The effect of loving kindness meditation and student teachers stress and empathy

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Abstract
Teachers face increasing demands in the twenty-first century as they engage with students, administrators, coworkers, staff, and parents. High demands and stressors may generate feelings of emotional exhaustion in educators. If left ignored or untreated the emotional exhaustion may eventually lead to burnout and impairment. This prospectus highlights a study designed to explore a preventative option to mitigate the experience of stress felt by student teachers through a structured, guided mindfulness training practice: loving kindness meditation.

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Loving-kindness and compassion meditation: Potential for psychological interventions. Effect size estimates Loving-kindness, also known as metta (in Pali), is derived from suggest that MBT is associated with strong effects for improving anxiety Buddhism and refers to a mental state of unselfish and unconditional and mood symptoms in patients with anxiety and mood disorders. In kindness to all beings. Similarly, compassion (karunaa) can be defined other patients, this intervention was moderately effective for improving as an emotion that elicits "the heartfelt wish that sentient beings be anxiety and mood symptoms. Academic journal article Teacher Education Quarterly. Effects of Loving Kindness Meditation on Student Teachers' Reported Levels of Stress and Empathy. By Csaszar, Imre Emeric; Curry, Jennifer R.; Lastrapes, Renee E. Read preview. Academic journal article Teacher Education Quarterly. Effects of Loving Kindness Meditation on Student Teachers' Reported Levels of Stress and Empathy. By Csaszar, Imre Emeric; Curry, Jennifer R.; Lastrapes, Renee E. As stressors compile, many teachers may use adaptive coping strategies to reduce the effects of stress (i.e., exercise, nutrition, spiritual practices, social support, etc.; Myers, Sweeney, & Witmer, 2000). Conversely, if teachers do not possess skills to positively adapt to stress, they may experience increased stress. Teachers are not immune to the effects of stress as they face the demands and expectations of their students, parents, administrators, and society in general. There are several stressors a teacher may face in and outside the classroom on a typical day. One of these stressors is classroom management which includes the facilitation of appropriate individual student conduct, the interactions of groups of students, as well as application of behavioral intervention for the entire classroom. A teacher facing burnout may demonstrate a lack of empathy and compassion towards students as well as resentment and anger towards other teachers and administrators. Beyond these aforementioned aspects of burnout, when burnout goes untreated it can lead to eventual impairment. Loving-kindness meditation is a type of mindfulness meditation. with roots that can be traced back. Meditation on student teachers' stress and empathy. Retrieved from http://etd.lsu.edu/docs/available/ etd-06272012-080110/unrestricted/csaszardiss. The goals of this work were to assess the effects of participation in a mindfulness meditation-based stress reduction program on mood disturbance and symptoms of stress in cancer patients immediately after and 6 months after program completion. A convenience sample
of eligible cancer patients were enrolled after they had given informed consent. All patients completed the Profile of Mood States (POMS) and Symptoms of Stress Inventory (SOSI) both before and after the intervention and 6 months later. Let's enable teachers to make a positive effect on their students' lives by mitigating teacher burnout. Why is teaching so stressful? What are the repercussions of teacher stress? How can we ensure that our educators don't quit or lose their love of teaching? A New Type of Stress. When the 2019-20 school year started in September, no teacher could have predicted that they would be working from home for weeks to months in the spring. Onset of the COVID-19 pandemic across the U.S. has forced thousands of schools and school districts to close indefinitely. The very sudden shift to distance learning has placed an unprecedented type of stress for teachers to quickly adapt their curricula to an online