

Mindfulness Meditation Research

Antecedents

Draft 01

- Suicide rate in the college students.

“According to the American College Health Association (ACHA), the suicide rate among young adults ages 15-24 has tripled since the 1950s, and suicide is currently the second most common cause of death among college students.” – *College and Teen Suicide Statistics*, by Jackie Burrell.

- Emotion and feeling Mapping by Giorgia Lupi.

“I have never practiced meditation... I felt very focused on the “here and now” this week: by trying to notice ... I have been much more connected with the present moment.” – *Dear Data Week 11: A Week of Emotions*, by Giorgia Lupi.

- Headspace App explain how to practice meditation in a proper way.

“Most meditations begin by sitting in a quiet place, closing the eyes, calming the mind, and focusing on the breath ... When we meditate, we are essentially cultivating awareness and compassion; ... be more focused in the present moment. – *Headspace: How to meditate*, by HEADSPACE INC.

- The usage of smartpone in communication way.

“Within only a decade, mobile communication technologies such as smartphones have facilitated a transformative increase in availability and diversification of mobile communication, including social networking ...” – *Trait Mindfulness and Problematic Smartphone Use*, by International Communication Association.

- The interview regarding social stress, and inside problems.

“Many people in the society have pressure, psychological situation. Although not necessarily academic or work, perhaps the concept of society, ... a phenomenon of self, not as good as their own, the mood will change, more about self-center...your self-development wisdom and take care of your own thoughts instead of transforming yourself into meditation.” – *The interview*, by Venerable Hui Dong from Hsi Lai Temple.

- The existence and effection of stress and health.

“Stress is a component of life and a number of mechanisms exist to cope with its effects on the health and well- being of individuals and society. The stresses that challenge

human ... may result in failure of these coping mechanisms, with resultant stress-induced illness.” – *Stress and Health*, by John Wiley & Sons, Inc.

- The research of serious mental illness among adults.

“In 2014, an estimated 9.8 million U.S. adults aged 18 years or older had a mental, behavioral, or emotional disorder that substantially interfered with or limited one or more major life activities, referred to as a serious mental illness (SMI).” – *Trends in mental health service use by age among adults with serious mental illness*, by Natasha E. Latzman, PhD, and etc.