The Effects of a Loving-Kindness Meditation on Positive Emotions, Social Connectedness, and Problem Behaviors in Second and Third Grade Students.

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Abstract
Concerns about K-12 students' mental health and social, emotional, and ethical development have prompted some schools to implement programs designed to promote student well-being and healthy social and emotional functioning. Most of these programs are distinguished as social and emotional learning (SEL) programs and/or character education programs. Although there is growing empirical support for the potential of school-based mindfulness interventions to positively influence students' well-being, the number of school-based mindfulness studies is limited, and the majority of the investigations have focused on students' cognitive rather than affective capacities. Loving-Kindness Meditation (LKM), a mindfulness- and compassion-based practice, is garnering recent attention as an effective intervention for positively affecting numerous factors related to well-being. For instance, research has demonstrated LKM's effectiveness in enhancing positive emotions, empathy, and social connectedness, and improving problem behaviors in adult populations. Although LKM is a component of the Mindfulness-Based Stress Reduction (MBSR) program, and a number of mindfulness-based school programs are MBSR-adapted, to date LKM has not been studied with children or youth populations. With this in mind, the purpose of this active comparison trial investigation was to examine the effects of a loving-kindness meditation intervention on positive emotions, empathy, social connection, and problem behaviors in second- and third-grade students. Findings suggest LKM may be more appropriately used in school settings as a sequential part of a comprehensive mindfulness program and introduced after a solid mindfulness practice has been established.

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Abstract: The study aimed to investigate the effects of loving-kindness meditation on positive emotions, intragroup interactions, and complex understanding of others. A total of 50 freshmen not receiving any training in meditation intervention were randomly divided into the meditation group (25 subjects) and the control group (25 subjects). Isen et al found that positive emotions can promote problem-solving in interpersonal relationships, consultation, and negotiation. Interpersonal interaction, the precondition for the relationship, is the interaction and communication among people in the psychological and behavioral aspects. Meditation can be a slow-burn, and its effects typically require some time to become aware of. However, only a few days after taking up metta as my regular practice, the difference was almost palpable. Loving-kindness is something we can use to cultivate happiness. It helps us to move past the fear and internal criticism that holds us back and opens up the door to developing our potential. Moving past these obstacles is useful for every person in the world, but creatives, with their sharp inner critics and tendencies toward perfectionism, can particularly benefit from practicing loving-kindness. Remain in loving-kindness. Focus on being consumed in the intention of metta, and let it take you over. After a few minutes, gently take yourself out of the meditation. Loving Kindness Meditation and Implicit Bias in Education. This experimental study will set examine the effects of Loving Kindness Meditation Workshop. This study explored compassion as a possible mediator for implicit bias in various teachers from a particular school district. This study will be more. This experimental study will set examine the effects of Loving Kindness Meditation Workshop. This study explored compassion as a possible mediator for implicit bias in various teachers from a particular school district.