

# DE LA SALLE UNIVERSITY

## THE EFFECTS OF ZEN MEDITATION ON PSYCHOSOCIAL HEALTH AND WELL-BEING: A KOREAN EXPERIENCE

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A Dissertation  
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by

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## ABSTRACT

The purpose of this study was to assess an experimental and correlational research to find out if there are significant differences in psychosocial health and well-being between those who practice Zazen regularly over a prescribed length of time and those who do not practice Zazen over the same span.

Techniques used in this study were exercises of both Formal and Contingent Informal Zen Meditation.

The subjects were initially composed of 72 Koreans of both sexes, randomly chosen from those who had reported unfamiliarity with meditation literature and had never any prior experience with meditation practice as non-Buddhists.

However, only 49 subjects participated in the study. Subjects were randomly assigned into experimental group (N = 25) and a control group (N = 24).

The age range of the subjects of this study consisted of 20-50 year old, and the educational levels consisted of high school to college school because of the comprehensiveness of Zen meditation.



Instruments used in this study were the Individual Response to Meditation Form, Nine Self-Observed Behaviors Form, the Personal Orientation Inventory, and Social Values Questionnaire. These instruments were based on existing instrumentation and translated to Korean. They were validated for content by a group of Ewha Womens University professors in Education and Psychology.

All of the subjects in the two group were given a pretest for the POI and the SVQ.

Whenever the session was over, individual's responsive ratings to meditation were collected by the experimenter.

Subjects were also observed their nine behaviors by themselves on data charts for baseline and intervention phase, respectively.

At the end of the four weeks, all of the subjects in the two group were given a posttest for the POI and the SVQ.

To test the significant differences and correlational relationship in this study, One-way analysis of



covariance (ANCOVA) and Pearson  $r$  were used, respectively. All tests of significance would be computer based on the .05 level of confidence.

The analysis of the data relevant to the hypotheses was reported that all hypotheses were accepted at the .05 level, significant at the same level.

The results were discussed that this study was clearly evident in practices such as insight meditation where these practices could be not only examined necessity in producing certain reliable behavioral self-change, but also concerned with specifying the utilization of various healthy personality or personality changes as an actualization of human potentialities based on Korean characteristics which may best be realized through appropriate comprehension of Korean society, its people's value, and their cultural heritage.

It was suggested, therefore, that the findings would clarify not only a necessary and healthy step for the growth of Korean psychosocial aspects on the basis the background of their traditional thoughts, but also for their counseling and psychotherapy in general.

