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THE EFFECTS OF MEDITATION AND ACTUALIZING THERAPY
ON SELECTED PERSONALITY FACTORS, SELF-ESTEEM AND
SELF-ACTUALIZATION OF SEMINARIANS

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ABSTRACT

This study was undertaken to establish the effects of Meditation and Actualizing Therapy, as separate and combined therapeutic procedures, on five selected personality factors, self-esteem and self-actualization of seminarians. The indicator was an improvement, after receiving the interventions, in the posttest scores when measured by the California Psychological Inventory, Tennessee Self-Concept Scale and Personal Orientation Inventory.

It was hypothesized that there would be:

- (1) significant differences between the pre-posttest profiles of the respondent groups on the selected personality factors, self-esteem and self-actualization;
- (2) significant differences among the respondent groups with regard to the dependent variables at posttest.

The level of significance was set at .05 level. The hypotheses were accepted.

The subjects were 60 seminarians, of different dioceses and religious congregations, from the Divine Word Seminary, Tagaytay. All were college graduates and in the age bracket of 23 to 38 years. They had been in the semin-



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ary for at least five years and more.

An experimental study that used a modified pretest posttest control group design was utilized. The subjects were randomly assigned to the experimental and control groups. There were three experimental groups: one received the Meditation program; another the Actualizing Therapy; and, the third received both the Meditation program and Actualizing Therapy. Data gathering was done through psychological testings, log book recordings, and individual interviews. The statistical treatment of tests results was done with the ANCOVA, two-way repeated measures design, LSD and eta square.

In terms of the profiles of the seminarians, the findings suggest that among the five selected personality factors the subjects are better in "sociability", "empathy" and "tolerance" than in "self-acceptance" and "flexibility". The findings on self-esteem seem to indicate that the seminarians have a low self-esteem level. And, the findings on self-actualization suggest that the seminarians are less self-actualized. The findings concur with several research studies (refer Lourdes et. al, 1991) about the personality and wellness of seminarians.

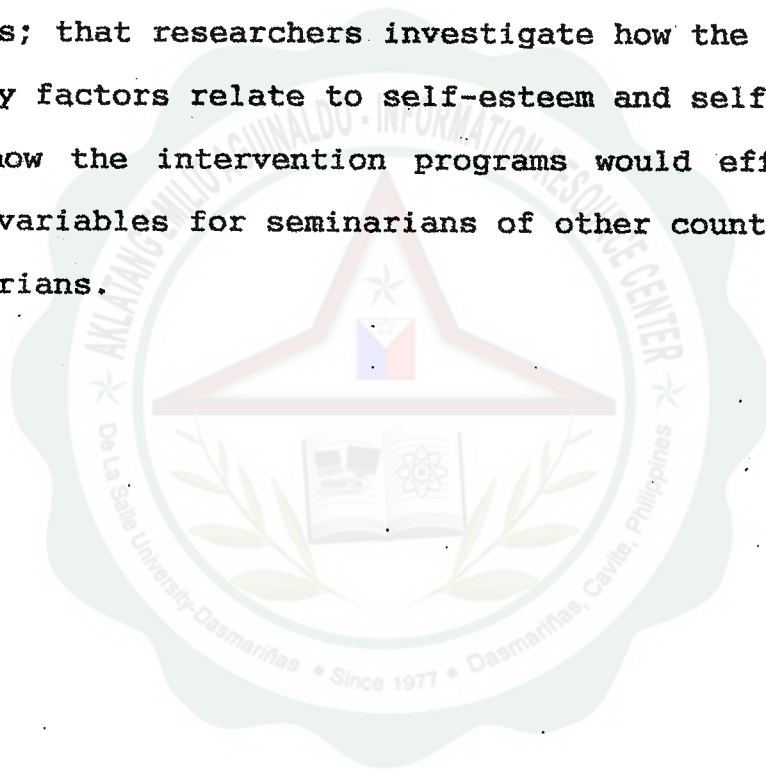
In terms of the interventions, the findings suggest



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through therapeutic programs.

It was recommended that to stimulate personality growth, self-esteem and self-actualization counselors could combine daily meditation practice with conventional psychotherapy; that seminary formators inquire and resolve obstructing factors of seminary formation in favor of the personality growth, self-esteem and self-actualization of seminarians; that researchers investigate how the selected personality factors relate to self-esteem and self-actualization, how the intervention programs would effect the dependent variables for seminarians of other countries and non-seminarians.



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