An Investigation to Compare Blood Pressure and Pulse Before and After Concentrative Meditation

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The purpose of this study was to understand if meditation over a short period of time, thirty days, can result in a significant reduction in stress. Does meditation decrease blood pressure, heart rate, and stress levels concerning undergraduate college students? The participants of this research consisted of (N=5) undergraduate college students. Blood pressures were taken on the first day of the study before and after meditation, and on the final day of the study before and after meditation. Participants recorded their heart rate each day over the 30 day study. The Perceived Stress Scale (PSS14) was administered at the beginning of the study and at the close of the study to measure the participants’ stress level over the time of the study. The results of this study showed that the participants’ blood pressure and pulse rate were reduced after partaking in concentrative meditation before and after each day of the study and over the course of the study. Stress levels were also reduced over the thirty day period.

**RESULTS**

The second student did not attend the post meditation session and therefore did not complete the case study. The participants met in a pre-meditation session where they partook in the survey, blood pressure (before and after meditation), 30 minutes of concentrative meditation, and were taught how to take their pulse for their 30 day in home meditation sessions. After the 30 day in home concentrative meditation, the participants met again and participated in a post survey and 30 minute concentrative meditation session where their blood pressure was taken before and after the meditation session.

**CONCLUSION**

Upon the conclusion of this study it may be recognized that concentrative meditation does reduce blood pressure, pulse rate, and the overall stress that undergraduate college students feel. According to the results, the majority of the participants experienced a reduction in blood pressure and pulse rate after completing 30 minutes of concentrative meditation.

Based on the survey results I have concluded that my fellow college students do sometimes feel stressed when dealing with day to day situations. It is normal for an individual to feel some levels of stress because it encourages them to do better, work harder, and deal with stress on some level. However it is when an individual becomes too stressed that their overall health is in jeopardy. Meditation in its various forms can help an individual take a “time out”, de-stress, and move on with their lives.

**REFERENCES**


