

MINDFULNESS-BASED PRACTICE FOR MULTICULTURAL MEDITATION PRACTITIONERS TO DEVELOP MENTAL WELL-BEING

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Background or Problem Statement

Globalization has led to a significant increase in the movement of people across borders, resulting in diverse, multicultural communities. This cultural blending has a notable impact on everyday life, mental health, and overall well-being. Mental well-being is a key component of health, affecting individuals' ability to lead fulfilling lives, maintain productive work routines, and build healthy relationships. Those from multicultural backgrounds often face substantial challenges, such as adapting to new cultures, overcoming language barriers, dealing with social isolation, and adjusting to unfamiliar social norms, all of which can negatively affect their mental well-being.

Objectives of the Research

1

To study the mental well-being circumstances and analyze the problems of multicultural meditation

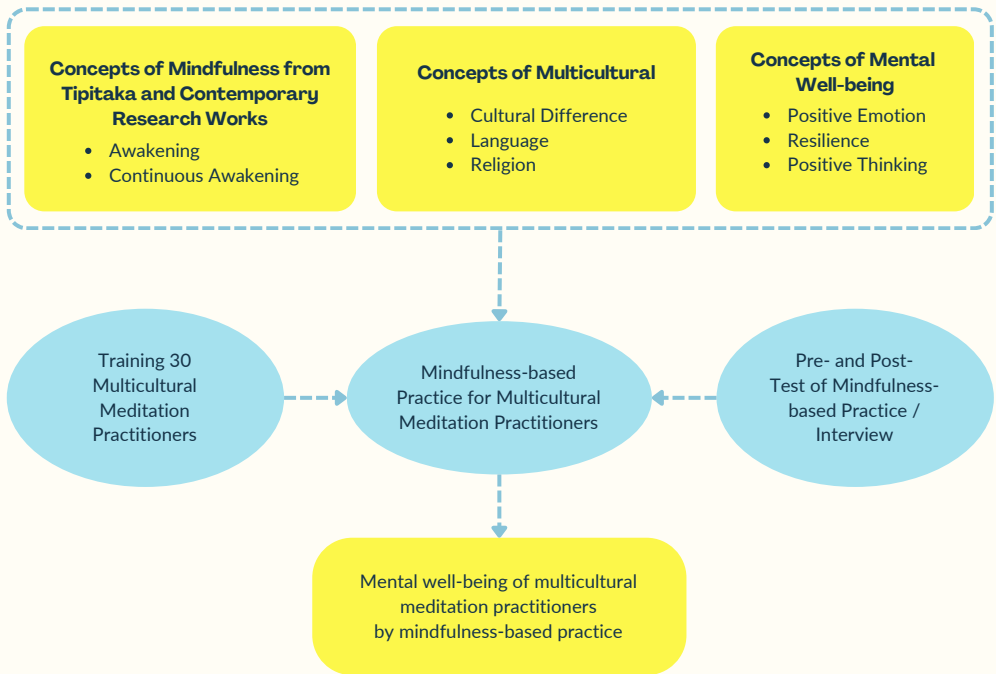
2

To develop the process of mindfulness-based practice for the mental well-being of multicultural meditation practitioners.

3

To evaluate the process of mindfulness-based practice for the mental well-being of multicultural meditation practitioners.

Conceptual Framework of the Study



Methodology



This study employed a mixed-method approach, combining both qualitative and quantitative techniques, to examine the mental well-being challenges and the effectiveness of mindfulness-based practices among 30 multicultural meditation practitioners.

Research Method Diagram

1

QUALITATIVE RESEARCH PHASE

To study the mental well-being circumstances and analyze the problems of multicultural meditation practitioners.

-Interview (Thematic analysis)

2

QUALITATIVE RESEARCH PHASE

To develop the process of mindfulness-based practice for the mental well-being of multicultural meditation practitioners.

-Interview-Focus group discussion (Thematic analysis)

3

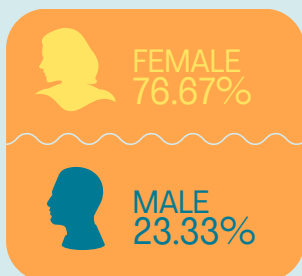
QUANTITATIVE AND QUALITATIVE RESEARCH

To evaluate the process of mindfulness-based practice for the mental well-being of multicultural meditation practitioners.

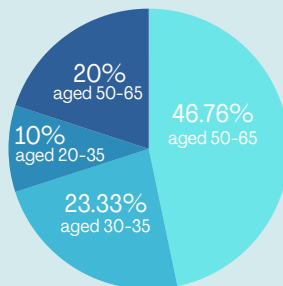
- Pre-and Post- Questionnaire
- Interview (A paired sample T-test and Thematic analysis)

Research Results

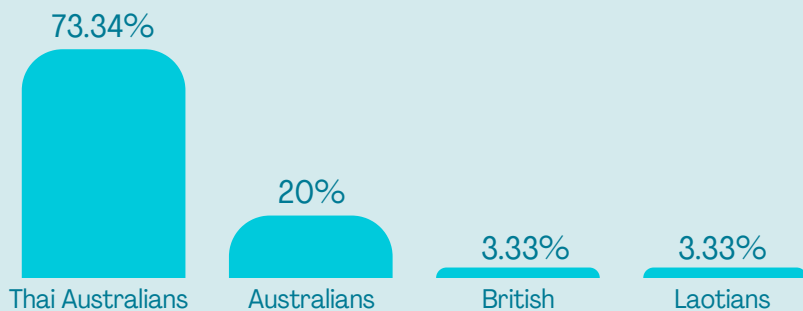
Gender



Age



Nationality



1 Circumstances and Problems of Multicultural Meditation Practitioners

This study focused on multicultural practitioners who faced personal and emotional challenges before attending a meditation course. They dealt with stress, mood swings, job instability, relationship struggles, and self-doubt. Despite some having stable finances and health, worries about family and high expectations added to their mental strain, leading them to seek relief through mindfulness.

2 Mindfulness-based Practices for Mental Well-being of Multicultural Practitioners

The researcher gained valuable insights from adapting the mindfulness-based approach to accommodate different religions, languages, and cultures, leading to the development of a one-day course called "Mindfulness Wisdom and Loving-kindness" (MWL).



Figure: Mindfulness Wisdom and Loving-kindness" (MWL)

SCHEDULE OF ONE-DAY MINDFULNESS WISDOM AND LOVING-KINDNESS (MWL) PROGRAMME





Figure : Mindfulness Wisdom and Loving-Kindness (MWL) Activities



Mindfulness and Loving-Kindness





Mindful
Bowing

Mindful Eating



Mindful-Based: Asking for Forgiveness session



3 Evaluation of the Mindfulness Practice for the Well-being of Multicultural Practitioner

Pre- and Post-Test Evaluation of Mental Well-Being by Using Questionnaires

Comparison	Pre-test		Post-test		T-test	P-value
	Mean	SD	Mean	SD		
Score	80.40	21.31	98.93	8.52	5.63	

In-depth interviews: Nine Aspects of Mindful Practice Programme



The study's 30 multicultural practitioners' interviews revealed that mindfulness practices like mindful walking, bowing, and eating helped participants improve mental focus, and emotional calm. Discussions on the law of karma enhanced mindfulness and compassion, while Loving-kindness Meditation deepened compassion and emotional healing. Overall, these practices positively impacted participants' mental well-being and personal growth.

Results of Reflexive Thematic Analysis

THEME FOR ENVIRONMENTAL IN MEDITATION

- Cultural Background: May not be accustomed to sitting cross-legged on the floor due to cultural differences.
- Comfort: Recognize that sitting for extended periods can be uncomfortable for those not accustomed to it.

THEME FOR TIMING OF PRACTICE

- Duration: 1 to 2 days courses.
- Short Breaks: Short breaks between practice sessions.
- Accessibility: Recognize that not everyone can afford extended time off from work or other commitments.

THEME FOR MINDFULNESS ACTIVITIES

- Ease of Practice: Design the meditation techniques to be easy to follow and make it accessible for practitioners of all levels.
- Short Duration: Ensure that the meditation sessions are short enough to maintain the practitioners' attention and interest, while still providing benefits.
- Progression in Practice: Ensure that more advanced practices are introduced only after practitioners have built a sufficient foundation in meditation.

THEME FOR CULTURAL SENSITIVITY

- Respectful Environment: Foster an environment where individuals feel respected and valued. Refrain from discussing sensitive topics.
- Cultural Adaptation: Adapt meditation practices and teachings to be culturally sensitive and relevant to the diverse backgrounds of participants.

THEME FOR LANGUAGE BARRIERS

- Language Accessibility: Provide translations or interpretations of teachings and instructions.
- Translator Proficiency: Ensure that translators are proficient not only in the target language but also possess a deep understanding of the spiritual and cultural context.
- Community Support: Foster a supportive community where practitioners can assist each other in overcoming language barriers.



RECOMMENDATIONS

This study introduced the "Mindfulness Wisdom and Loving-kindness" (MWL) course for multicultural practitioners, with potential for use in diverse communities worldwide. Further research is needed to validate its effectiveness in multicultural settings.

CONCLUSION



This field study in Brisbane explored the effectiveness of the "Mindfulness Wisdom and Loving-kindness" (MWL) program, tailored for multicultural practitioners. Through a one-day culturally inclusive workshop, the study addressed challenges in meditation and aimed to improve mental well-being. The mixed-methods approach showed a positive impact on participants' well-being, highlighting the importance of culturally adapted mindfulness practices for enhancing mental health and resilience in diverse communities.



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