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# EFFECT OF MEDITATION ON MENTAL STRESS AND JOB SATISFACTION OF TEACHERS OF BANARAS HINDU UNIVERSITY

Pooja Mishra,<sup>1</sup> Moradhvaj Singh,<sup>1</sup> Santosh Yaduvanshi,<sup>1</sup> D K Dureha<sup>2</sup> <sup>1</sup>*Research Scholar, Department of Physical Education, Banaras Hindu University, Varanasi, Uttar Pradesh, India;* <sup>2</sup>*Professor, Department of Physical Education, Banaras Hindu University, Varanasi, Uttar Pradesh, India*

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**Introduction** Studies show that stress plays an important role on teacher's health and their job satisfaction. Usually the people are not aware about the amount of their stress that is, inadequate. They are not aware as how to reduce their stress. At work, they have to meet the expectation of others and put their emotions on hold. Another key component is job satisfaction which they want to enhance. To achieve job satisfaction, they have to cope up with both internal as well as external pressure.

**Background** The purpose of the study was to find the effect of meditation on mental stress and job satisfaction of teachers of Banaras Hindu University. Thirty teachers (n=30) were randomly selected for the study. In this study two separate questionnaires were used for assessing the mental stress and job satisfaction.

**Method** The t test was applied to find out the effect of effect of 12 week training of meditation on mental stress and job satisfaction of teachers of Banaras Hindu University. For testing the difference between mean gain of initial test and final test the level of significance was set at 0.05 level of significance.

**Result** On the basis of findings, it can be concluded from the study that the meditation practice among teachers was significantly improved from the 12 week training of meditation on mental stress and job satisfaction of teachers of Banaras Hindu University.