

Impact of Meditation on Suspects on Trial on Criminal Offences in Sri Lanka

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Meditation is identified as a process whereby one can make a conscious effort to relax and achieve profound peacefulness in mind, and it supports people to strive for transformation of mind to take control of inner self, to understand the reality of life, to practice the art of detachment and to lead a simple life. Addressing the burning issue of the significant growth in readmission of prisoners in Sri Lanka as indicated in the prison performance report 2017, this paper assesses and examines the impact of meditation on suspects on trial on criminal offenses, selecting a research sample from the Mahara Prison in Sri Lanka. The total study population comprises of 110 inmates, and it was demarcated on inmates who have been convicted and currently serving imprisonment for more than 10 years for various offences. The study population was finally determined for 48 inmates and questionnaires were distributed among 35 inmates, which covered over 70 percent of the study population. The researchers used primary and secondary data and used descriptive and inferential statistics to analyze the data. Some of the key findings of the study are that the content of the meditation programme has a significant effect on the inmates, and it caused a positive transformation in their behavior. Further, the findings underscore that the duration of the programme denotes a positive impact on the inmates, and that the knowledge and the skills of the presenter have a high impact on the inmates' willingness to attend for the meditation programme.

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