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Abstract

The focus of the study was to test college student's levels of stress and determine if meditation can reduce the amount of stress they experience. We created a pretest for participants to rank their stress levels and then had them meditate for a month and take a post-test ranking their stress levels after completing meditation. Many college students handle stress in an unhealthy way such as drinking, drugs, creating a poor sleep schedule, or not managing their stress at all.

Specifically, we found that students who meditate potentially heighten their focus in class, improve their physical & mental health, provide better sleep, decrease addiction and substance abuse, and increase confidence and academic success.