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## The effects of Meditation Practice approaches by Integrating Satipatthana 4 and SKT1 on Mental ability, Self-awareness and Academic achievement of Nursing students

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In an effort to help nursing students develop self-efficacy. Using meditation is the most importance to help them. This study integrates the concentration-base-learning (CBL) technique to the professional nursing education. We develop a new technique by integrating SKT1 and The Four Foundation of Mind fullness a Buddhist meditation technique.

**Objective:** This research aimed to study the effects of meditation practices on academic achievements, mental abilities and self-awareness in second year nursing students at Saint Louis College.

**Methodology:** This a quasi-experimental study with pre- and post-test research design. The subjects of 86 students were assigned to either control or treatment group by using stratified sampling strategy based on the pre-test scores. The first outcome, academic achievement, was simply measured with the four-point grading scale. The other two outcomes were measured with the evaluation forms, in which were assessed by three experts with .904 reliability score. The data was analyzed with a series of paired t-tests and presented with descriptive statistics.

**Result:** The result revealed the significant differences in mental abilities and self-awareness between the two groups. Specifically, the treatment group had higher average score of mental abilities and self-awareness.

**Recommendations:** The findings revealed that using meditation could effectively to promote mental ability and self-awareness. So, this intervention should be used in all students.

### Biography

Supawan Tanuparbrungsun has completed her Bachelor of Science in Nursing from Mahidol University, Thailand and Master degree in Physiology from Chulalongkorn University. Since 1986 – 2016, she is instructor in the field Fundamental and Med-Surg. Nursing department at Faculty of Nursing, Saint Louis College, Thailand.

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