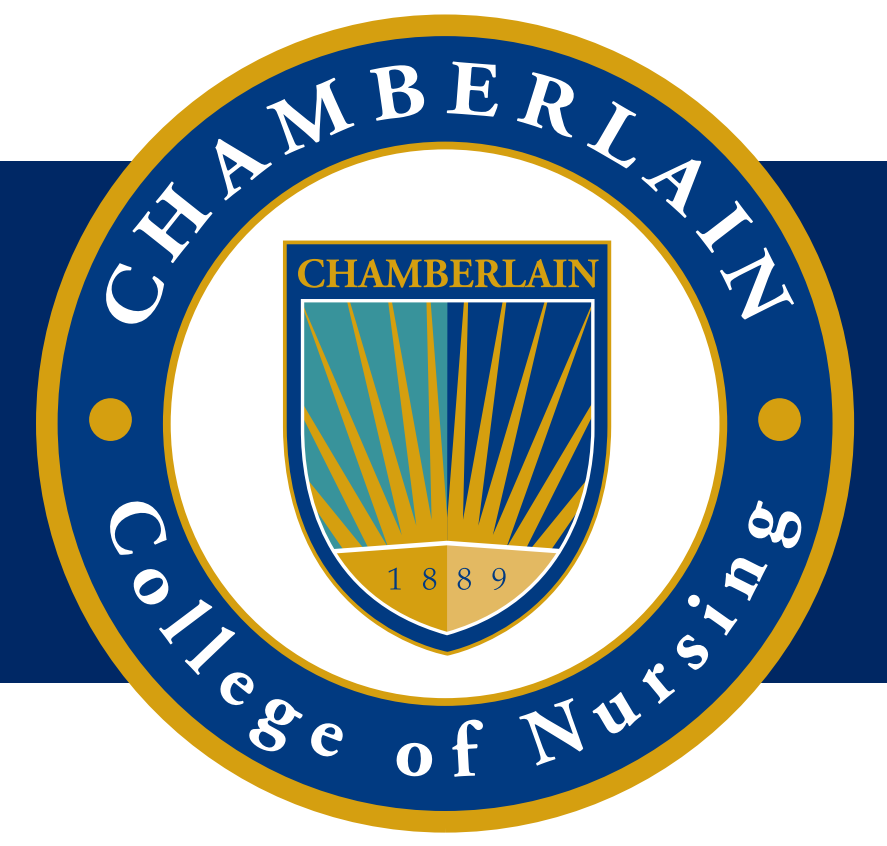


DOES EFFECTUAL MEDITATION OR DAILY PRAYER LEAD TO IMPROVED MENTAL HEALTH IN ADULTHOOD?



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Purpose

To explore the impact of prayer and meditation on mental health.

Background

According to Healthy People 2020 (2014), the baseline measure for adults who self-report good or better mental health is 79.1 percent. In an effort to improve the mental health of Americans, Healthy People has set a target objective to increase from 79.1 percent to 80.1 percent.

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).

Prayer defined is to exchange, towards, pray – literally, to interact with the Lord by switching human wishes (ideas) for His wishes as He imparts faith "divine persuasion" (Strong, J., p. 213).

Meditation defined "to murmur (in pleasure or in anger), to ponder, imagine, meditate, mourn, sore, speak, study, talk, utter" (Strong, J., p. 68).

Method

A randomized sample population will be taken from 122 willing participants, from a school of Nursing, churches, mosques and temples in a southern state in America.

A Likert-type scale, used to measure participant's perceptions, 1= strongly disagree, 2= disagree, 3= neutral, 4= agree, 5= strongly agree.

Data organized by Wizard Software.

Conclusion

Based upon sample population, 83.5 percent reported prayer improving mental health, regardless of age, religious affiliation, current mental health status and minutes of effectual daily prayer/meditation.

Based upon sample population, 67.5 percent reported meditation improving mental health, regardless of age, religious affiliation, current mental health status or the time spent performing effectual daily prayer/meditation.

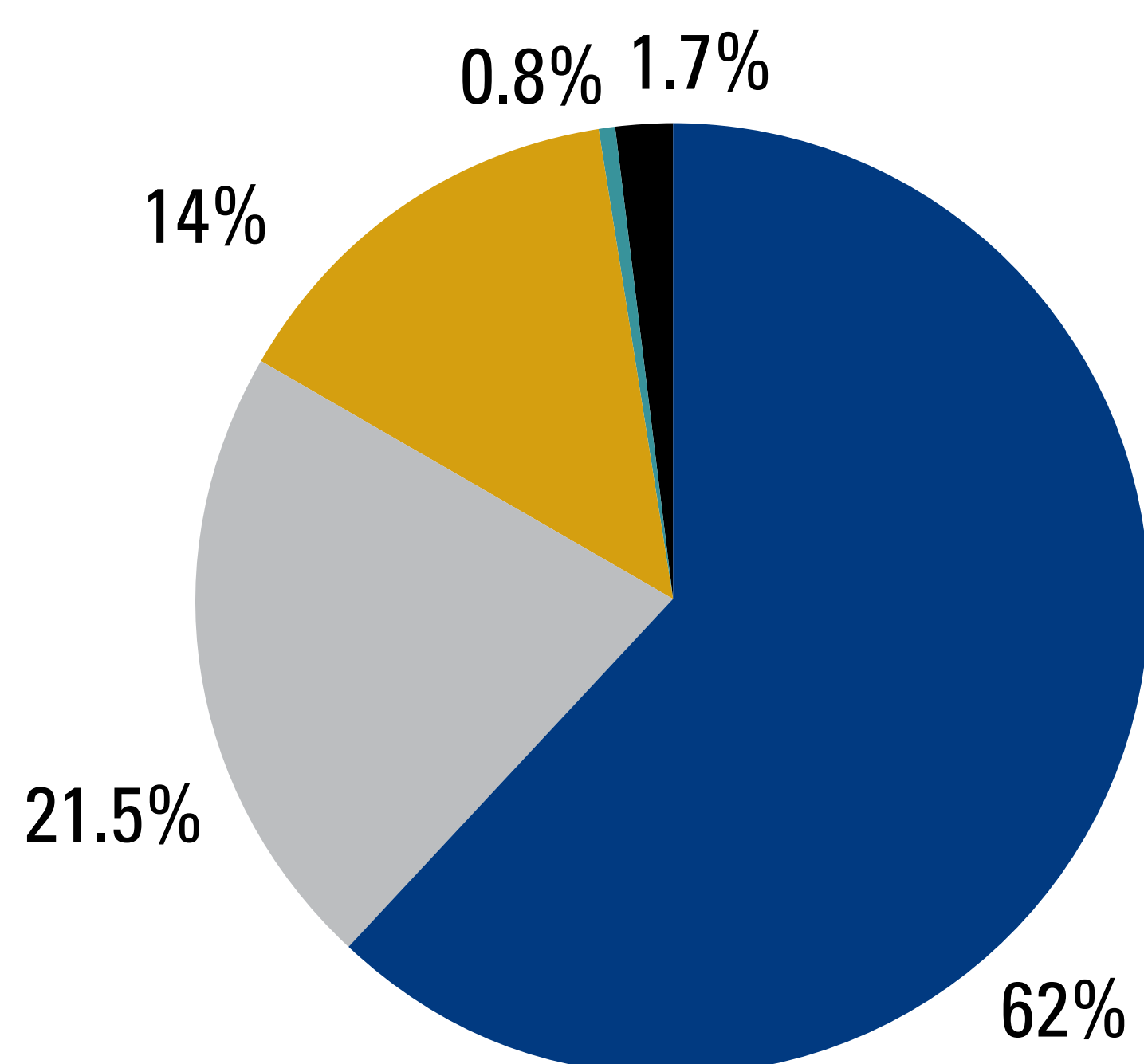
Further Study

After 30-60 days of implementation of 10-30 minutes of effectual meditation or daily prayer, the same questionnaire would be administered to the participants. Results will be recorded using a prayer journal. The results will provide further data regarding the impact of 10-30 minutes of effectual meditation or daily prayer on adults' mental health.

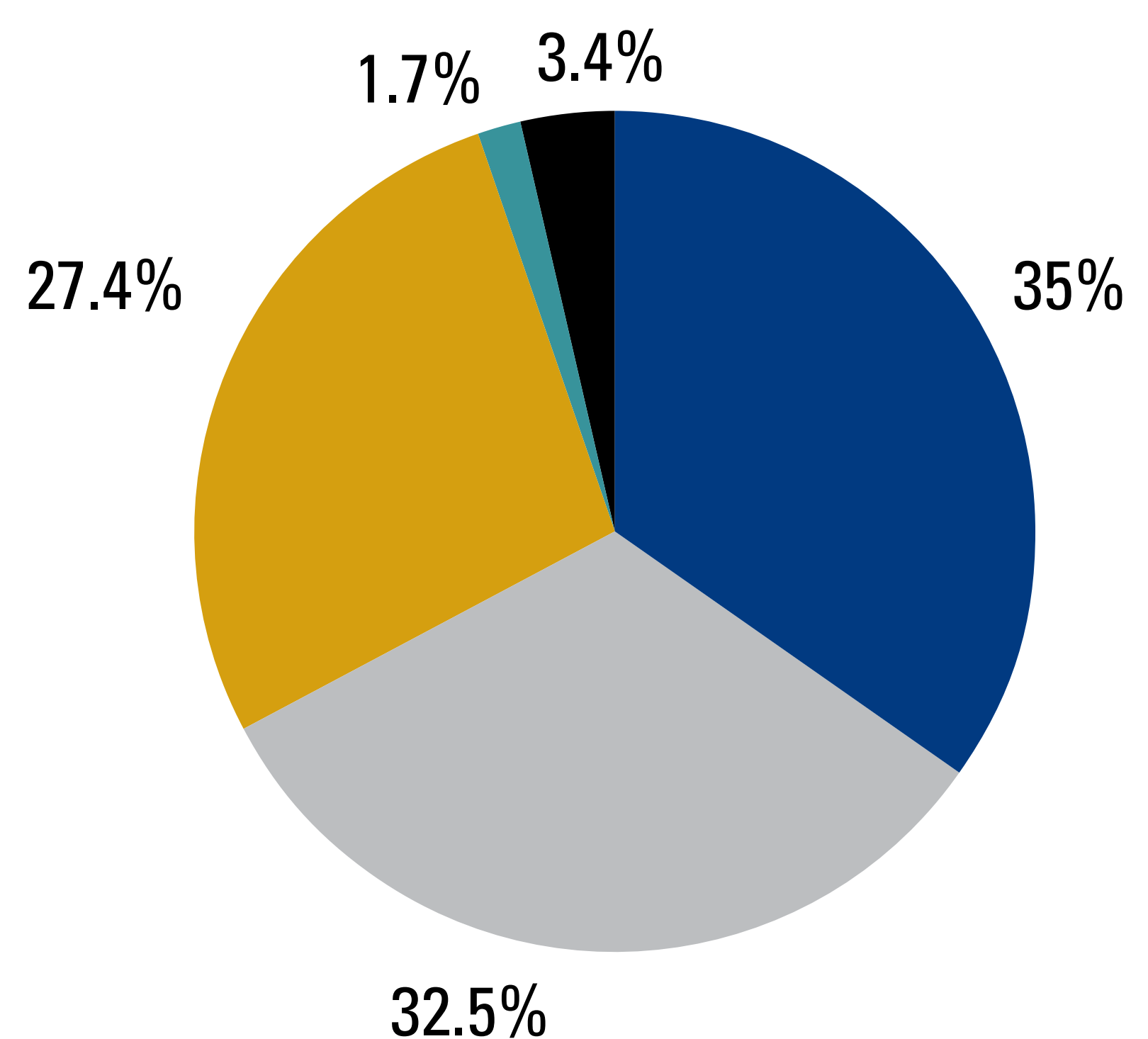
References

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Distribution of Prayer Has Improved My Mental Health



Distribution of Meditation Has Improved My Mental Health



Strongly Agree
 Agree
 Neutral/No Opinion
 Disagree
 Strongly Disagree

MK-0814-047-A STTI Rising Star - Diane Bethmann POSTER

Date 08/22/14 **Printed At** 100% **Agency PF**
Time 5:00 PM **Round** 1



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College of Nursing

Job info

Element Poster **Pages** 1 pg
Live 24 x 36" **Folded Size**
Trim 24 x 36" **VDP**
Bleed 26 x 38" **Notes**

Approvals

	APPROVED	APPROVED W/CHANGES	DENIED	DATE	INITIALS
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