




EFFECTS OF MEDITATION AND EXERCISE ON COLLEGE

PICOT QUESTION

In college students, how effective is 30 minutes of exercise a day compared to meditation in relieving stress?



College students are faced with many stressors as they go throughout their college career and it is important to recognize signs of stress and what is the best way to relieve the stress.

RESEARCH STUDIES

Evaluating mindfulness training for medical and PhD nursing students.

A Quantitative Study on the Association Between Stress Tolerance and Exercise Habits among Students Enrolled in a College of Health Professions Program

Differences between Undergraduate and Graduate Students in Stress and Coping Strategies

The effects of mindfulness-based interventions for health and social care undergraduate students

Mindfulness, stress coping and everyday resilience among emerging youth in a university setting: a mixed methods approach.

Effect of Regular exercises and Health Benefits among College Students

CAUSES OF STRESS IN COLLEGE

WHAT ARE COMMON COPING MECHANISMS FOR STRESS IN COLLEGE STUDENTS ?



Researchers at the University of Kentucky wanted to see if college students cope with stress in similar ways.



These researchers gathered some sample data and analyzed it to see if there is a difference between graduate and undergraduate students and male and female students



Here's some of what they found

THE DATA!

Table 2



The image shows a table that has been severely corrupted with digital noise and horizontal lines. The text is illegible due to the heavy distortion. The table structure is not discernible.



WHAT DOES THIS
MEAN?



These researchers found the undergraduate and graduate students tend to cope with stress in similar ways.

THE EFFECTS OF
MINDFULNESS-
BASED
INTERVENTIONS
FOR HEALTH AND
SOCIAL CARE
UNDERGRADUATE
STUDENTS

Effects of mindfulness-based interventions for health and social care undergraduate students

What did they find?

How can this help Students?



WHAT ARE ENDORSEMENTS AND HOW WORTHY THEY 3 (HELP) TJE



ACTIVITIES THAT ALLOW TO PRODUCE ENDORPHINS

IS THERE A TIME LIMIT WITH EXERCISE THAT SUPPORTS THE PRODUCTION OF ENDORPHINS?

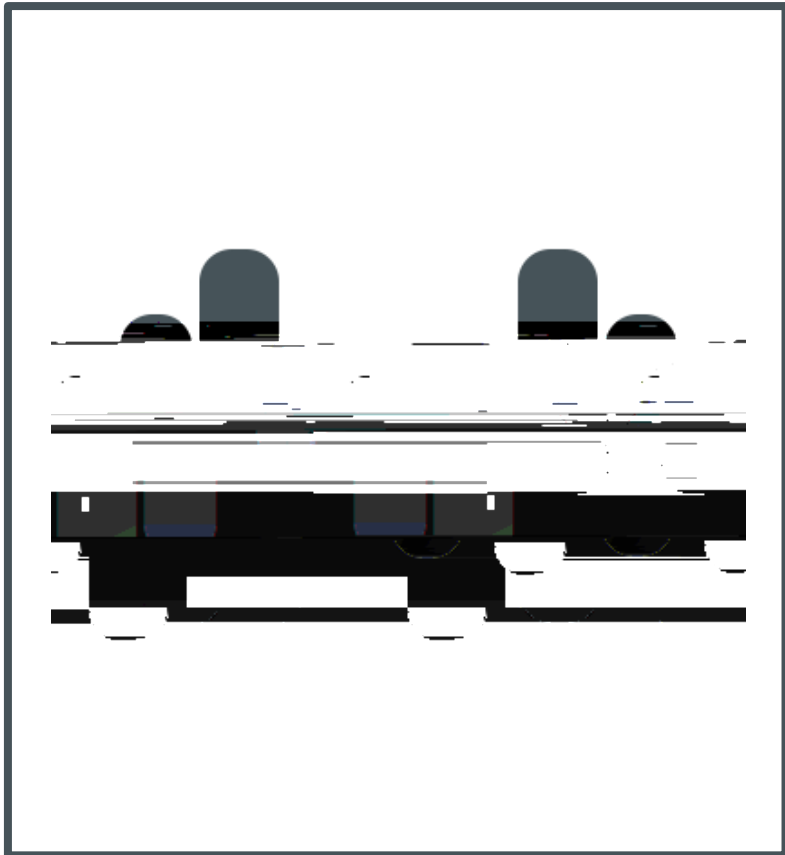
Yes, it is said that after 20 to 30 minutes of hard aerobic exercise, the neurotransmitters in your brain are produced.



Aerobic exercises include the following:

- Cardio machines
- Cycling
- Swimming
- Walking or running
- Kickboxing

WHY IS EXERCISE IMPORTANT TO ME?



A positive activity

Promotes the relief of stress

I like the act that I'm working towards a goal

Makes me feel productive

Increases my health

Helps keep me balanced throughout my day.

REFERENCES

- Ahmed, M. A. (2019, March 13). Can exercise extend your life? Retrieved from <https://www.health.harvard.edu/blog/can-exercise-extend-your-life-2019031316207>
- Bamber, M. D., & Schneider, J. K. (2015, December 23). Mindfulness-based meditation to decrease stress and anxiety in college students: A narrative synthesis of the research. Retrieved February 18, 2020, from <https://www.sciencedirect.com/science/article/pii/S1747938X15000676>
- Brophy, Megan, "A Quantitative Study on the Association Between Stress Tolerance and Exercise Habits among Students Enrolled in a College of Health Professions Program" (2017). Honors Research Projects. 596. http://ideaexchange.uakron.edu/honors_research_projects/596
- Cherry, K. (2020, February 20). How Meditation Impacts Your Mind and Body. Retrieved from <https://www.verywellmind.com/what-is-meditation-2795927>
- Ickes, M. J., Brown, J., Reeves, B., & Zephyr, P. M. D. (2015). Differences between undergraduate and graduate students in stress and coping strategies. *Californian Journal of Health Promotion*, 13(1), 13-25. <https://doi.org/10.32398/cjhp.v13i1.1810>
- M. Meenapriya, R. Gayathri, & V. Vishnu Priya. (2018). Effect of regular exercises and health benefits among college students. *Drug Invention Today*, 10(7), 1094–1096. Retrieved from <https://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=130629144&site=eds-live>.