

The Effects of Anapana Meditation Training Program Monitored by Skin Conductance and Temperature (SC/ST) Biofeedback on Stress in Bachelor's Degree Students

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Abstract : Background: Stress was the major psychological problem that affecting to physical and mental health among undergraduate students. Aim of study was to determine the effective of meditation training program (MTP) for stress reduction measured by biofeedback (BB) machine. Material and Methods: This was quasi-experimental study conducted in Faculty of Dentistry, Thammasat University, Thailand. Study period was between August and December 2023. Participants were the first-year Dentistry students. MTP was concentration meditation (Anapana meditation). Stress measurement was evaluated by using Thai version perceived stress scale (T-PSS-10) was performed at one week before study, 14 and 18 weeks. Stress evaluation by biofeedback machine (skin conductance: SC and skin temperature: ST) were performed at one week before study, 4, 8, 14 and 18 weeks. Data from T-PSS-10 and SC/ST biofeedback were collected and analyzed. Results: A total of 28 subjects were recruited. The mean age of participant was 18.4 years old. Two-thirds (19/28) was female. Stress reduction from MTP was detected since 4 and 8 weeks by STBB and SCBB, respectively. T-PSS 10 scores before MTP, 14 and 18 weeks were 17.7 ± 5.4 , 9.8 ± 3.1 and 8.4 ± 3.1 with statistical significance. Conclusion: Meditation training program could reduce stress and measured by skin conductance and temperature biofeedback.

Keywords : stress, meditation, biofeedback, student

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