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 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.

Distribution of Prayer Has Improved My Mental Health
0.8% 1.7% 14% 21.5% 62%

Strongly Agree Agree Neutral/No Opinion Disagree Strongly Disagree

Distribution of Meditation Has Improved My Mental Health

1.7% 3.4% 27.4% 35%

32.5%