

The Effects of the Maum Meditation Program on  
College Students' Depression, Stress, Anxiety and Self-Esteem

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<b>ABSTRACT</b>
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This study started for the purpose of verifying the influence that the Maum Meditation Program has on college students' anxiety, depression, stress and self-esteem so that the result can be employed in the nursing mediation strategy to maintain and enhance their health.

It has been done via measuring the level of participants' anxiety, depression, stress and self-esteem before participating in the Maum Meditation Program and measuring these dependent variables after finishing the Program – it was studied by One group pretest-posttest design. It gathered the data from 79 (seventy nine) college students who participated in the Maum Mediation Program during the period from January 31<sup>st</sup>, 2009 until February 7<sup>th</sup>, 2009 by using the structured questionnaire. Using the gathered data, the real number, percentage, mean and standard error, Paired T-Test, ANOVA and Post Hoc Test were implemented through SPSS WIN 12.0 Program.

The results of the study were the following:

- The depression index of pre-Maum Meditation program conspicuously diminished after they finished the Program( $p=.000$ ), and there was a conspicuous statistical decrease( $p=.000$ ) in the sub-elements of depression – emotional symptoms, cognitive symptoms, motivational symptoms and physical symptoms.

- The stress index of pre-Maum Meditation program has also shown a noticeable decrease upon the completion of the Program( $p=.000$ ). The sub-domains of stress – cognitive symptoms, anxiety, depression and rage – have noticeably diminished, respectively( $p=.000$ ).
- Congenital anxiety has conspicuously diminished upon the completion of Maum Meditation Program( $p=.000$ ).
- The self-respect index of pre-Maum Meditation Program has conspicuously enhanced upon the completion of Maum Meditation Program( $p=.000$ ).

Keywords: meditation, Maum Meditation, college student, anxiety, depression, stress, self-respect

## I. Introduction

### 1. Need for the study

Modern people are living in a diverse and complex society that is changing more rapidly than at any other time in history. In material terms, they have the abundant lifestyle, however, they suffer from anxiety, depression and stress to a degree that the modern society has been referred to as the generation of depression. If these negative sentiments are not properly cured, it leads to diseases or health issues. Furthermore, it is evident from the increase in the diseases of which causes or cures are unidentifiable.

According to Rutter(1989), college students have to accomplish the fundamental development, such as the personality maturation. But at the same time, they suffer greatly from psychological pressures due to the career selection, insecurity about the future and adaption to the changes in social environment, and this directly leads to stress-related issue. Consequently, it is highly probable that the psychological health problems, such as emotional insecurity and depression, occur (recitation: Choi, Mi-kyung, 2003). South Korea particularly aggravates the insecurity about the future social life as it imposes the limit on the college students' employment opportunities due to the instability of the employment structure and the immense competition between countries. According to Choi, Whe-sun and Oh, Mi-na(1998), 54.9% of the college students were having depression, and all of the students were having the medium-high level of stress. This evidently implied that the effective meditation was required to deal with the college students' negative sentiment, such as anxiety and stress.

The attention to meditations has been increasingly drawn in attempt to find the solution to the limits of the modern medicine in the oriental approach, and also as a

measure to maintain and improve the health and to mediate the anxiety-related health issues by leading them into relaxation in their mentality(Kim, Moon-young, 1997). Meditation is defined as the activity that you think deeply and quietly with your eyes closed(Naver Dictionary), or referred to as the action of cleansing the mind by controlling the body or breathing. Previously, people who were religious or left the mundane world practiced it. However, in recent times, it goes beyond the religious concepts. It has been proved that the meditation could relax the tension of the body and mentality and it suggested the clinical studies that numerous negative elements, such as stress, could be decreased through the meditation(Lee, Jeong-ho etc., 1999). The meditation has been used to the general public in schools and companies, for the enhancement of work efficiency and amicable interpersonal relationships(Park, Ok-soon, 1998).

Such meditations as Transcendental Meditation (TM), Clinically Standardized Meditation (CSM), musical meditation, Soo-sik-gwan(Breath Awareness Meditation) meditation, imagery meditation and performance meditation are the meditations for single subjects or to focus on the repetitive stimulation. Furthermore, mindfulness meditation and Cattari satipatthanani are the methods to find composure by only contemplating the mind that arises and disappears every moment, not specifying the subjects to be focused(Kim, Jeong-ho, 2005). These existing meditations leave the mind as it is and indirectly bring the enlightenment about mind by depending on the external means, such as staring at a specific object and focusing on a specific sound or action. In comparison, Maum Meditation established by The Association of Maum Meditation in South Korea is the active meditation that enables one to observe and eliminate one's mind on its own. It is distinguishable from others as it makes one to eliminate his/her

mind by bring it up, rather than suppressing it.

Maum Meditation suggests that the memories about what humans have seen and experienced while living shape their life and restrain their true self. Therefore, its principle is to bring up the memories of living and erase those images, in order to discover the true self (Kwon, Ki-heon, 2002). Because more than 90% of the memories are the visual data saved in the brain cells through the eyes, they are brought up and thrown away in a reversible way. The idea of throwing away and erasing in this meditation does not mean a loss like amnesia. It says the emotions engaged in one's incidents and memories are discharged and thus one becomes an objective mental state (Jeong, Dong-young, Lee Sang-ryul, 2001). The methods of observing the memories include bringing up the memories by time, persons, locations and emotions, finding the fixed ideas, finding the images of the self, etc. Moreover, one acknowledges that the brought-up images have been thrown away in various ways, such as shredding, incinerating, exploding, etc. (Choi, Kyung-sook, 2003). Choi, Kyung-sook (2003) proposed that Maum Meditation can be compared to cognitive therapies as it eliminates the memories, which are the base of the dysfunctional ways of thinking. In addition, it is proved that the discipline of Maum Meditation has the positive effects on reducing anger and anxiety of neurotic junior students. Furthermore, Jeong, Dong-young and Lee, Sang-ryul (2001) have suggested the psychosomatic medical effects of Maum Meditation by investigating the group of 660 people of various ages; 88% of which had resolved their health issues and experienced the positive psychological changes after practicing Maum Meditation. Additionally, Jeon, Jin-kyung (2003) has revealed that Maum Meditation is effective on relieving the physical and psychological symptoms, as 97 teachers who had participated in Maum Meditation Training course for Teachers

experienced the reduction in stress, anxiety, anger and depression and the ceasing or lessening of dyspepsia, muscle tension, migraine, trembling hands, impatience and apprehension, dyspnea, loss of appetite, loneliness and lethargy.

Jeong, Hwan-gu(2003) suggested that the group counseling program interacted with the meditation had enhanced the self-respect as the program enhanced the self-awareness of middle-aged women and enabled them to accept themselves as they were. However, this advanced research about the influences that meditations have on one's self-respect has been ceased, which suggests the need to conduct a study on how Maum Meditation influences one's self-respect.

Therefore, this study was conducted to verify the capability of Maum Meditation as the strategy of nursing intervention for health maintenance and enhancement, by investigating the effects that Maum Meditation has on anxiety, depression, stress and self-respect of the college students, following the studies on the junior students, general public and teachers.

## **2. Aim of the Study**

This study attempted to verify the capability of Maum Meditation as the strategy of health maintenance and enhancement by investigating the effects of Maum Meditation University Camp, which applies Maum Meditation's principle of discovering the true self by bringing up the memories of living and erasing those images, to anxiety, depression, stress and self-respect of the college students. The concrete questions for the study are the following:

- a. How does Maum Meditation University Camp influence the college students' depression?

- b. How does Maum Meditation University Camp influence the college students' stress symptoms?
- c. How does Maum Meditation University Camp influence the college students' anxiety?
- d. How does Maum Meditation University Camp influence self-respect of the college students?

### **3. Definition of Terminology**

#### **a. Maum Meditation Camp**

Maum Meditation is a specific discipline of the eight-level meditation, which was founded in 1996 by teacher Woo Myung, and has been executed in Maum Meditation Educational Institute(<http://www.maum.org>). The Maum Meditation camp referred to in this study is the Maum Meditation University Students Camp for the duration of 7 nights and 8 days, which is equivalent to level 1 of Maum Meditation's eight levels.

#### **b. Depression**

Depression is the condition of abnormality, such as apprehension, melancholy, lethargy and sense of worthlessness, apart from the ordinary changes of feelings(Battle, 1978). In this study, it is referred to as the scores measured with the Beck Depression Inventory(BDI) adapted by Lee, Young-ho and Song, Jong-yong(1991).

#### **c. Stress**

In general, stress is defined as the state that the environmental stimulations imposed by physical, emotional and social relationships and one's internal demands are



perceived by oneself, and thus it is referred to as the phenomenon that individuals experience when they go beyond their ability to adapt. In this study, it is referred to as the scores measured by the 28 questions about the symptoms of awareness, anxiety, depression and anger, citing the Psychiatric Symptom Index used by Jeon, Jinkyung(2003).

#### **e. Anxiety**

Congenital anxiety is the individual characteristic of perceiving threatening circumstances, and is the latent characteristic that is relatively stable but has distinct personal differences (Margalet, 1972). It aggravates the anxiety state while it remains until it is stimulated by the stress related to a specific danger or a threatening environment. In this study, it is referred to as the scores measured with the Anxiety Scale by Kim, Jeong-teak and Shin, Dong-gyun (1978).

#### **f. Self-esteem**

Self-esteem is to respect oneself and desirably regard one as the valuable self(Rosenberg, 1979). In this study, it is referred to as the scores measured with Rosenberg self-esteem scale, that had been used by Jeong, Joon-yong(2006).

## **II. Method**

### **1. Design of the Study**

This study used the One group pretest-posttest design to measure the effectiveness of Maum Meditation. The pretest measured the anxiety, depression, stress and self-esteem of all participants before the Maum Meditation Camp began. The posttest measured

those dependant variables again after the Maum Meditation Camp ended.

<Diagram 1> Study Design

	Pre-investigation	Maum Meditation Camp (7days)	Post-investigation
Study Group	O <sup>1</sup>	X	O <sup>2</sup>

## 2. Target of the Study

The target of this study is the 79 college students among 88 college students who participated in the 7-day Maum Meditation Camp held from 2009 January 31 to February 7, in the Maum Meditation Educational Institute. These students understood the purpose of the study, consented to the participation in the study and faithfully answered the surveys. For the pretest, they were given the questionnaires to be answered individually after the registration but before the camp began on the first day, and then the answered questionnaires were collected. For the posttest, they were given the questionnaires to be answered again upon the end of the program on the last day of the camp.

## 3. Inventory of the Study

### a. Maum Meditation University Student Camp

Maum Meditation University Student Camp is composed of the level 1 program of Maum Meditation that enables one to enlighten the original mind of the self, i.e. the original self, by throwing away the false mind accumulated while living. It is a program proceeded by the professional instructor at the Maum Meditation Educational Institute,

and its principle is that one thinks he/she is dead, and observes and throws away the memories of the life lived in one's imagination.

The program of the camp is composed of the meditation and lecture every session. Furthermore, it includes such details as the definition of the mind, the purpose of Maum Meditation, the method of Maum Meditation, the explanation about the whole course(all levels) of Maum Meditation, points to be noted while meditating, the possible positive responses upon the meditation, etc. <Table 1>

<Table 1> Program of Maum Meditation Camp

		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	
Breakfast		07:00~08:00								
Morning	Period 1	09:00~10:50		Lecture2 Meditation2	Lecture4 Meditation8	Lecture6 Mediation14	Lecture8 Mediation20	Lecture10 Mediation26	Lecture12 Mediation32	Lecture14 Mediaton37
	Period 2	11:00~12:30		Meditation3	Meditation9	Meditation15	Meditation21	Meditation27	Meditation33	Meditatio38 Completion of the Camp
Lunch		12:30~13:00								
Break		13:00~13:50								
Afternoon	Period 3	14:00~15:50	Registration	Meditation4	Meditation10	Meditation16	Meditation22	Meditation28	Meditation34	
	Period 4	16:00~17:50		Meditation5	Meditation11	Meditation17	Meditation23	Meditation29	Meditation35	
Dinner		18:00~19:00								
Night	Period 5	20:00~21:50	Lecture1	Lecture3 Meditation6	Lecture5 Meditation12	Lecture7 Mediation18	Lecture9 Mediation24	Lecture11 Mediation30	Sharing their experiences	
	Period 6	22:00~23:50	Meditation1	Meditation7	Meditation13	Meditation19	Meditation25	Meditation31	Lecture13 Mediation36	
Individual counselling		23:50~								

## b. Anxiety Scale

This study has used Spielberg's state-trait anxiety inventory(1972) adapted by Kim, Jeong-teak and Shin, Dong-gyun(1978). For the positive questions, score 1 was for 'never', 2 for 'sometimes', 3 for 'often' and 4 for 'almost always', and vice versa. The range of the state-trait anxiety scale was 20 to 80. As the scale increases, the score of state-trait anxiety also increases. The reliability in this study was of Cronbach's alpha = .941.

### **c. Depression Scale**

The depression scale used in this study was Beck Depression Inventory (BDI) standardized for the group of Korean adults by Lee, Young-ho and Song, Jong-yong(1991). This inventory consists of 21 questions, including 5 questions of emotional symptoms, 6 questions of cognitive symptoms, 5 questions of motivational questions and 5 questions of physiological symptoms. Each question has the four-grade scale, ranging from psychological stable state (score 0) to the most negative psychological state (score 3). The higher score indicates the more severe state of depression. It is classified as the following; normal state for 9 or below, slight depression for 10~15, moderate depression for 16~23 and severe depression for 24~63. At the time of developing the inventory, Cronbach's alpha was .86, it was .78 in the study of Lee, Young-ho and Song, Jong-yong(1991), and it was .89 in this study.

### **d. Stress Scale**

In this study, stress was measured with Psychiatric Symptom Index used by Jeon, Jin-kyoung(2003). The psychiatric symptom index was modified and developed focusing on the measurement of symptoms of stress. It consists of 28 questions on the 4 sub-elements; 4 questions on disability of recognition, 11 questions on apprehension, 9 questions on depression and 4 questions on rage. It is the four-score scale and the higher score indicates the higher severity of stress. The reliability of this study was of Cronbach's alpha=.947.

### **e. Self-esteem Scale**

Rosenberg's self-esteem scale, used by Jeong, Joon-yong(2006), was used. It has 11 questions and is the five-grade scale ranging from score 1 for 'never' to 5 for 'always'.

The reliability of this study was of Cronbach's  $\alpha=.775$ .

#### **4. Means and Procedures of Data Collection**

The Maum Meditation Educational Institute consented to this study to be conducted. The surveys using the structuralized questionnaires were conducted to 79 students among the 88 students who registered Maum Meditation University Student Camp. These students wanted to participate in the research and had completed the consent forms.

#### **5. Data Analysis**

The collected data was analyzed using SPSS WIN 12.0 Program, and the methods to analyze each variable were the following:

- a. Real numbers and percentages were used for the general attributes of the participants.
- b. Means, standard deviation and paired t-test were used for the differences in the variables of pre-/post-camp studies.
- c. ANOVA was used for the differences in the variables for the general attributes, and Post Hoc Test was used for post-verification on the variables with noticeable differences.

### **III. Results**

#### **1. General Attributes of the Participants**

The general attributes of the participants are shown in <Table 2>. 63.3% was male and 36.7% was female. 40.5% was 19 years old or younger and 45.6% was 20~24 years old. 51.9% said they didn't practice a religion and 19% of those who practiced religions, who took the highest proportion, were Catholic. 53.2% had majors in humanities and 26.6% had majors in sciences. 88.6% had the nuclear family and 62.0% said their family's financial level was moderate. 25.3% said their father started Maum Meditation first and 34.2% said their mother did. 32.9% perceived that their subjective health condition was healthy and 34.2% perceived that it was moderate.

<Table 2> General Attributes of the Participants

N=79

Attribute	Type	n	%
Gender	Male	50	63.3
	Female	29	36.7
Age	19 or below	32	40.5
	20~24	36	45.6
	25 or above	11	13.9
Religion	None	41	51.9
	Buddhism	13	16.5
	Catholic	15	19.0
	Christianity	7	8.9
	No response	3	3.8
Major	Humanities	42	53.2

	Sciences	21	26.6
	Arts	9	11.4
	Others	7	8.9
Family	Nuclear family	70	88.6
	Large family	7	8.9
	Others	2	2.6
Financial level	Adequate	16	20.3
	Moderate	49	62.0
	Inadequate	14	17.7
Birth order	First	40	50.6
	Second	17	21.5
	Youngest	15	19.0
	Only child	7	8.9
Home ambience	Very harmonious	11	13.9
	Harmonious	26	32.9
	Moderate	31	39.2
	Not harmonious	9	11.4
	Not harmonious at all	2	2.6

Attribute	Type	n	%
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Father's meditation	Yes	20	25.3
	No	59	74.7
Mother's meditation	Yes	27	34.2
	No	52	65.8
Subjective health status	Very healthy	13	16.5
	Healthy	26	32.9
	Moderate	27	34.2
	Not healthy	13	16.5

## 2. Influences Of Maum Meditation Camp On The Study Variables

<Table 3> shows the comparisons of depression, stress, anxiety and self-esteem between pre-camp and post-camp. Pre-camp's score of depression was  $11.94 \pm 8.29$ , but post-camp's score was  $4.62 \pm 6.13$ , indicating a conspicuous decrease ( $p=.000$ ). All of the sub-elements of depression – emotional symptoms, cognitive symptoms, motivational symptoms and physical symptoms – have statistically shown conspicuous decreases ( $p=.000$ ).

A conspicuous decrease was also present in the symptoms of stress ( $p=.000$ ), from  $59.45 \pm 16.13$  of pre-camp to  $48.84 \pm 14.28$  of post-camp. In addition, the sub-elements of symptoms of stress – cognitive symptoms, apprehension, depression and rage – have shown conspicuous decreases respectively ( $p=.000$ ).

The congenital anxiety was  $47.74 \pm 13.17$  before the Maum Meditation camp, however, it conspicuously decreased to  $37.36 \pm 10.51$  after the camp ( $p=.000$ ).



Pre-camp's self-esteem was  $39.46 \pm 6.86$ , however, post-camp's significantly increased to  $43.96 \pm 6.70$  ( $p=0.000$ ).

<Table 3> Changes in Depression, Stress, Anxiety, Self-esteem: Pre-camp and Post-camp

N=79

	Study Variable	Pre-camp	Post-camp	t	p
		Mean±Standard deviation	Mean±Standard deviation		
Depression	Emotional Symptoms	3.51±2.52	1.48±1.75	7.67	0.000
	Cognitive Symptoms	3.43±2.83	1.24±1.93	6.84	0.000
	Motivational Symptoms	3.11±2.31	0.91±1.88	7.63	0.000
	Physical Symptoms	1.93±1.99	0.98±1.47	3.88	0.000
	Total	11.94±8.29	4.62±6.13	8.37	0.000
Stress	Cognitive Symptoms	10.33±2.73	8.35±2.42	6.74	0.000
	Apprehension	21.85±7.03	18.73±5.85	5.22	0.000
	Depression	19.19±5.84	15.01±5.10	6.91	0.000
	Rage	8.07±2.55	6.72±2.38	4.58	0.000
	Total	59.45±16.13	48.84±14.28	7.08	0.000
Congenital Anxiety		47.74±13.17	37.36±10.51	7.36	0.000
Self-esteem		39.46±6.86	43.96±6.70	-6.41	0.000

### 3. Variations Of Study Variables According To The Participants' General Attributes

As a result of analyzing whether Maum Meditation camp's effects could vary according to the participants' general attributes, the scores of depression and stress varied according to the subjective health status, and the scores of anxiety varied according to the financial levels.

First of all, the conspicuous variations were observed in the reductions of depression and stress, according to the subjective health status <Table 4-1>. The depression scores of the participants who perceived they were not healthy had reduced more, compared to those who perceived they were healthy( $p=.006$ ). In addition, the stress diminished more for the participants who perceived that their health conditions were moderate or bad, relative to the participants who perceived that their health conditions were good( $p=.004$ ).

<Table 4-1> Variations of Study Variables According to the Subjective Health Status

N=79

	Study Variable	Variation in Depression	F	p	post hoc test
		Mean±Standard deviation			
Subjective Health Status	Very Healthy	4.69±4.36	4.42	0.006	Not Healthy > Healthy
	Healthy	4.34±4.51			
	Moderate	9.11±10.11			
	Not Healthy	12.23±7.44			
	Study Variable	Variation in Stress	F	p	post hoc test
		Mean±Standard deviation			

Subjective Health Status	Very Healthy	7.76±13.0	4.88	0.004	Moderate, Not Healthy > Healthy
	Healthy	4.46±7.44			
	Moderate	13.96±14.89			
	Not Healthy	18.76±14.06			

The conspicuous variations were examined in reduction of anxiety, according to the financial levels <Table 4-2>. The scores of anxiety have decreased more for the participants who perceived their financial conditions were bad, compared to those who perceived their financial conditions were moderate or adequate(p=.027).

<Table 4-2> Variations of Study Variables According to the Financial Levels

N=79

	Study Variable	Variation in Anxiety	F	P	post hoc test
		Mean±Standard deviation			
Financial Level	Adequate	5.25±3.82	3.79	0.027	Inadequate > Moderate, Adequate
	Moderate	6.79±8.50			
	Inadequate	11.57±7.64			

#### IV. Discussion

This study was attempted with the One group experimental design, in order to understand the influences that Maum Meditation University Students Camp has on college students' depression, stress, anxiety and self-esteem. Since there have not been

advanced researches verifying Maum Meditation's effects on college students, it will be discussed upon the existing theses about Maum Meditation.

In this study, the mean of pre-camp's depression scores for the participants was  $11.94 \pm 8.29$ , which according to Beck Depression Inventory was the state of slight depression. However, the conspicuous decrease was evident for the post-camp's scores; the mean depression score was  $4.62 \pm 6.13$  fitting in the category of 'normal'.

Furthermore, the study of Jeon, Jin-kyung(2003) supports this study as her research about the teachers who participated in Maum Meditation Training Course for Teachers revealed the relief of psychological symptoms, such as a reduction of depression, after practicing Maum Meditation. In particular, the study of Jeon, Jin-kyung(2003) used the stress scale identical to the one used in this study and stated that the sub-elements of the symptoms of stress – cognitive symptoms( $p=.000$ ), apprehension( $p=.000$ ), depression( $p=.003$ ) and rage( $p=.001$ ) – showed conspicuous decreases after practicing Maum Meditation. Conspicuous decreases were also made to each of the elements mentioned above in this study( $p=.000$ ), revealing the same results.

The results of the study by Choi, Kyung-sook(2003) stated that the junior high school students with neurosis had a conspicuous reduction of rage score( $p<.05$ ) after practicing Maum Meditation, which supports this study's results of a reduction( $p=.000$ ) in rage, one of the elements of symptoms of stress, after Maum Meditation camp. In addition, Choi, Kyung-sook(2003) stated that neurotic students' apprehension scores have reduced ( $p<0.1$ ) after practicing Maum Meditation, which is in collusion with this study's results stating a reduction of congenital apprehension ( $p=.000$ ) of the college students after Maum Meditation camp.

In this study, the college students who participated in Maum Meditation camp had experienced an increase in the self-esteem( $p=.000$ ), for which, relevant advanced researches have not been available. Nevertheless, the studies are available that the college students' self-esteem enhanced through Communication Discipline(Yoo, Cheol-soo, 2008), Complements Program(Kim, Kwang-lim, 2005) and Counseling Program(Tak, Jeong-mi, 2004; Park, Ji-min, 2003). Self-esteem is the sub-element of self-concept(Rosenberg, 1979), and self-concept can be defined as to realize who and what 'I' am(recitation: Park, Ji-min, 2003). The content of Maum Meditation University Students Camp is to realize the true nature of the self, that is, level 1 of Maum Meditation. Therefore, it can be considered as the improvement in the self-esteem by acquiring the self-concept through Maum Meditation. In addition, counseling programs have the principles of accommodating and empathizing other's positions and emotions by focusing on the interaction with others(recitation: Park, Ji-min, 2003), and Maum Meditation enables the self to throw away the false mind and to have the objectivity about the self, others and all things in the world and thus, to contemplate the correlation between the Universe and the man's true nature(Jeong, Dong-young, Lee, Sang-ryul, 2001). Therefore, it can be said that it brings the results of improvement in self-esteem.

The study of Jeong, Dong-young and Lee, Sang-ryul (2001) took account of various age groups from teenage to the 60's and verified the positive psychological effects of Maum Meditation as 80% of the participants answered 'they live in joy, going with a flow' or 'they try to live for others or with others', after they practiced Maum Meditation. Their study has supported this study's results that Maum Meditation diminishes the college students' negative emotions and enhances the positive emotions.

Thus, Maum Meditation has the effects of reducing the depression, stress and anxiety,

and enhancing the self-esteem of the college students, as well as, the various kinds of participants.

## **V. Conclusion And Proposal**

This study carried out the One group pretest-posttest design, in order to comprehend the effects that Maum Meditation University Students Camp has on the college students' depression, stress, anxiety and self-esteem. It gathered the data from 79 (seventy nine) college students who participated in Maum Mediation University Students Camp held at Maum Meditation Educational Institute, during the period from January 31<sup>st</sup>, 2009 to February 7<sup>th</sup>, 2009 by using the structured questionnaire. The data was analyzed using SPSS WIN12.0 Program, and the real number, percentage, mean and standard deviation, paired t-test, ANOVA and Post Hoc Test were used. The summary of the study results is the following.

1. Pre-camp's depression score( $11.94 \pm 8.29$ ) conspicuously decreased( $4.62 \pm 6.13$ ) upon the completion of Maum Meditation camp( $p=.000$ ), and the sub-elements of depression – emotional symptoms, cognitive symptoms, motivational symptoms and physical symptoms – have statistically shown conspicuous decreases( $p=.000$ ).
2. Pre-camp's score of symptoms of stress( $59.45 \pm 16.13$ ) has also conspicuously decreased( $48.84 \pm 14.28$ ) upon the completion of Maum Meditation camp( $p=.000$ ). In addition, the sub-elements of symptoms of stress – cognitive symptoms, apprehension, depression and rage – have shown conspicuous decreases respectively( $p=.000$ ).

3. Pre-camp's congenital anxiety( $47.74 \pm 13.17$ ) has decreased conspicuously( $37.36 \pm 10.5$ ) upon the completion of Maum Meditation camp( $p=.000$ ).
4. Pre-camp's self-esteem( $39.46 \pm 6.86$ ) has conspicuously increased( $43.96 \pm 6.70$ ) upon the completion of Maum Meditation camp( $p=.000$ ).

Therefore, Maum Meditation camp has the effects of conspicuous reductions in the depression, stress and anxiety and enhancement of self-esteem of the college students.

However, the limit to this study was that the same questionnaires were used in the interval of one week so that the participants could have remembered the questions, which cannot be excluded. In addition, the study was carried out with One group pretest-posttest design that did not include the control group. Therefore, it is proposed that the future studies must be carried out with an experimental group and a control group to be compared with. It is considered that a longitudinal study design, which compares the changes made in each level from level 1 to level 8 of Maum Meditation, will help to verify the effects of Maum Meditation camp.

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