniques were taught to the experimental group in order to see the effect of Vipassana. The experimental and control group consisted of 30 subjects each. Each groups consisted of 30 girls and 30 boys. Two tests were administered to the sample PGI General Well Being measure by Anita Verma and the Cognitive Style Inventory of Thinking (CSI) by Dr. Praveen Kumar Jha. The statistical analysis used for the purpose of determining the significance of the difference between the two groups was mean and standard deviation. The results thus obtained showed that there is a significant difference in the level of cognitive style of thinking and general well-being in the two groups. All the findings were in line with previous research and studies.

### Biography

Ms.Wajeeda Shaikh is a Mental Health Professional, working at Osraty for Physio and rehab- Dubai as a Psychologist and Behaviour Therapist. She is also a Registered Behaviour Technician and International Behaviour Therapist. She has Master's Degree in Clinical Psychology from S.N.D.T. Women's University, Mumbai-India. She has worked as a Clinical Psychologist for the period of 4 years. She has also worked for Goa Education Department as a School Counsellor. She has dedicatedly served during the Pandemic as "Front Line Officer" catering to the needs of psychosocial support to Covid patients and their families, health care workers and frontline workers and conducted tele-counselling services for the people. She was awarded as a "Covid Warrior" from the Health Ministry of Goa-India. And received a letter of appreciation from IAS officer of South District Goa- India.

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