

ISHA KRIYA: A SIMPLE BUT POWERFUL MEDITATION APPROACH WHICH
ENHANCES EMOTIONAL INTELLIGENCE AND REDUCES PERCEIVED STRESS

ABSTRACT

The current study investigated the effects of the Isha Kriya mindfulness meditation approach on ratings of emotional intelligence and perceived stress among organizational employees. A single factor between-subjects field experiment was conducted with a total of 35 employees from a construction company in Malaysia. It was hypothesized that employees who engage in mindfulness meditation over three weeks will report improved levels of emotional intelligence and lower levels of perceived stress, compared with individuals in the control (non-meditation) group. Participants engaged in a three weeks of meditation, reporting their levels of emotional intelligence and perceived levels of stress before and after the practice period. Results revealed a significant difference of emotional intelligence and perceived stress levels between the meditation and control group in post-test measures. Participants in the mindfulness meditation group also reported increased self-assessments of emotional intelligence ability and lower perceived stress after the three-week period. Our findings suggest that short-term meditation practices may be an effective, cost-effective alternative approach to enhance employee emotional intelligence and lower perceived stress. Theoretical and practical implications are discussed in light of these findings.

Keywords: emotional intelligence, field experiment, meditation, mindfulness, stress

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