

Immediate Changes in Mood that Occur to Participants during Vipassana Meditation Practices

YAGUCHI Kentaro

Graduate School of Science for Human Services, Ritsumeikan University

Keywords: Vipassana meditation, mindfulness training, TMS

The purpose of this study was to investigate the immediate effects of Vipassana meditation practices on human mood changes.

In this research, two types of practices were studied: (1) one-day meditation practices that include seven-hour meditation periods, and (2) half-day meditation practices that include two-hour meditation periods. A total of 19 people participated in experiments involving the (1) one-day meditation practices, while 22 people participated in experiments involving (2) half-day meditation practices. Among all, approximately 80% of the participants had more than three months of experience in meditation by the beginning of the experiments. A temporary mood scale (TMS) was constructed from six factors, such as: Energy, fatigue, anger, depression, tension, and confusion, and this was used in a questionnaire. The participants of the (1) half-day meditation practices gave answers regarding the TMS four times: Before the practices, before the dharma talk, after the dharma talk, and after the practices. Meanwhile, the participants of the (2) one-day meditation practices gave answers regarding the TMS twice: Before the practices and after the practices. The results showed that meditation spanning more than an hour reduces tension, the dharma talk and second meditation reduce confusion, the half-day meditation practices reduce anger, tension, depression, and confusion, and the one-day meditation practices reduce anger, tension, and depression.