

Impact of Meditation on Emotional Intelligence of Working Professional

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Abstract: Working environment stress is one of the greatest wellsprings of stress among metropolitan residents universally. We as a whole need to work yet in the present aggressive lives, fulfillment and happiness are difficult to come by and stress is ubiquitous. Running in a futile way of life of profession development, stress and tension lead to numerous medical problems like hypertension, diabetes, cardiovascular issues and even passings. We really want to have an answer where an individual can go out to procure a work however can be sincerely steady and serene and blissful from the inside. Research says that pressure and nervousness lead to low execution, struggle, unfortunate cooperation and even wearing down, hurting association development simultaneously. HR and the board are searching for answers for this expanding issue too. Reflection emerges to be a simple, financially savvy and manageable arrangement. In this examination, 262 working experts from different associations who were non-meditators were made to do contemplation for 20 minutes once and a pre-test and post-test was finished through a Capacity to understand people at their core poll ready by Daniel Goleman. The exploration shows expanded ability to understand people on a profound level in the post-test contrasted with the pre-test. It is accepted that expanded capacity to understand people on a deeper level assists a person with managing the pressure initiating circumstances better and empower a superior reaction contrasted with response. The review results turned out as expected for all boundaries of EI. The socioeconomics old enough, orientation and conjugal status were additionally viewed as in the review

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