



# The Effects of Meditation Practice Approaches by Integrating Satipatthana 4 and SKT1 on Mental Ability, Self-awareness and Academic Achievement of Nursing Students

PDF

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a model of meditation that developed from satipatthana 4 and SKT 1, mental ability, self awareness (Mindfulness), academic achievement

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## Abstract

The objective of this research is to examine mental abilities, self-awareness and academic achievements of second year nursing students at Saint Louis College. We designed a quasi-experimental study with pre- and post-test. The volunteered subjects were assigned to either control or treatment group using the matching strategy based on the pre-test scores. While both treatment and control groups undertook the same course, the treatment group also enrolled in meditation practices. We collected and measured the first two outcomes—mental abilities and self-awareness—with the evaluation forms. The test reliability of mental abilities was assessed with KR-20 with a coefficient of 0.98. The self-awareness test was validated by three experts and assessed with Cornbrash's Alpha with 0.90. The last outcome, academic achievement, was simply measured with the cumulative grade point average (GPA). The data were analyzed with a series of paired t-tests and presented with descriptive statistics.

The result revealed the significant difference in mental abilities and self-awareness between the two groups. Specifically, the treatment group had significantly higher average score of mental abilities and higher self-awareness ( $p < .05$ ). We, however, did not detect the significant improvement in academic achievement. This suggests that the mediation practice technique—an integration of Satipattana 4 and SKT1 is effective in improving student's emotion and self-confidence. All of which are desirable characteristics of 21<sup>st</sup>-century students.

We note the needs for the longitudinal study to further investigate the effects of the meditation practices on student's performance, as well as the needs to apply the meditation practices to help students adjust to the context of higher education.

### How to Cite

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# Platform & workflow by OJS / PKP

In its spirit of self-reliance, Satipatthana does not require any elaborate technique or external devices. The daily life is its working material. It has nothing to do with any exotic cults or rites nor does it confer "initiations" or "esoteric knowledge" in any way other than by self-enlightenment. This may be done by reflecting upon the goals and advantages of meditation or by reading or reciting some chosen passage of Buddhist literature or other appropriate writing. If drowsy, a brisk walk may freshen one's mind and can also allow one to think over and mentally dispense with matters which might otherwise be distracting. In this Spotlight feature, we look at the benefits of practicing meditation or mindfulness, and we weigh up some of the potential unwanted effects. But what has research found about the effects of meditation on the mind and the body, and are there any potential harms involved? In this Spotlight feature, we investigate.

1. Resilience to stress. One of the top reasons that people cite when claiming that meditation is beneficial is that it allows them to get rid of the stress that accumulates on a daily basis due to job or family pressures. Share on Pinterest. Meditation can make you more resilient in the face of daily stress. Focused attention meditation is typically practiced first to increase the ability to enhance attentional stability, and awareness of mental states with the goal being to transition to open monitoring meditation practise that emphasizes the ability to monitor moment-by-moment changes in experience, without a focus of attention to maintain. Research has shown stress reduction benefits from mindfulness.[77][78][79] A 2019 study tested the effects of meditation on the psychological well-being, work stress, and blood pressure of employees working in the United Kingdom. One group of participants were instructed to meditate once a day using a mindfulness app on their smartphones, while the control group did not engage in meditation. Buddhist-derived meditation practices are currently being employed as a popular form of health promotion. While meditation programs draw inspiration from Buddhist textual sources for the benefits of meditation, these sources also acknowledge a wide range of other effects beyond health-related outcomes. Meditation-related effects that are not health-related benefits or that are reported as distressing have been classified as "side effects" or "adverse effects" (AEs), especially in clinical psychology research. In a series of case vignettes, the report emphasizes the challenges of integrating conflicting interpretive frameworks from Buddhism and psychiatry.