

**Ramesh M.G., Sathian B., Sinu E., Kiranmai S. Rai**, Efficacy of Rajayoga Meditation on Positive Thinking: An Index for Self-Satisfaction and Happiness in Life (Published in Journal of Cilinical and Diagnostic Research. 2013 October: 7(10).2265-2267.

In this article Corrections have been done in [Table/Fig-2] and Result have been amended accordingly.

## RESULTS

In the present study, no significant difference was found in socioeconomic status between meditators and non-meditators, as has been shown in [Table/Fig-1]. The mean happiness scores and happiness status were compared between meditators and nonmeditators, as has been shown in [Table/Fig-2]. Mean happiness scores of meditators were significantly higher ( $t=5.88, df = 48, p<0.001$ ) as compared to those of non-meditators. Significantly more meditators were in happy status as compared to non-meditators c2 (Fisher's exact test)  $=10.97, 2\text{-tailed } p<0.05$ , which indicated that meditators [24 (96%)] were happier than non-meditators [14 (56%)]. Additionally, meditators expressed significantly higher mean self-satisfaction scores ( $t=4.47, df=48, p<0.001$ ) as compared to non-meditators, as has been shown in [Table/Fig-2]. No positive or negative correlation was found between happiness scores ( $r = -0.04205, 95\% \text{ CI}; -0.4301 - 0.3591, p = 0.8418$ ) and selfsatisfaction scores ( $r = -0.1955, 95\% \text{ CI}; -0.5483 - 0.2165, p= 0.3491$ ) of meditators as well as happiness scores ( $r = 0.2840, 95\% \text{ CI}; -0.1252 - 0.6107, p = 0.1688$ ) and self-satisfaction scores ( $r = 0.1578, 95\% \text{ CI}; -0.2533 - 0.5205, p = 0.4514$ ) of non-meditators in relation to their age, as has been shown in [Table/Fig-3]. The years of meditation practice also did not correlate with happiness score ( $r = -0.1992, 95\% \text{ CI}; -0.5510 - 0.2128, p = 0.3398$ ) as well as with self- satisfaction score ( $r = 0.03078, 95\% \text{ CI}; -0.3689 - 0.4209, p = 0.8839$ ) in meditators, as has been shown in [Table/Fig-4].

Groups (n)	Happiness Score	Happiness Status		Self-Satisfaction Score
	(Mean $\pm$ SD)	Unhappy n(%)	Happy n(%)	(Mean $\pm$ SD)
Meditators (25)	4.66 $\pm$ 0.39**	1 (4)	24 (96)*	4.80 $\pm$ 0.59**
Non-meditators (25)	3.98 $\pm$ 0.41	11 (44)	14 (56)	4.09 $\pm$ 0.53

**[Table/Fig-2]:** Comparisons of happiness score, happiness status and self-

satisfaction between meditators and non-meditators

† Self-Satisfaction items in Oxford Happiness Questionnaire: 1, 3, 6, 9, 12, 14, 17, 22, 24, 29. SD, standard deviation. \* $p<0.05$ , \*\* $p<0.001$