

Title:

Does Effectual Meditation or Daily Prayer Lead to Improved Mental Health in Adulthood?

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Session Title:

Rising Stars of Nursing Invited Posters - Group 2

Slot (superslotted):

RSG STR 2: Friday, September 26, 2014: 10:00 AM-10:30 AM

Slot (superslotted):

RSG STR 2: Friday, September 26, 2014: 11:45 AM-1:00 PM

Slot (superslotted):

RSG STR 2: Friday, September 26, 2014: 3:00 PM-3:30 PM

Keywords:

Meditation and Prayer

References:

Aten, J. D., O'Grady, K., & Worthington, E. (2012). The psychology and spirituality for clinicians: Using research in you practice. New York, NY: Taylor & Francis Group, LLC. Health-Related Quality of Life and Well-Being. (2014). Health-Related Quality of Life and Well-Being. Retrieved August 1, 2014, from <http://www.healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=19>. Strong, J. (1990). The new strong's expanded exhaustive concordance of the Bible: Greek dictionary of the new testament. Nashville, TN: Thomas Nelson Publishers.

Learning Activity:

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE	TIME ALLOTTED	FACULTY/SP EAKER	TEACHING/LEARNING METHOD	EVALUATION/FEEDBACK
Example Critique selected definition of the term, "curriculum"	Example Definitions of "curriculum" Course of study Arrangements of instructional materials	Example 20 minutes	Example Name, Credentials	Example Lecture PowerPoint presentation Participant feedback	Example Group discussion: What does cultural training mean to you?

	The subject matter that is taught Cultural "training" Planned engagement of learners				
Verbalize the importance of incorporating daily prayer/meditation in order to enhance mental health and stability	Healthy People 2020 Objective related to mental health. Random Sample Population of multi-cultural religious affiliations. Impact of daily prayer/meditation on mental health.	10	Faculty-Sharon Jones, DNP, MSN, RN/ Speaker- Diane Bethmann, Student	Survey/ Discussion	Research question.. What impact does daily/meditation have on your mental health?
Examine the cause and effect of incorporating daily prayer/meditation for 10 minutes and the relationship on mental health of the	Developed a Likert-style survey Continuation of the study	10	Faculty-Sharon Jones, DNP, MSN, RN/ Speaker- Diane Bethmann, Student	Participant feedback	After participating in a daily prayer/meditation regime for thirty days, what impact does this have on mental health?

participants					
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Abstract Text:

With the incorporation of the Affordable Care Act, numerous Americans will receive much-needed healthcare. However, mental health continues to have noted gaps in the healthcare system. According to Healthy People 2020 (2014), the baseline measure for adults who self-report good or better mental health is 79.1%. In an effort to improve the mental health of Americans, Healthy People has set a target objective to increase from 79.1% to 80.1%.

In order to explore this concept, the authors wanted to explore the impact of daily prayer/mediation on mental health. According to the New Strong's Concordance (1990), "effectual is defined as being active, efficient, show forth one's self, wrought, be effectual, effectually work, fervent, be mighty in, in work, energetic, and or powerful" (p. 88). Koenig and Larson suggest that religiousness and spirituality foster positive psychological characteristics, such as optimism, hope, meaning, purpose and motivation. Together these characteristics promote a worldview that reduces stress and enhances well-being (as cited in Aten, O'Grady, & Worthington, 2012). This study examined the impact of 10-30 minutes of effectual meditation or daily prayer on the participants' mental health after 30 and 60 days. A randomized sample population will be taken from 122 willing participants, from a school of Nursing, churches, mosques and temples. A Likert-type scale will be used to measure participant's perceptions. Each participant will be asked to rate each item on a response scale, 1= strongly disagree, 2= disagree, 3= neutral, 4= agree, 5= strongly agree. Demographic information such as: age, current judgment and level of mental health, happy, depressed, and or sad, medical diagnosis, if they are active in prayer or meditation, if so how many minutes per day, would be basic information needed from participants.

After 30-60 days of implementation of 10-30 minutes of effectual meditation or daily prayer, the same questionnaire would be given. Results would be recorded. The results will indicate whether or not 10-30 minutes of effectual meditation or daily prayer will increase the percentage of adults that report improved and or good mental health.