



Research on the Effects of Natural Meditation on College Students' Emotions and Attention

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Abstract. The objective of this paper is to explore the effect of natural meditation training on college students' psychological emotions. Through the literature review, questionnaire survey, and data investigation, a total of 135 students majoring in Health Services and Management in the 20th and 19th grades of the School of Public Health and Wellness of Xinyu University were selected as the subjects to be involved in the natural meditation interventions, and their meditation effects were investigated by questionnaire. This study demonstrated that the overall level of effect following natural meditation training was favorable; 77.67% of the respondents were able to release stress and regulate their emotions by virtue of the training, and 59.22% of the subjects' attention level was improved. This training made the majority of students realize that natural meditation facilitates relieving learning anxiety, releasing stress, preventing depression and improving sleep quality. It is concluded that natural meditation training has a positive impact on enhancing attention and improving the mental state of the general public, and it deserves to be further promoted among college students.

Keywords: natural meditation · attention · college students

1 Introduction

College students act as a core active force in social development, and thus the progress of the whole country cannot be achieved without a high-quality group of college students. Paying attention to the physical and psychological health of college students is conducive to cultivating excellent talents for the development and construction of China. Yu Dajun et al. [1] and other studies show that the detection rates of anxiety, depression, and stress symptoms among college students are 39.03%, 77.82%, and 14.27%, respectively, and the problem of anxiety and depression among college students is growing more serious. It has turned into a widespread concern in universities to assist students in relieving their emotions and protecting their mental health. Major types of meditation training consists of mindfulness meditation, spiritual meditation, focused meditation, movement meditation, mantra meditation, and transcendental meditation. This study mainly selects natural meditation training to explore the effects and availability of natural meditation on college students, so as to promote physical and mental health development of college students.

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G. Ali et al. (Eds.): ISEMSS 2022, ASSEHR 687, pp. 281–287, 2022.

https://doi.org/10.2991/978-2-494069-31-2_35

2 Research Subjects

This survey was conducted with 135 students majoring in Health Services and Management in the 20th and 19th grades of the School of Public Health and Wellness, Xinyu University. The study subjects were given a 16-week, 1 time/week natural meditation practice, and a questionnaire survey on the feeling of natural meditation was conducted following the training. 135 questionnaires were distributed and 103 valid questionnaires were returned, with an efficiency rate of 100%.

3 Research Methodology

3.1 Literature

Materials related to this topic were collected mainly from CNKI, VIP database, and monographs and journals in the Library of Xinyu University.

3.2 Questionnaire Survey

By reviewing the literature and the five-factor mindfulness scale, a self-administered questionnaire was used to investigate the feelings of college students towards natural meditation as per the purpose and the reality of this project. The questionnaire was divided into the profile, a survey on the effect of natural meditation training [2], and feedback on the attitude after natural meditation training. 1) The profile included gender, age, class, and place of origin. 2) The survey on the effect of natural meditation training included the emotional status and focusing effect after the training. The total score for all questions in this effect survey is 5; 0 stands for the lowest training effect, and 5 represents the best training effect. 3) Attitudes toward natural meditation training included the appropriate length of meditation training, the effect of meditation training on the respondents [3], whether they insist on training every day, whether it is necessary to promote natural meditation [4], how to promote natural meditation, and what suggestions they have for this study after receiving training [5, 6].

3.3 Natural Meditation Interventions

Natural meditation contains three steps based on the principle of knowing, accepting, and caring for ourselves. The first step is to place the right hand over the heart and say, “please build up our inner security and confidence, so that we can feel peace within”. The second step is to place the right hand on the forehead and say, “please accept ourselves, forgive all people and all things including ourselves”. In the third step, it is required to place the right hand on the top of the head and to massage our Baihui acupoint while saying, “we are invited to achieve a state of harmony and unity between our inner and outer being”. Afterward, you are expected to meditate from 5 to 10 min against music and relax your body and mind.

Table 1. Basic demographic information for students participating in natural meditation

variable	N(103)	SD/%
age (in years), mean (SD), y	21.39	1.041
age division		
19–21	59	57.28
22–23	41	39.81
24–25	3	2.91
agent		
boy	33	32.04
girl	70	67.96
Origin of student		
urban	28	27.18
rural	75	72.82
class		
Level 20 Health Service and Management class	25	24.27
Level 20 Health Service and Management class	42	40.78
Level 19 Health Service and Management is promoted class	36	34.95

3.4 Statistical Analysis

SPSS 21.0 was used for data analysis, and descriptive statistical analysis was applied for baseline data analysis; a chi-square test was applied to analyze the difference between males and females in the overall effect of natural meditation and improved creativity ($P < 0.05$), indicating a statistically significant difference.

4 Research Results

4.1 Demographic Characteristics of Subjects

The results of the study showed that the average age of 103 students participating in natural meditation was 21.39 ± 1.041 years old; 33 (32.04%) of them were male students, and 70 (67.96%) were female students; 28 (27.18%) students participating in natural meditation were born in urban areas, and 75 (72.82%) were born in rural areas; the number of students in the 20th grade of Health Services and Management was 25 (24.27%), the number of students in the 19th grade of Health Services and Management was 42 (40.78%), and the number of top-up students in the 19th grade of Health Services and Management was 24 (34.95%) (see Table 1).

4.2 Attitudes of Students Towards Natural Meditation

The results showed that 83.5% of the students believed that natural meditation could relieve learning anxiety and 59.22% held that natural meditation could improve concentration; 85.44% deemed that natural meditation deserved to be popularized; 67.96% preferred offline course lectures to spread natural meditation; 60.19% regarded natural meditation as more effective (see Table 2).

4.3 Differences in the Effects of Natural Meditation by Gender

The results showed that 84.8% of male students and 48.6% of female students considered natural meditation as effective ($P < 0.01$), indicating that the results were statistically significant; 36.4% of male students and 15.7% of female students commented that natural meditation could improve creativity ($P < 0.05$), indicating that the results were statistically significant (Table 3).

5 Discussions

It is clear from the survey data that most of the students in the post-interview survey found that after the natural meditation training, the efficiency of having the lecture was significantly improved, and they were more focused for a longer period of time in class.

5.1 Students' Attitudes Towards Natural Meditation

The results of this study showed that the practical application and educational reform exploration of natural meditation training in college courses [5] was relatively successful, and most students had significantly improved their level of mindfulness after 21 days of natural meditation training. The analysis of objective measurement indexes found that more than 60.19% of students regarded natural meditation training as effective, but it might be due to the short duration of students' natural meditation training, the low frequency of weekly training, and the excessive number of people during training, thus making the natural meditation training not effective for some students. This finding is consistent with the Haiyan [6]'s study in which mindfulness meditation training did reduce anxiety, depression, and stress and increase well-being; while it did not work for the same group in every scenario due to heterogeneity between studies. The survey data demonstrated that 18.45% of the students did not consider this training effective due to its short duration; while 85.44% of the students who participated in the training supported the extension of natural meditation with a high level of trust in it.

5.2 The Effects of Natural Meditation Training on Students

The results of this study showed that most students held that natural meditation could release stress, relieve academic anxiety, and improve concentration. 84.62% of the students agreed that natural meditation relieve academic anxiety, being consistent with the conclusion of the study on the intervention of mindfulness training on college students'

Table 2. The attitudes of students participating in natural meditation

Item	N	%
The role of natural meditation		
Relieve learning anxiety delaying senescence	86	83.5
	29	28.16
Improve sleep quality	64	62.14
release pressure	80	77.67
improve concentration	61	59.22
Improve memory	35	33.98
Improve creativity	23	22.33
Prevent depression	45	43.69
else	8	7.77
The need to promote natural meditation		
yes	88	85.44
no	3	2.91
unclear	12	11.65
What tends to better promote natural meditation		
Short video teaching	60	58.25
Offline course explanation	70	67.96
movie and television play	34	33.01
Related books	45	43.69
else	12	11.65
Thoughts on natural meditation		
Too much time	5	4.85
The effect was not significant	19	18.45
Time is too short to enter the state	42	40.78
I don't if others meditate naturally	12	11.65
Don't like natural meditation	3	2.91
The effect is better	62	60.19
Good effects	21	20.39
else	9	8.74

academic stress [7]. Mindfulness training provides new ideas for mental health education with its unique effect, but it just simply relies on self-consciousness regulation. In contrast, natural meditation enriches the process of meditation with the aid of natural background music and soft words, and thus enhances the meditation effect. There are different studies on mindfulness training interventions for college students' mental

Table 3. Differences in natural meditation

item	N(103)		X ²	P
	boy	girl		
Natural meditation works very well			12.32	<0.01
yes	28(84.8%)	34(48.6%)		
no	5(15.2%)	36(51.4%)		
Natural creativity			5.51	<0.05
yes	12(36.4%)	11(15.7%)		
no	21(63.6%)	59(84.3%)		

health, the results of which showed significant improvement in the participants’ outcome assessment in terms of interpersonal relationship improvement, social interaction ability, symptom distress level, and overall life status [8].

The subjects felt more relaxed and comfortable at the end of a natural meditation session, and were more focused and less anxious about their final exams than their peers after a long training session [9].

5.3 Extension Value of this Study

The first reason why natural meditation training is valuable in the university community is that it has no special requirements for the venue and the time; the second is that natural meditation training can effectively relieve students’ stress; and the third is that natural meditation training has a good physical and mental effect on sustainable intervention for students.

6 Conclusions

The results of this study validated that natural meditation training could improve college students’ emotions and concentration and thus guide students to have a better life in practice.

This Article Project Fund. This research was funded by the general project of Innovation and Entrepreneurship of Xinyu University, “Research on the Effect of Natural Meditation on College Students’ Healthy Lifestyle—Taking Xinyu University as an Example” (DC202101024).

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