Effects of Mindfulness Practice for Students in the Faculty of Science

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Abstract
The purposes of this Quasi experimental research were to address the dearth of research on mindfulness practice with students in the faculty of Science, Prince of Songkla University and to describe and evaluate the efficacy of mindfulness practice. Thirty-one third-year scientific students who volunteered to participate in the present study were trained informal daily practice of mindfulness meditation such as breathing and moving any part of the body by the mindful trainer for one hour only one time. The students had their own direct experience of inner absolute silent mindfulness. They could remember this state of mindfulness and could practise to have mindfulness in daily life by themselves under the guidance of the trainer during the demonstration. Participants completed a battery of questionnaires before and immediately after the 2-week practising-program. Descriptive statistics and paired-t-test were used to test for difference between pretraining and posttraining. The participants were 6 males and 25 females. They were 24 Buddhists and 7 Muslims. In comparison with the same student before training program, all students after the training experienced significant improvements in increased mindfulness in various activities (p<.01). Themes described by students resulting from informal meditation included the following: (1) an increasing state of restful alertness; (2) improvement in self-control/awareness; and (3) improvement in academic performance. The results suggest that mindfulness training is a promising method for helping any students increase mindfulness in their studies, even when provided in a brief simple format. This study highlights the potential of mindfulness training to be use with students to promote peaceful mind and relaxation which are good for studies work and life. Future research should address potential long-term beneficial effects of mindfulness for students.

Key word: mindfulness, restful alertness, body-movement, meditation, students