

Research Topic: - The Effect of Meditation on Family Relationships.

This Research is about how the meditation effect to the family relationships.

Family relationships are measured in two ways,

- 1. Husband Wife Relationship.**
- 2. Parent Children Relationship.**

53 members are taken as the sample. These members are selected from different levels according to following criteria.

- 1. Gender.**
- 2. Home Town.**
- 3. Educational Level.**
- 4. Job Level.**
- 5. Income Level.**

Each member is given a questionnaire. This questionnaire contained following questions to identify the details of the person,

- 1. Age**
- 2. Gender**
- 3. Religion**
- 4. Nationality**
- 5. Language**
- 6. Home Town**
- 7. Marital Status**
- 8. No. of Family members**
- 9. Job**
- 10. Educational Level**
- 11. Income Level**
- 12. Relationship with Husband or wife**
- 13. Relationship with Children**

Questionnaires were distributed in each week & data were collected. This process has done for nine weeks. First data set is taken before the meditation.

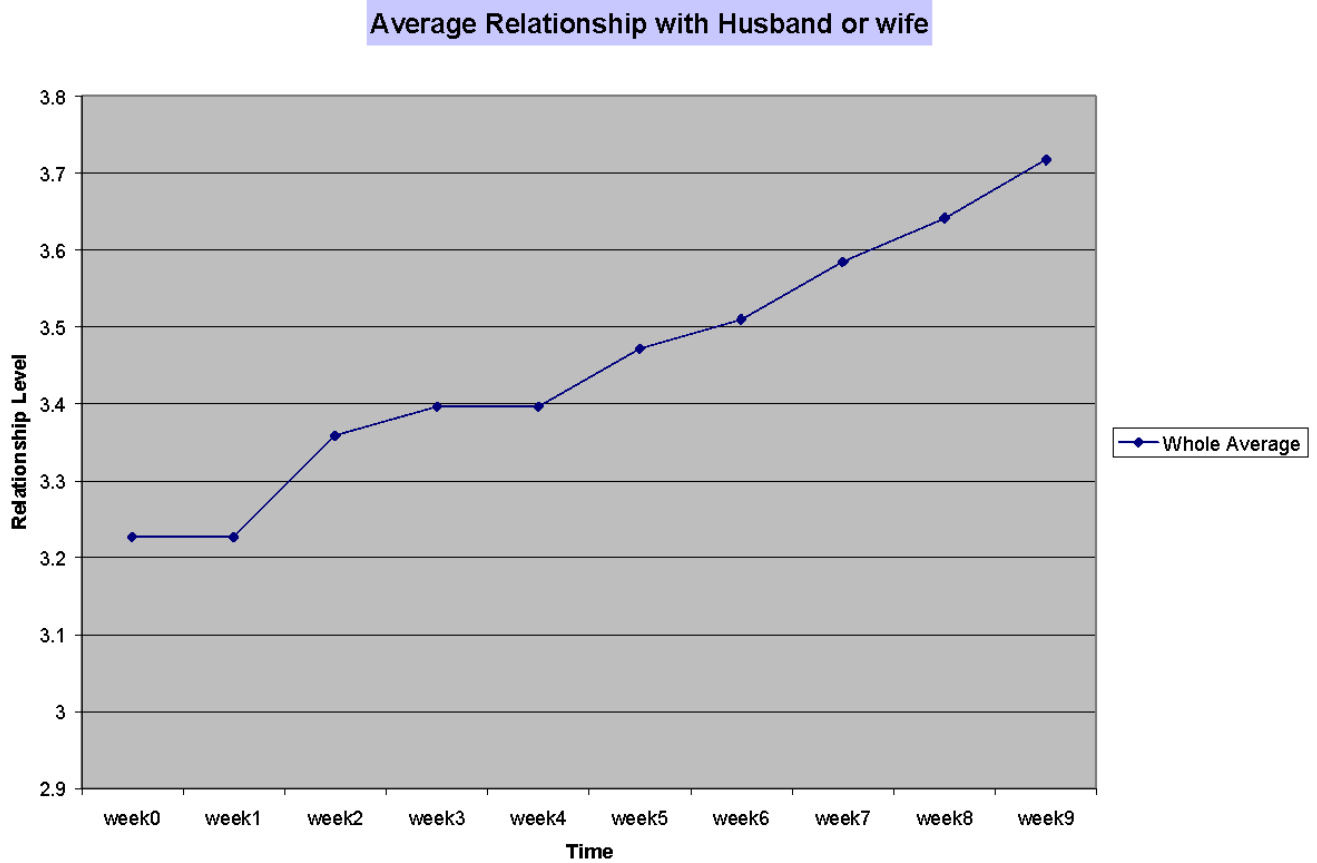
- To identify the Relationship Level, four levels are given to the questionnaire. Those Levels & weights given them to measure the relationships are shown by the table below.**

Relationship Level	Weights
Very good	4
Good	3
Bad	2
Very Bad	1

Below graphs are describe how the meditation is effected to Family relationships considering different criteria.

Week0= Before the Meditation

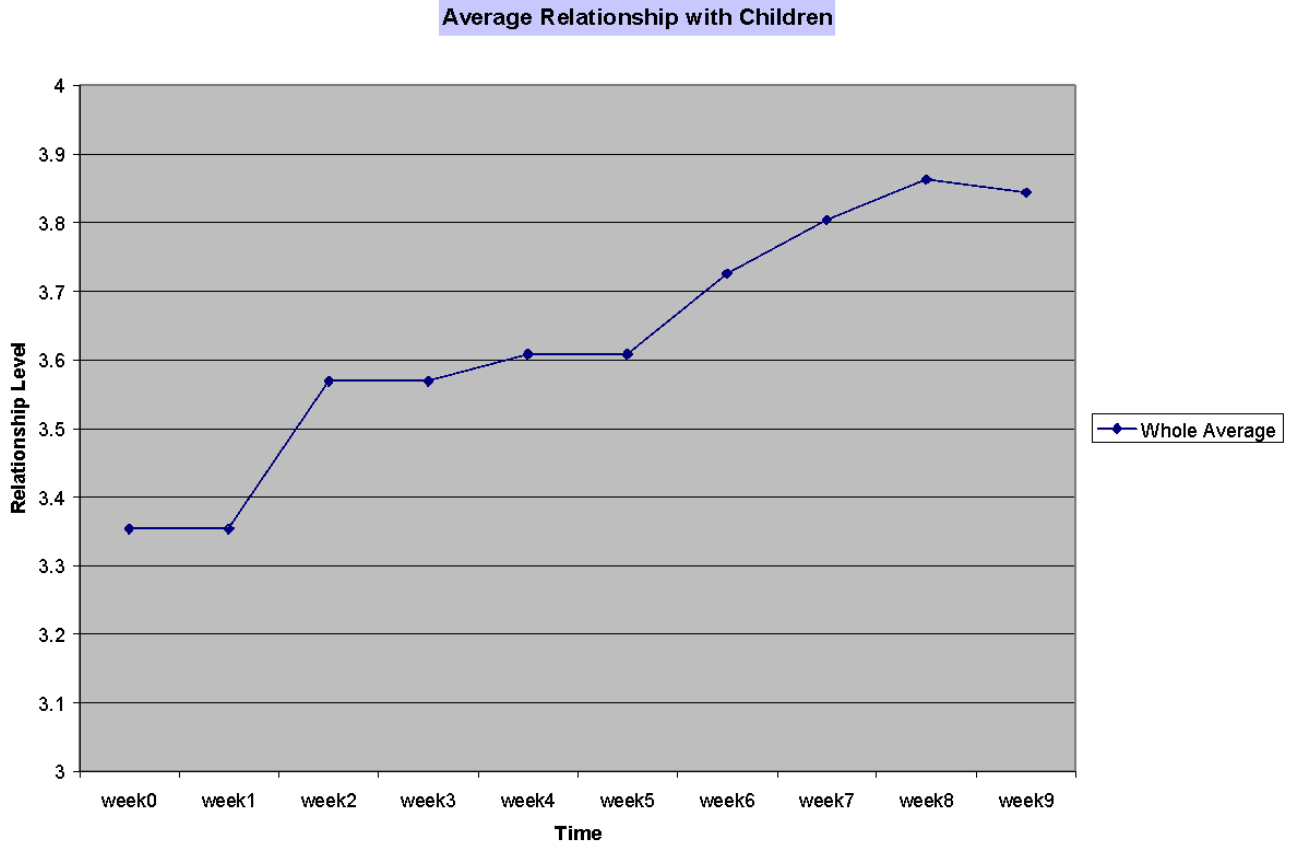
- **First consider the average husband wife Relationship & Parents children Relationship of the whole sample.**



It shows that husband wife Relationships are increasing during meditation Period. Within first week relationships remain merely constant & after that it is increasing rapidly.

From week1 to week4 relationships are increasing with Time. But the increasing rate is decrease with Time.

From week4 the rate of increasing of the relationships is almost constant.

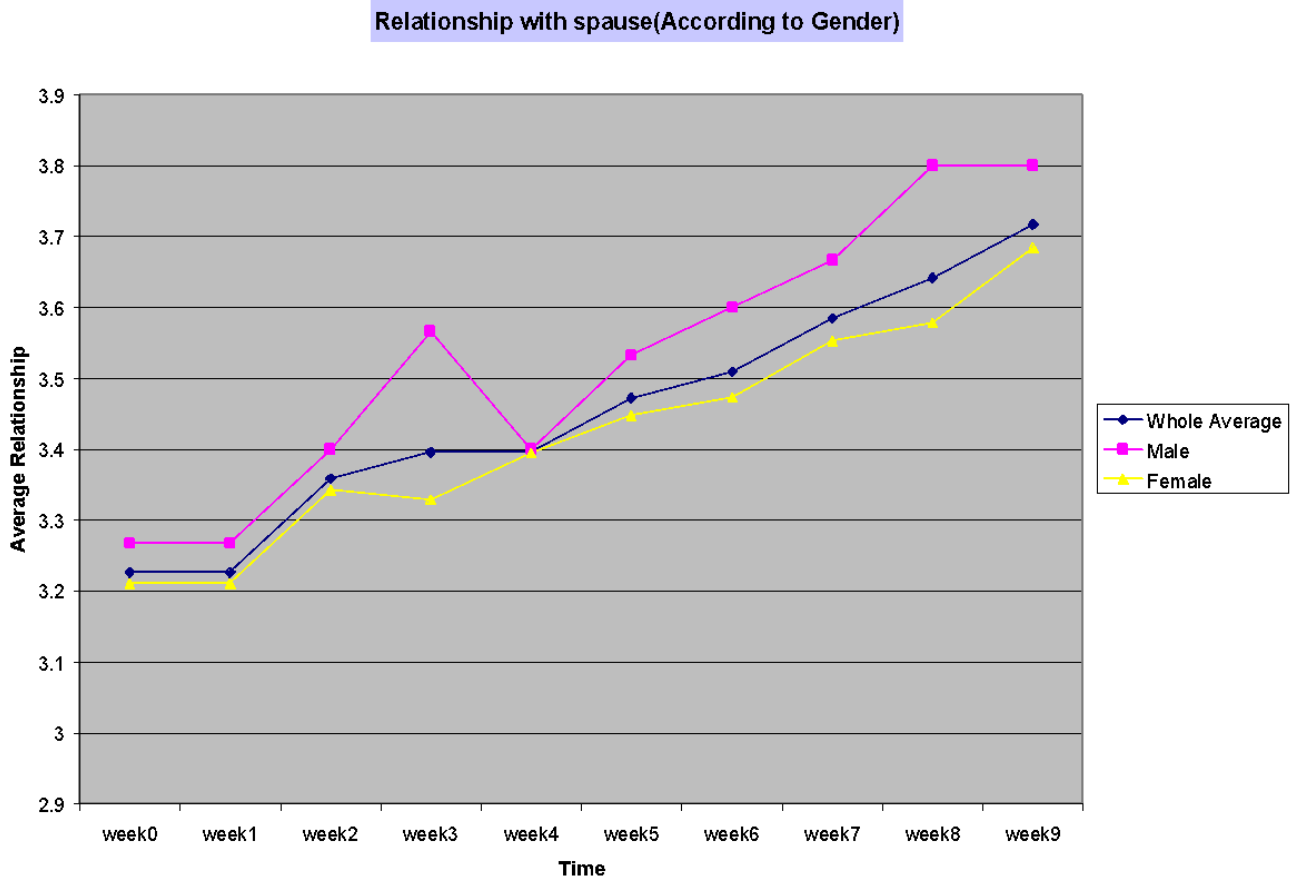


According to the graph Parent Children relationship also generally increase with Time.

Within first week it doesn't show considerable increasing of relationships & within 2nd week it has very high improvement of relationships.

After that again the increasing rate of relationships is at low level, for a month & then the rate of increasing of relationships again at higher level.

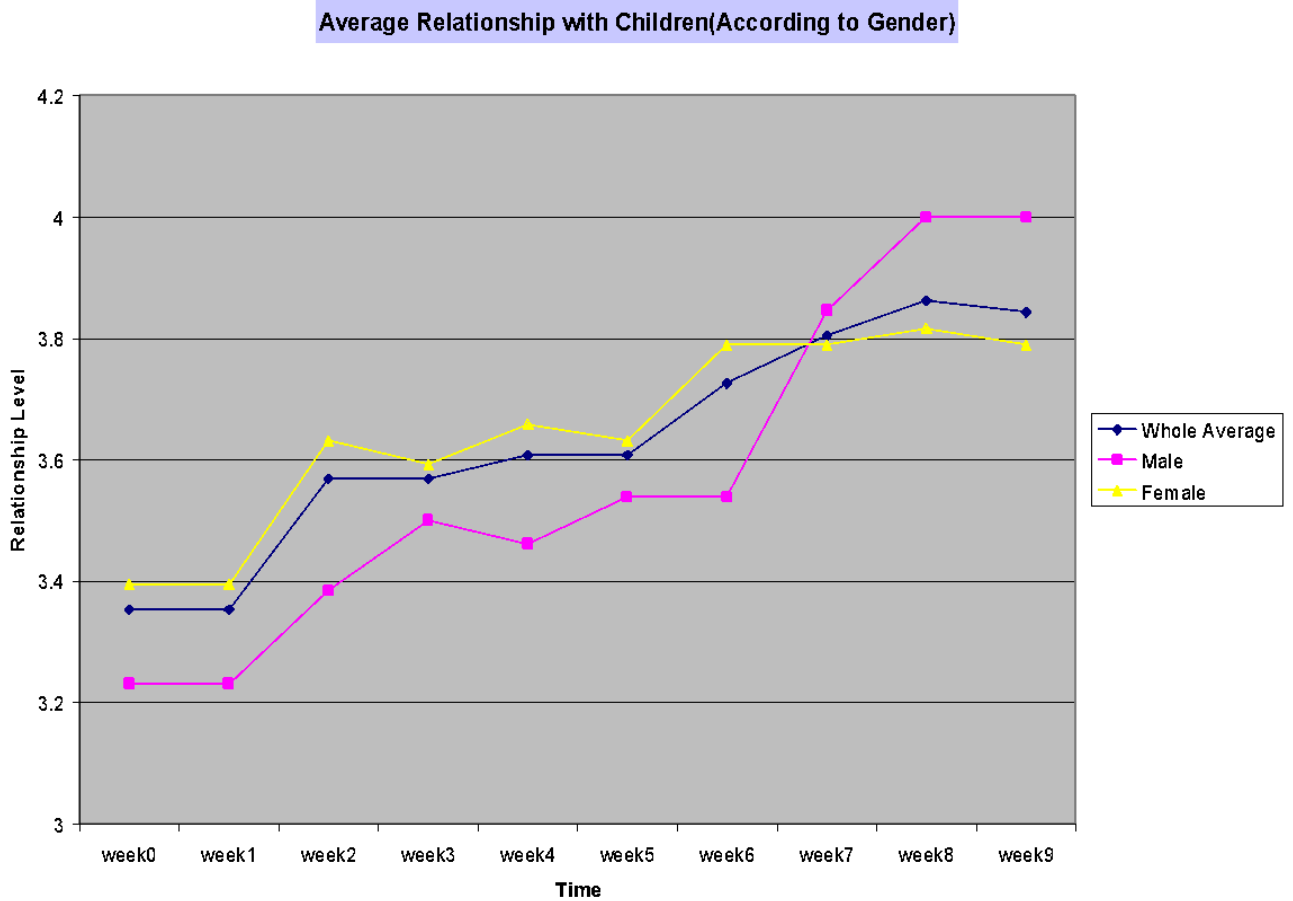
- Now let's consider how the relationships vary during meditation period according Gender.



Graph shows that husband wife relationships are increasing with Time. But most of the time Male have higher relationship level than Female. Within first week both relationships are in constant level. Then it begins to increase rapidly.

In female curve after week 3 husband wife relationships increase in constant rate. Male curve shows that instant drop of relationship level within week4.then it also increases with time constantly.

Within week9 Males curve doesn't show increment of relationships

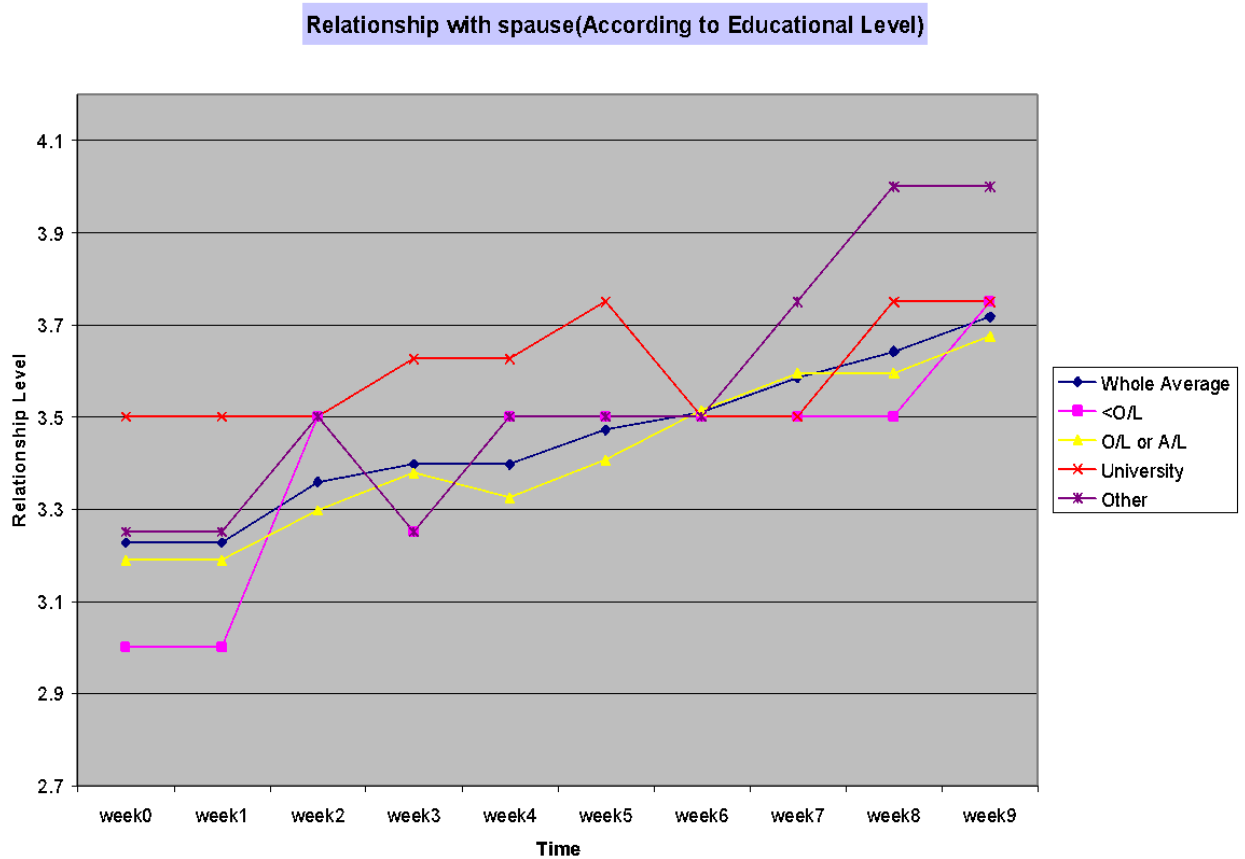


Average relationships with children also increase with Time for Male & Female. But variation is not constant one. Before the week7 Female has greater relationship level than Male. But after the week7 Male relationship level increases than Female, with Children.

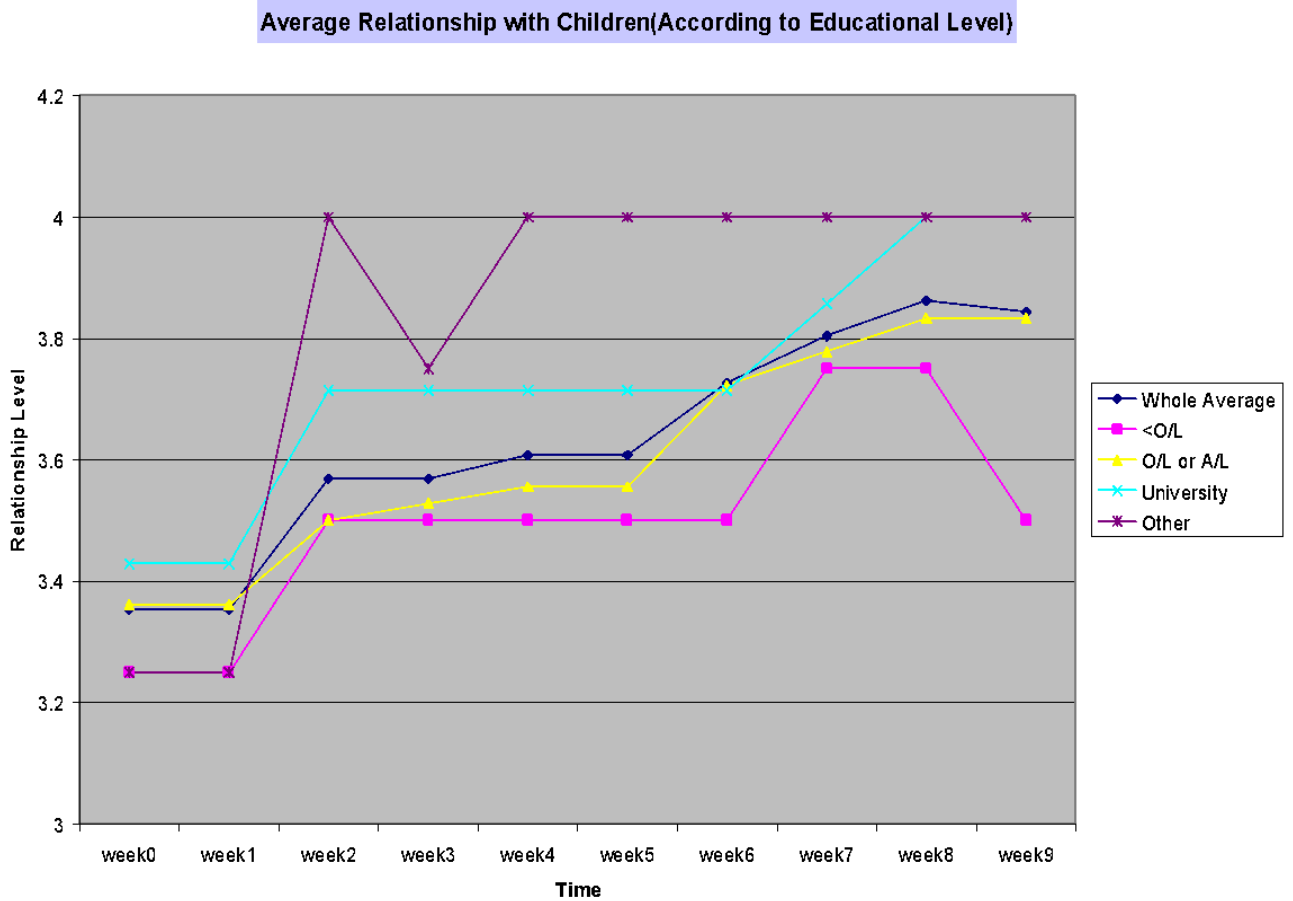
- **Let's consider how the relationships are varying according to educational level.**

In here sample is divided to four educational levels. They are,

1. **<OL.**
2. **OL or AL.**
3. **University.**
4. **Other.**



Relationship with husband or wife is increased with meditation time period for all educational levels. Within first it doesn't show increment. After that it is increasing. People who have O/L or A/L education the relationships are increased according to constant rate. But other curves are increased differently. Most of the time University educated people show higher relationship level than others. But after the week6 other educated people have the higher relationship level. At the beginning <O/L people have the lowest relationship level. But within meditation time this relationship increased & close to other for level. But it varies in large range.



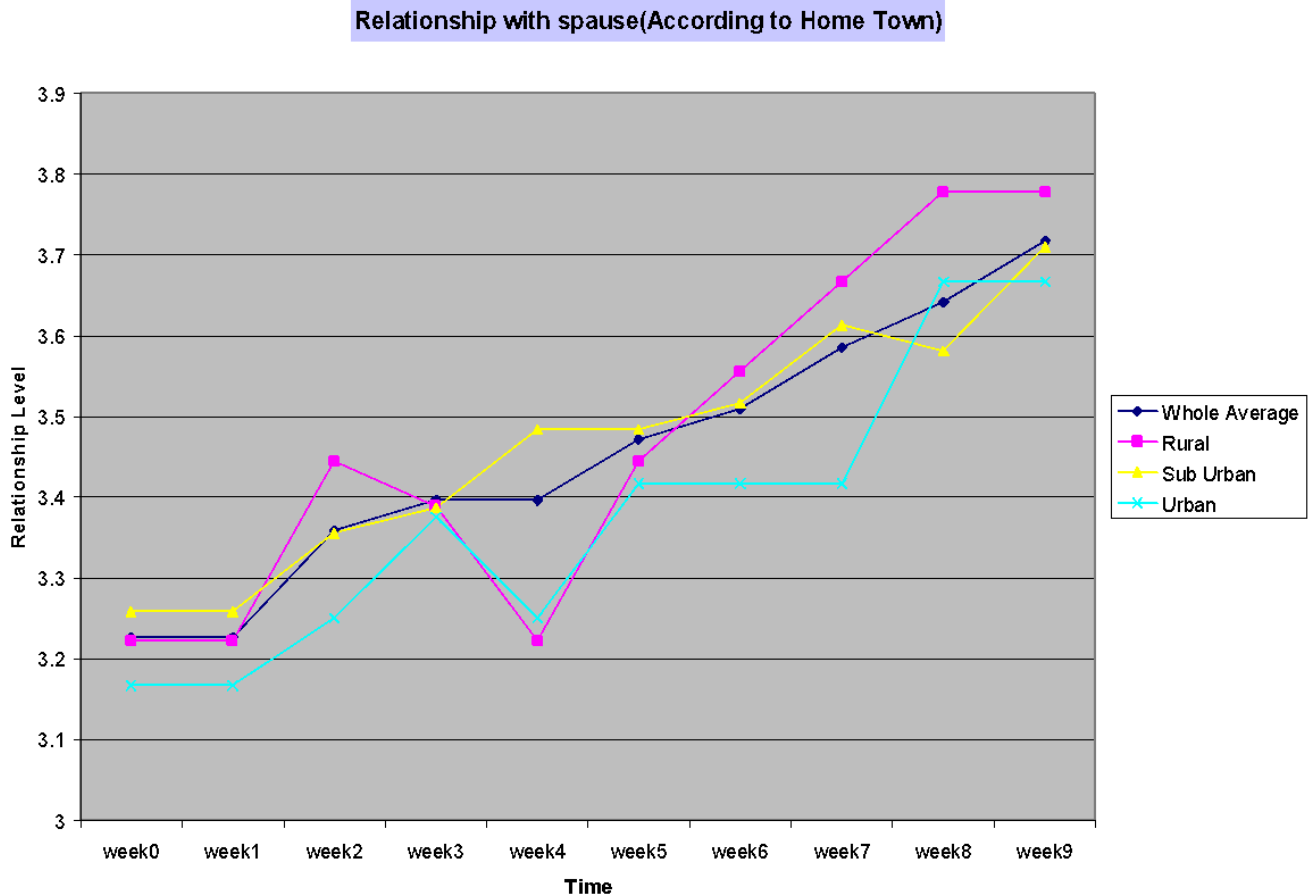
When considering relationship with children other educated people have the higher relationship level than others. It shows that very large increment of relationship level after week1 for other educated people. After that remain almost constant. University educated people also shows higher level of relationship with children. <O/L people show the relationship level which is increasing constantly.

- Now consider how the relationships are varying with Time according to the Home Town that the person is living.

Home Towns are divided to three categories. They are,

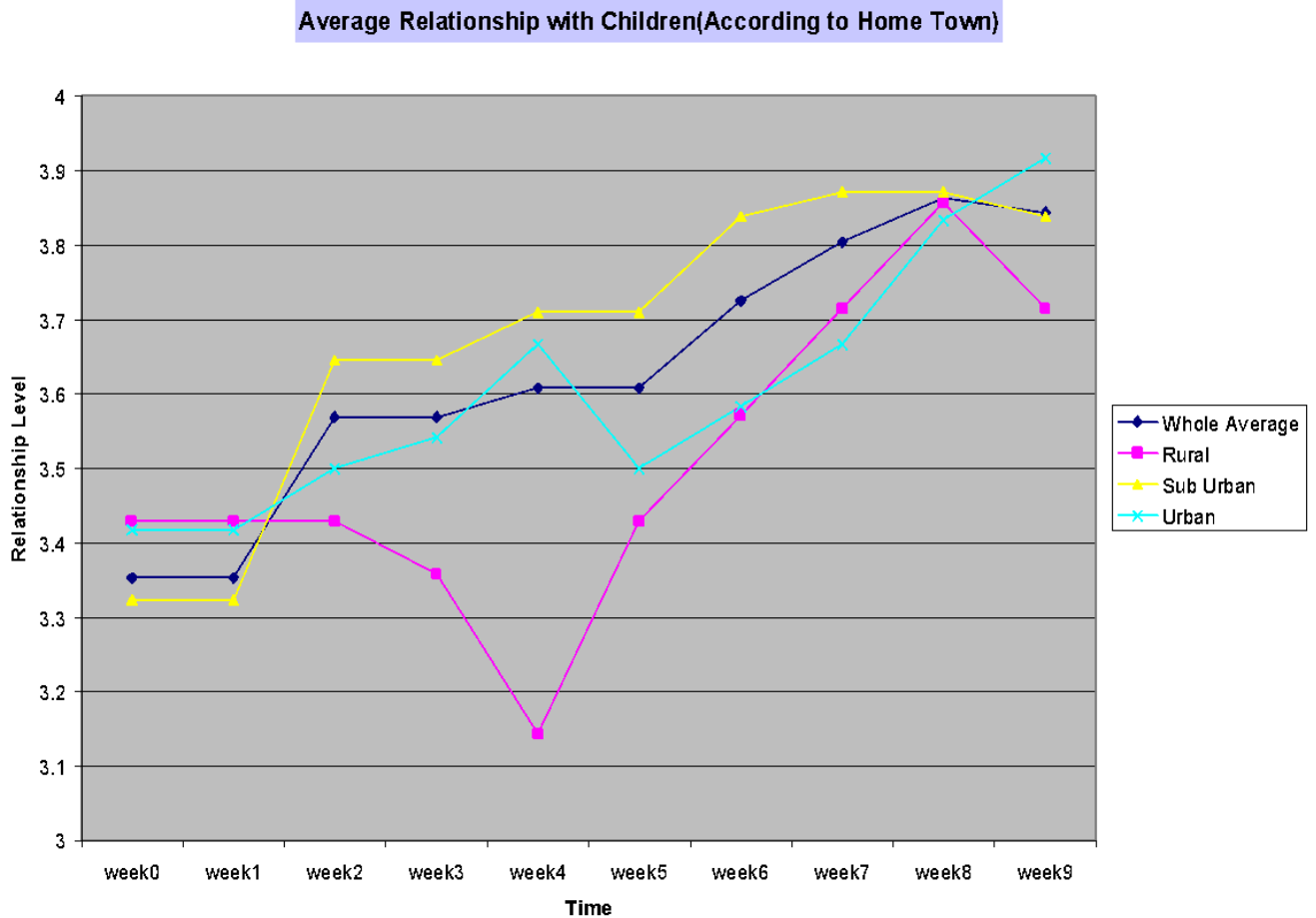
1. Urban.
2. Sub Urban.
3. Rural.

The graph below shows how the husband wife relationships behave within the meditation period.



Generally relationships are increasing with time for all categories. Rural people show higher relationship level for most observations. Urban people show some what less relationship than other categories. From week3 to week5 the relationship levels suddenly fallen down & then increased for urban people & rural people. But the relationships are increasing nearly constant rate for sub urban people.

Let's move to the parent children relationship considering home town.



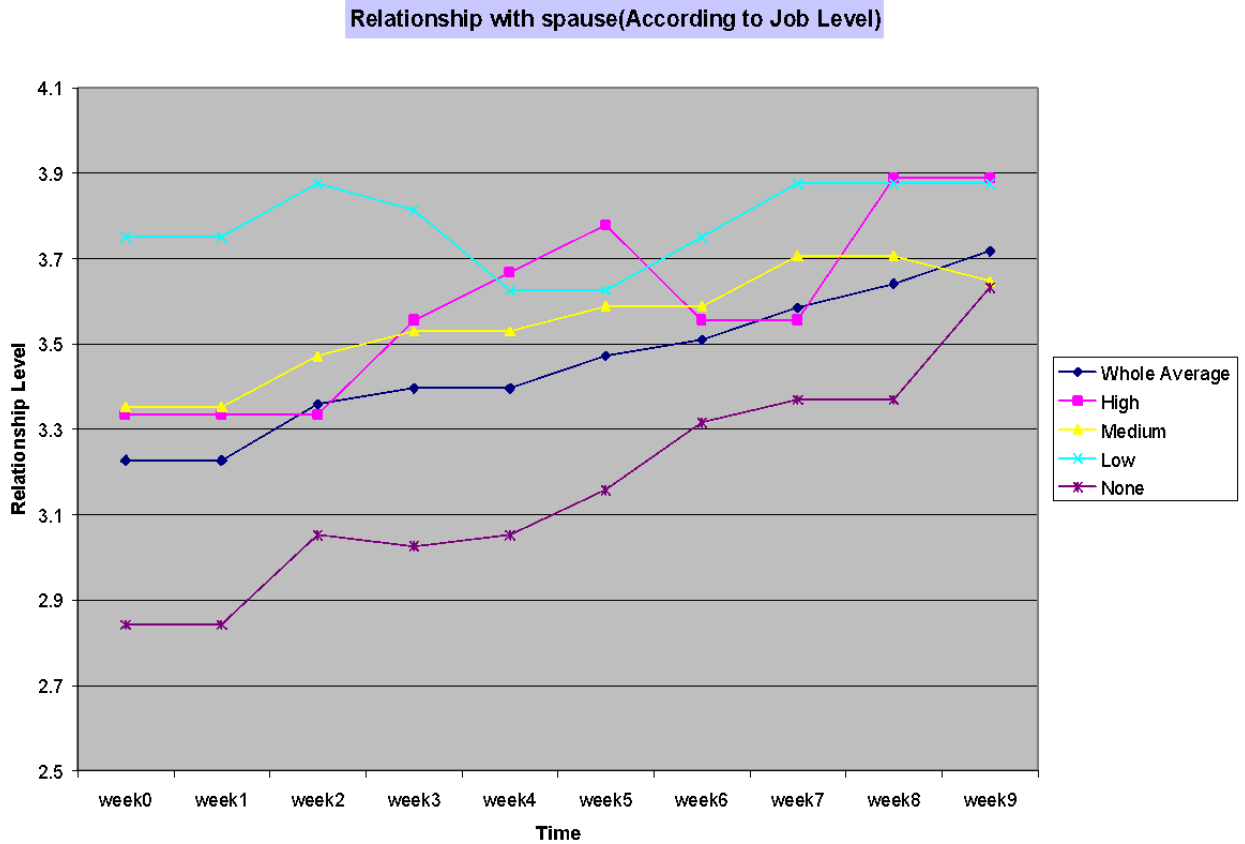
Generally these relationships are also increase with Time. In this graph it can be seen that the sub urban people shows the higher relationships for most of observations. Urban & Rural curves cross each other. Another important variation that can be seen from this graph is sudden decreasing of relationship level at rural people's graph, from week2 to week4. Urban curve also week4 to week5 and then increasing again.

- Next considering is how the relationships are varying with the Job level of the person.

Job levels are considered in four categories. Social acceptability & income level is considered for this categorization. These four categories are,

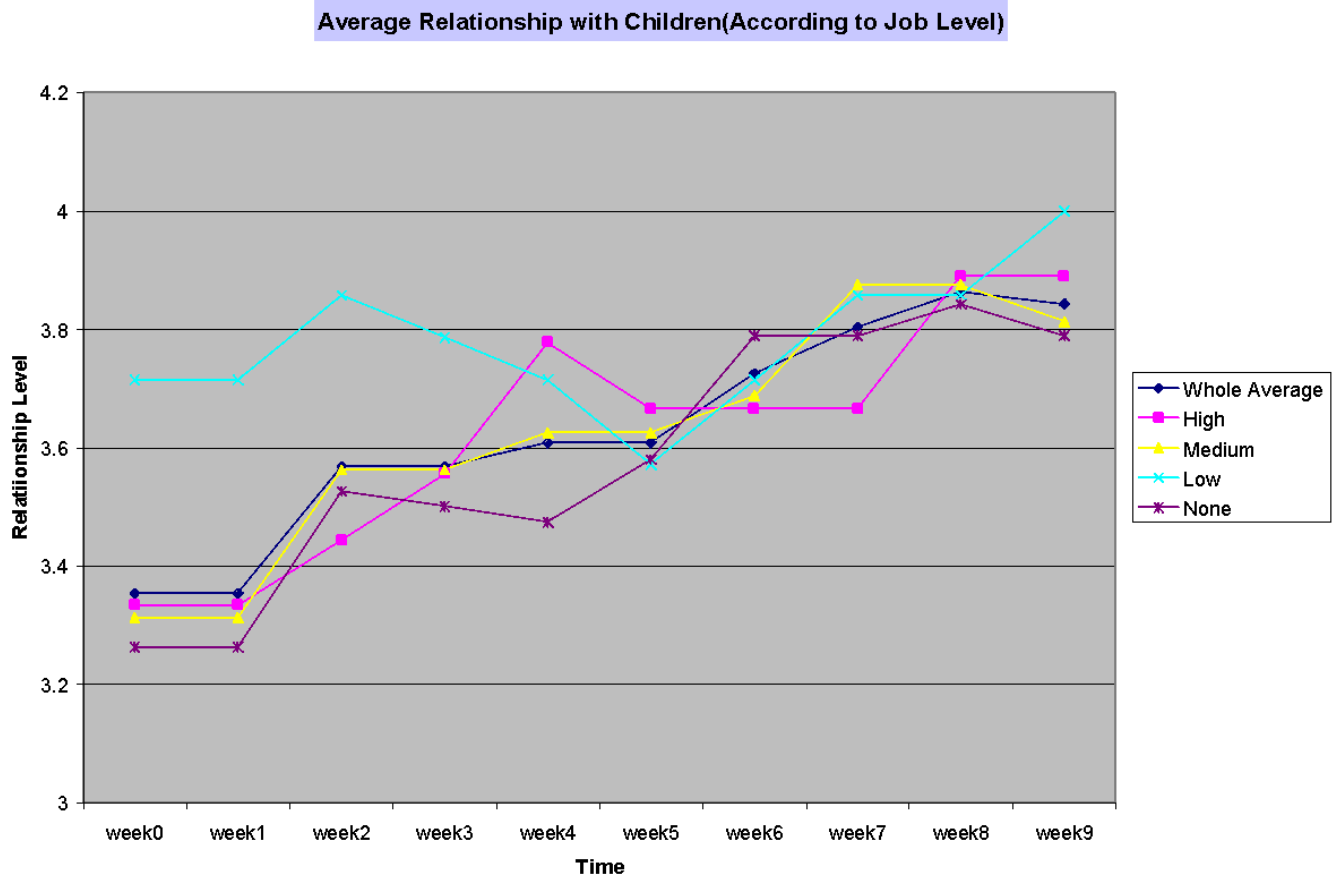
1. High.
2. Medium.
3. Low.
4. None.

Let's consider the husband wife relationships with job level.



According to this graph it can be seen that relationships are increasing for every category. High, Medium, None curve shows rapid increasing of relationship level. But for low job level people shows time varying relationship. First it is increasing with Time then it decreases week2 to week5 & then again it is increasing. Low job level people show almost highest relationship level than others. Lowest relationship levels are belongs to people who don't have any job.

Now let's consider the variation of parent children relationships within meditation period.



This gives important variation of relationships. All categories increasing their relationship level with time. At the beginning relationship level difference of different categories are at high value. But with time this difference is going to lower value. Before the meditation & within first few weeks the relationship level of people who is doing low level jobs has higher values than others. For them the increasing rate of relationship is at low value than other. Other three categories have nearly constant rate of increasing relationships.

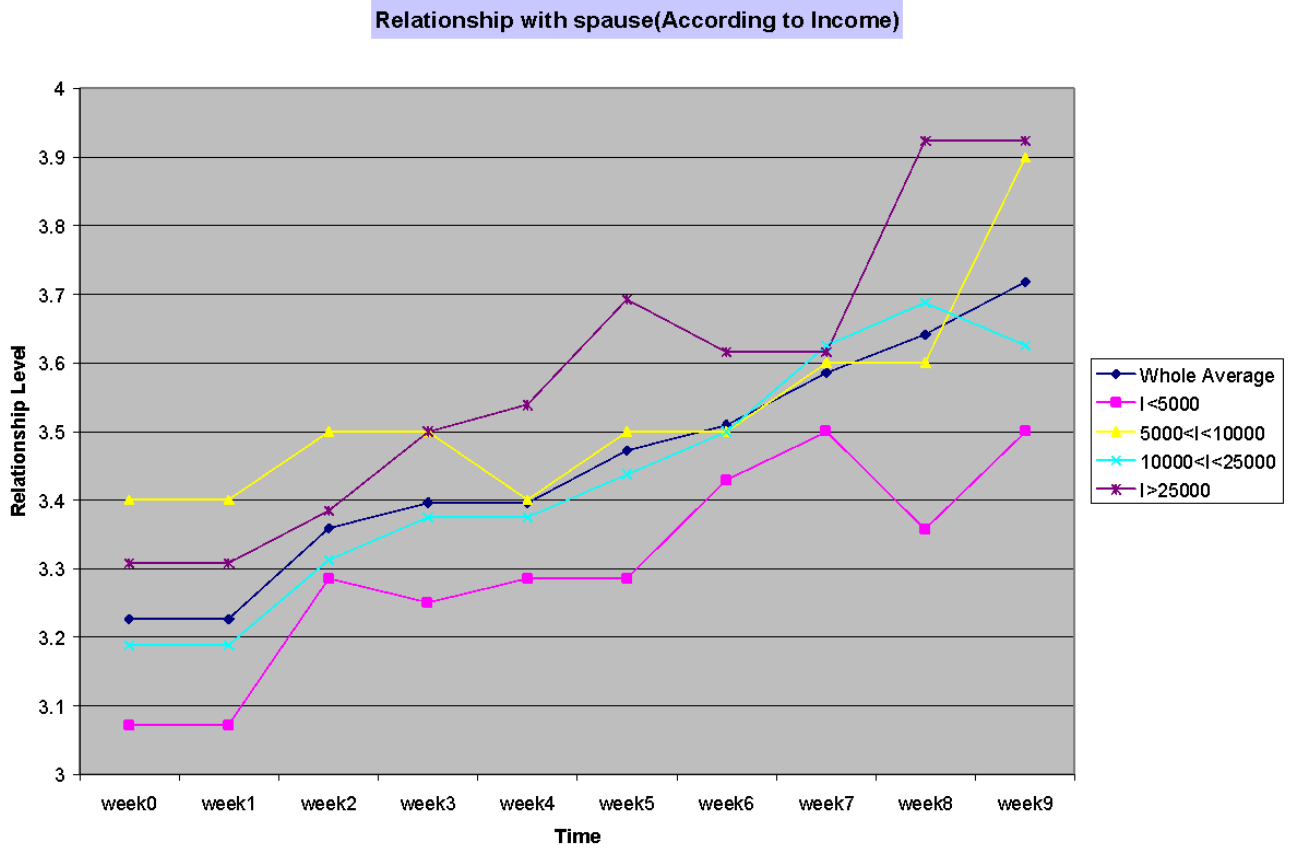
- Let's consider how the relationships are varying within meditation period according to Income level of the person.

Income level is categorized in to four levels. They are,

1. $I < 5000$
2. $5000 < I < 10000$
3. $10000 < I < 25000$
4. $I > 25000$

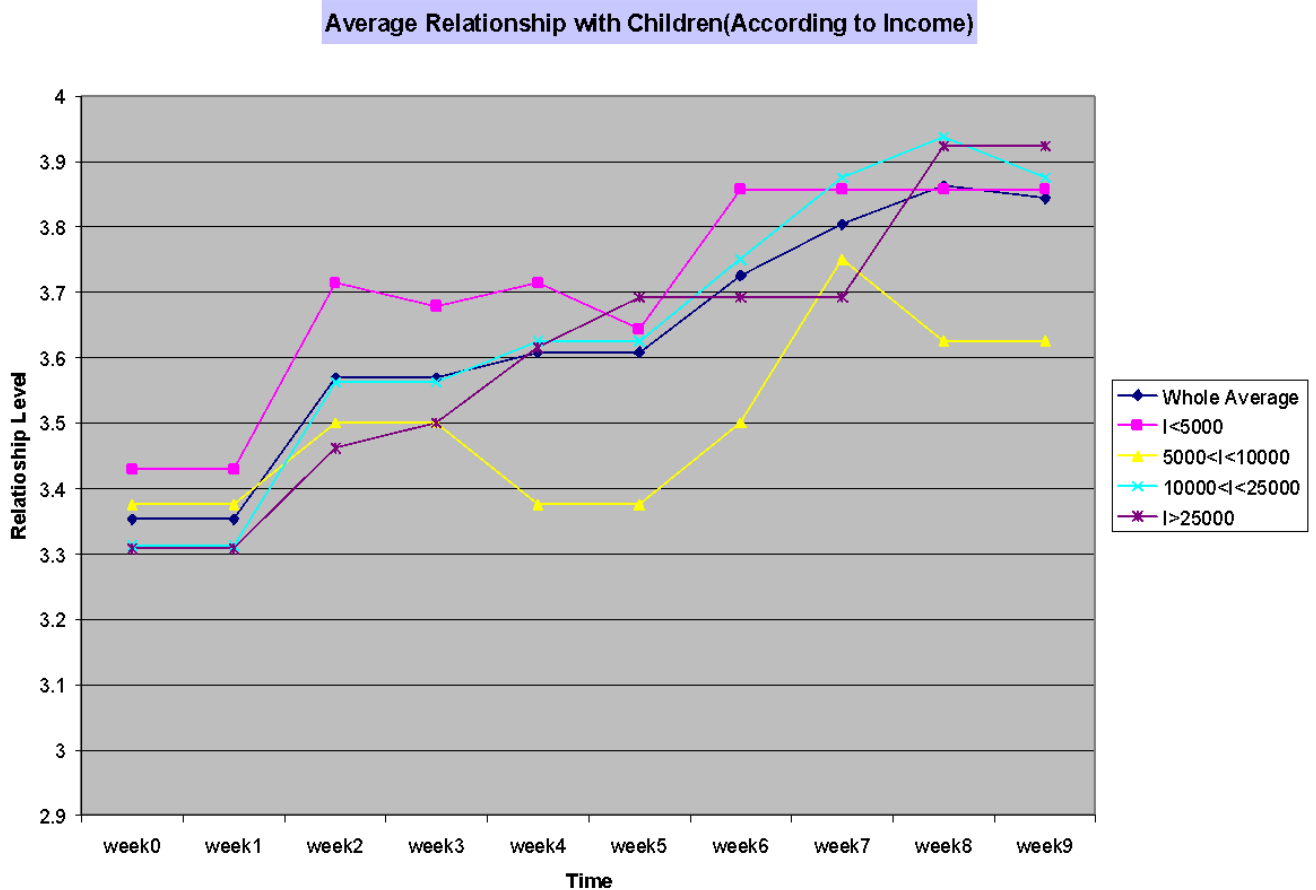
I=income of the person.

Now consider variation of the husband wife relationships.



Husband wife relationship increases with time, generally for all income levels. The rate of increasing is nearly constant for all. People who have income level greater than 25000 shows higher relationship level for most of observations. Lowest relationship is shown by the people whose income level is less than 5000.

Below graph shows the variation of parent children relationships within the meditation period.



It is different from the husband wife relationship curves. In here at the beginning the relationship level is at higher value for people who have income level less than 5000. End of the meditation period the relationship level is increased for people who earn income within 10000 to 25000 to higher value than others. People whose income level is in between 5000 & 10000, shows less relationship level than others. Also its behavior is not linear. It has highest value at the week7.