

## Sigma Theta Tau International's 29th International Nursing Research Congress

### The Salutogenic Effects of Prayer and Meditation on Health Perception, Behavior, and Outcomes

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**Purpose:** Though spirituality in medicine has been around for centuries, it is not emphasized enough in modern medicine. The limited research availability within this domain has left healthcare professionals skeptical of the benefits to which prayer and meditation have within different patient populations and in the daily life of the ill-stricken. The purpose of this integrated literature review is to determine if prayer and meditation pose a salutogenic effect that is beneficial to improved health; whether such benefit correlates to improved health perception, behaviors/participation, and outcomes.

**Methods:** This integrative literature review was conducted using keywords “prayer, meditation, and health” to search the literature between 2000-2017. This type of design aims to analyze and determine whether the utilization of prayer and meditation as spiritual resources prove to be beneficial for the salutogenic direction in health perception, participation and outcomes. This will support a literature search that will highlight articles that demonstrate prayer and meditation as valuable resources and influencing spiritual practices that build and strengthen the sense of coherence of a person. It will pull together an integrative viewpoint of prayer and meditation as integral spiritual components of a healthier life.

**Results:** The articles reviewed, demonstrated that prayer and meditation have been seen to move health towards a salutogenic direction. These spiritual practices allow for movement toward a better health outcome in its riddance of stress and anxiety, slowing down the direction of pathogenesis in persons with long-term illnesses.

**Conclusion:** This review found that prayer and meditation provide a significant benefit to health perception, behavior/participation and outcomes. Such spiritual practices have influenced health and moved it toward a salutogenic direction with respect to a positive health outlook and a decrease in stress and anxiety. Attention and emphasis on spirituality in nursing practice and the provision of holistic nursing care could change the response to the conditions surrounding ill health; and, further providing a cost-effective and practical solution to improving health across diverse populations.

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#### **Title:**

The Salutogenic Effects of Prayer and Meditation on Health Perception, Behavior, and Outcomes

#### **Keywords:**

Health, Meditation and Prayer

#### **References:**

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### **Abstract Summary:**

Modern science, presently acknowledges that spiritual practices such as prayer and meditation influences and increases the health of humanity (Puchalski, 2001). Provision of holistic nursing could change the response to the conditions surrounding ill health, whereas prayer and meditation provide a significant benefit to health perception, behavior/participation and outcomes.

### **Content Outline:**

#### **I. Introduction**

- a. Spirituality as part of health definition
- b. Emergence of neuroscience of prayer

#### **II. Problem Statement**

- a. Effect of prayer and meditation on health

#### **III. Purpose statement**

#### IV. Research Question

#### V. Conceptual Framework

#### VI. Method

- a. Design
- b. Literature search Strategy
- c. Inclusion and Exclusion Criteria
- d. Limitations

#### VII. Data Analysis and Synthesis

1. Results
2. Discussion
  - a. The Barriers to Utilization
  - b. The Point of Efficacy

#### VIII Conclusion

- a. Future Direction and Nursing Implication.

#### ***Primary Presenting Author***

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**Author Summary:** Maryclaret received her BSc from Marquette University and joined the Ethiopia Partnership Program through Marquette's Center for Peacemaking as an undergraduate. She recently earned her MSN from DePaul University and looks forward to working in the field. As an Albert Schweitzer Fellow, she is currently finishing her fellowship year. The fellowship project aims to assist the

underserved Latino community in accessing and navigating health resources; empowering them to take charge of their health and well-being.

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**Author Summary:** Dr. Allen is a registered nurse with 26 years experience in nursing profession. A staff nurse-midwife in Nigeria before immigrating to the United States. She joined University of Chicago Medicine before transitioning to academia. Presently a fulltime faculty at Chamberlain College of Nursing and Adjunct faculty at St Xavier University, Chicago.