

The Effect of Virtual Reality Meditation on Science Education Students Academic Achievement

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Abstract : The purpose of this paper is to investigate the effect of virtual reality meditation on science education undergraduate students' academic achievement. It was in two parts: it compared the impact of meditation via virtual reality against video, as accessed by students' mean scores. Secondly, the study examined the usefulness of meditation on the overall well-being of students through video or virtual reality. All the science education undergraduate students of the University of Calabar constituted the population of the study. Two research questions and hypotheses were formulated to guide the study. The study employed a pretest-posttest design with the participants being randomly assigned to two groups. The sample size was 120. Analysis of covariance (ANCOVA) results showed that virtual reality meditation had a significantly higher benefit than video meditation. The results of the analysis also indicated that undergraduate students with both meditation techniques employed had decreased pre-exam anxiety. It was concluded that virtual reality meditation plays a major role in students' academic achievement and test anxiety levels.

Keywords : consciousness, academic achievement, meditation, anxiety

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