ISSN: 3068-1774
Research Article

Journal of Medical Images and Medical Education Research

Feeling Relaxed Before and After the Practice of Meditation: A Study

Madhava Chandran K[1]*, Rinsha K A[2], Mehjabin M[3] & Mohamed Prince M[4]

[1]*Independent Social Researcher, Kozhikode, Kerala, India*
[2]*PG Scholar, Dept. of Health and Yoga, The Zamorin's Guruvayurappan College, Kozhikode PG Scholar, Dept. of Health and Yoga, The Zamorin's Guruvayurappan College, Kozhikode*
[3]*PG Scholar, Dept. of Health and Yoga, The Zamorin's Guruvayurappan College, Kozhikode PG Scholar, Dept. of Health and Yoga, The Zamorin's Guruvayurappan College, Kozhikode*
[4]*Research Scholar, Dept. of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai, Tamil Nadu, India*

***Corresponding author:** Dr. K Madhava Chandran, Independent Social Researcher, Kozhikode, Kerala, India.

Submitted: 25 August 2025 **Accepted:** 29 August 2025 **Published:** 03 September 2025

https://doi.org/10.63620/MKJMMRR.2025.1020

Citation: *Madhava Chandran, K., Rinsha, K. A., Mehjabin, M., & Mohamed Prince, M. (2025). Feeling Relaxed Before and After the Practice of Meditation: A Study. J of Med Ima & Med Edu Res 2(5), 01-04.*

Abstract

Mental relaxation is an emotional state achieved due to less tension and absence of negative feelings in life, which can contribute to better mental health. Better psychological well-being through relaxation and reduction in tension can be achieved by practicing the mindfulness method of meditation. The study reported in this article was undertaken among a randomly selected sample of 50 meditators from Kozhikode District of Kerala State in India using a questionnaire containing the measure of relaxation, and the characteristics of the respondents, namely, sex, age, marital status, whether experienced any health problems during the past six months, and period of meditation practice. A higher score for relaxation indicates more feeling of relaxation and vice versa. The data was analysed as scores, proportion of respondents reporting and through statistical test. The results reveal that the respondents have felt more relaxed after starting meditation, when compared to before doing meditation. The effect of more period of meditation practice in helping the respondents to feel more relaxed is also evident under the study. However, the characteristics of the respondents such as sex, age, marital status and health problems do not contribute to the changes in their feeling of relaxation in life. It will be worthwhile to promote the adoption of practices such as meditation, yoga etc. among more people in order to help in overcoming psycho-somatic problems, which have more chances of affecting people in today's busy and stressful life. This can also help in not becoming dependent on medical treatments for such problems, which could probably have side effects in the long run. Further, the transfer of results of studies on the favourable effects of meditation, yoga etc. may probably help to reduce the problem of people discontinuing such useful practices, which is evident in the society up to some extent.

Keywords: Relaxed, Feeling, Before Meditation, After Meditation

Introduction

Mental relaxation is an emotional state achieved on account of less tension and absence of negative feelings in life, which can contribute to better mental health. Meditation is a method to achieve this psychological condition mainly through training one's attention to achieve a mental state of calmness. Meditation addresses social anxiety disorder, post-traumatic stress disorder, anxiety and depression [1].

It has been reported that students achieved better psychological well-being through meditation through relaxation and reduction in tension, when compared to before practicing meditation [2].

In the present era, widespread use of internet has transformed how individuals access meditation practices, with mobile applications and online platforms providing guided meditation sessions at the convenience of a smartphone. Apps such as Headspace, Calm, and Insight Timer have gained global popularity,

making meditation accessible to people who may not have the time or opportunity to attend traditional physical sessions. Research has also shown that app-based meditation interventions can significantly reduce stress, improve sleep quality, and enhance emotional well-being in both clinical and non-clinical populations [3]. Understanding how such modern approaches influence relaxation and psychological outcomes can be expected to contribute to better promotion of meditation as an integral component of preventive health strategies.

Materials and Methods

The study reported in this article was carried out among a randomly selected sample of 50 meditators from Kozhikode District of Kerala State in India using a questionnaire containing the measure of relaxation [4], and the characteristics of the respondents, namely, sex, age, marital status, whether experienced any health problems during the past six months, and period of meditation practice.

The total score of the items of relaxation in the measure adopted under the study was worked out as the relaxation score. A higher score indicates more feeling of relaxation and vice versa. The data was analysed as scores, proportion of respondents reporting and through statistical test.

Results

Table 1 shows results of statistical significance of the difference in relaxation scores before and after the practice of meditation.

Table 1: Statistical Significance of the Difference in Relaxation Scores Before and After the Practice of Meditation

Mean relaxation score*		t value and significance
Before meditation	After meditation	
40.7	58.6	- 4.3; $p < 0.01$

*as % of the maximum possible score, which indicates maximum level of relaxation achieved

Table 2 gives details of statistical significance of the difference in item wise relaxation scores before and after the practice of meditation.

Table 2: Statistical Significance of the Difference in Item Wise Relaxation Scores Before and after The Practice of Meditation

Relaxation item	Mean score		t value and significance
	Before meditation	After meditation	
Calmness	3.0	4.6	- 2.7; $p < 0.05$
Feeling relaxed	2.8	3.8	- 2.4; $p < 0.05$
Feeling chilled out	2.8	4.0	- 2.4; $p < 0.05$
Easy going feeling	3.0	4.0	- 1.9; $p < 0.10$

Table 3 shows the proportion of respondents getting various relaxation scores before and after the practice of meditation.

Table 3: Respondents Getting Various Relaxation Scores Before and After the Practice of Meditation

Before meditation		After meditation	
Range of relaxation score*	Respondents (%)	Range of relaxation score*	Respondents (%)
32.1	40	53.6 - 57.1	60
42.9 - 46.4	40	60.7 - 64.3	40
50	20		
Total	100	Total	100

*as % of the maximum possible score

The results of statistical significance of the difference in relaxation scores after the practice of meditation based on the period of meditation practice are shown in Table 4.

Table 4: Statistical Significance of the Difference in Relaxation Scores Based on the Period of Meditation Practice

Mean relaxation score*		t value and significance
Period of meditation practice		
9 to 11 months	20 to 42 months	
53.6	59.8	- 3.6; $p < 0.05$

*as % of the maximum possible score, which indicates maximum level of relaxation achieved

Discussion

Relaxation Score Before and After the Practice of Meditation

The mean relaxation score before meditation is comparatively less (40.7 % of the maximum possible score in the study) than the mean score after starting meditation practice (58.6 % of the maximum possible score), with statistically significant difference in the scores (Table 1). This implies that the respondents have felt more relaxed after starting meditation, when compared to before doing meditation. This is further substantiated from the statistically significant difference in the comparatively higher scores for all the items of relaxation after meditation than before doing meditation (Table 2). The item-wise differences related to calmness, feeling relaxed, chilled-out sensation, and easy-going feeling indicate that meditation influences multiple dimensions of psychological functioning.

Table 3 shows that while 40 % of respondents get a relaxation score equivalent to 32.1 % of the maximum possible score under the study, 40 % have a score in the range of 42.9 to 46.4 % of the maximum possible score, and the remaining 20 % get a score equivalent to 50 % of the maximum possible score only before they started practicing meditation. However, after starting meditation, the relaxation score of 60 % respondents is in the comparatively higher range of 53.6 to 57.1 % of the maximum possible score, and 40 % respondents also get a higher score in the range of 60.7 to 64.3 % of the maximum possible score under the study. These findings also help to establish the effect of meditation in improving feeling of relaxation for the meditators.

Influence of Period of Meditation Practice on Relaxation

It can be made out from Table 4 that the mean relaxation score of those who have practiced meditation for a longer period of time is more than those who have done meditation for a comparatively shorter period. Statistically significant difference in the scores is also there (Table 4). The influence of more period of meditation practice in helping the respondents to feel more relaxed is established from this result. This implies that consistency and regularity of meditation increases its benefits. These results agree with studies showing that sustained meditation can enhance neuroplasticity, regulate emotional responses, and improve stress resilience [5,6]. The effect of meditation on the feelings of children was found to be more for those who had already done meditation before starting the meditation program in their school, indicating the effect of higher period of meditation practice [7].

Statistically significant difference in relaxation score after the practice of meditation based on sex, age, marital status and health problems faced by the respondents was not observed in the study. This implies that these characteristics of the respondents do not contribute to the changes in their feeling of relaxation, which may be considered as a positive trend with respect to achieving relaxation in life. This universality implies that meditation may serve as an accessible and inclusive practice for diverse populations, which strengthens its utility as a low-cost public health intervention.

In short, the findings of this study confirm the role of meditation in significantly enhancing relaxation among participants, which can provide the benefit of emotional stability also.

Conclusions

The study has shown that the respondents have felt more relaxed after starting meditation, when compared to before doing meditation. The effect of more period of meditation practice in helping the respondents to feel more relaxed is also evident under the study. Considering the favourable health effects of mindfulness practices such as yoga, meditation, art of living etc., it will be worthwhile to promote the adoption of such practices among more people in order to help in overcoming psycho-somatic problems, which have more chances of affecting people in today's busy and stressful life. This can also help in not becoming dependent on medical treatments for such problems, which could probably have side effects in the long run. Another important aspect is to ensure that people continue such practices for a longer period of time. Transfer of favourable results of studies carried out on these practices among people may probably help to achieve this objective.

Implications of the Study for Practice and Future Research

The findings of this study have some practical implications, which are mentioned below:

Meditation programs can be integrated into community wellness initiatives, schools, and workplace health promotion strategies to improve relaxation and reduce stress-related disorders. Given the rising incidence of lifestyle-related health issues, adopting meditation and yoga as preventive practices could reduce reliance on pharmacological interventions, which often carry side effects [8].

Policy makers and educators can encourage meditation as part of daily routine like physical exercise to foster holistic health.

Digital applications and mobile-based mindfulness programs could help people to better maintain continuity in their practice.

Future research can focus on large and more diverse populations, include physiological measures such as cortisol levels and heart rate variability, and explore long-term adherence factors. Mixed-method approaches combining quantitative data with qualitative interviews could provide deeper insights into how individuals perceive and sustain meditation practice over time.

Acknowledgement

The authors of this article express their gratitude to all the meditators who helped us to collect the data for the study.

Conflict of Interest

The authors declare that there is no conflict of interest

Fun-ding

The authors have not received any financial support for the research, authorship, and/or publication of this article.

References

1. Aneeque, J., Dheeraj, G. S., Ali, M., Nahar, S. S., George, S., Shahi, S. R., ... & Mohammed, L. (2023). Meditation and Its Mental and Physical Health Benefits in 2023. Cureus, 15(6).
2. Vijayaraghavan, N., & Madhava Chandran, K. (2019). Effect of meditation on psychological well-being. Internation-

al Journal of Indian Psychology, 7(2), 673–678. https://doi.org/10.25215/0702.080.
3. Mani, M., Kavanagh, D. J., Hides, L., & Stoyanov, S. R. (2015). Review and evaluation of mindfulness-based iPhone apps. JMIR mHealth and uHealth, 3(3), e82. https://doi.org/10.2196/mhealth.4328.
4. Harmon-Jones, C., Bastian, B., & Harmon-Jones, E. (2016). The Discrete Emotions Questionnaire: A new tool for measuring state self-reported emotions. PLOS ONE, 11(8), e0159915. https://doi.org/10.1371/journal.pone.0159915.
5. Tang, Y. Y., Hölzel, B. K., & Posner, M. I. (2015). The neuroscience of mindfulness meditation. Nature Reviews Neuroscience, 16(4), 213–225. https://doi.org/10.1038/nrn3916.
6. Goyal, M., Singh, S., Sibinga, E. M., Gould, N. F., Rowland-Seymour, A., Sharma, R., ... & Haythornthwaite, J. A. (2014). Meditation programs for psychological stress and well-being: a systematic review and meta-analysis. JAMA internal medicine, 174(3), 357-368.
7. Madhava Chandran, K., Valsan, T., Vijayaraghavan, N., & Radhakrishnan, N. P. (2022). Analysis of the changes in feelings and memory power of children due to meditation practice. Sci Academique, 3(2), 1–5.
8. Creswell, J. D. (2017). Mindfulness interventions. Annual Review of Psychology, 68, 491–516. https://doi.org/10.1146/annurev-psych-042716-051139.