

Mindfulness Meditation Research

Delimitations

Final

- This project will not cover or contain any mental illness research other than Stress.
- This project will not cover or contain any target audience other than traditional college students (18-25 years of age).
- This project will not cover or contain any fields of stress relief research, other than meditation methodology.
- This project will not cover or contain any types of meditation other than mindfulness meditation.
- This project will not cover or contain any types of religious believe, thinking, practice, and worshiping.
- This project will not cover or contain any medical professional treatment.
- This project will not cover or contain the following functions: online classes, health courses, sleep tracking, alarm, one-to-one chat support, and emergency assistance.
- This project will not cover or develop a website, operating system, hardware, electronics, and wearable devices.