

Descriptive Analysis of Participants Before and After Attending the Workshop “Meditation as a Form of Relaxation” METHADONE 2021

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Abstract

COVID-19 pandemic has caused a shift in work and school systematics into a predominantly online system. Aside from benefits of enabling work and teaching done without face-to-face interaction, online meeting platforms such as Zoom and Google meet also has some unwanted negative effects, among them is the phenomena called zoom fatigue. One of the ways to overcome zoom fatigue is through relaxation, which can be done by performing meditation. As a mean of providing resources which can help participants to further their knowledge on the topic of meditation, we conduct the workshop titled “Meditation as a Form of Relaxation”. This article describe the general demography of participants of this workshop, as well as their knowledge, interest, and capability of doing meditation prior to and after the workshop have been held.

Keywords: COVID-19; meditation; relaxation; workshop; zoom fatigue

1. Introduction

Coronavirus Disease 2019 (COVID-19) is a respiratory infection caused by a novel type of coronavirus, SARS-CoV-2. As of the 24th of July, 2021, COVID-19 cases in Indonesia have reached 3.03 million confirmed cases after experiencing a 44% spike in infections from 12-18 July[1]. The World Health Organization has declared this disease as a global pandemic since March of 2020 and has caused many changes in society's way of life, behavior, and social order. The straightforward transmission process of the coronavirus between individuals is one of the factors causing the rapid pace of COVID-19 growth into a global pandemic. The method of transmission of this virus is through droplets that can be transmitted through close contact, therefore demanding the enforcement of social distancing so that the spread of the virus can be contained[2]. Indonesian government have established some strategies to control COVID-19 cases in Indonesia, among them are by implementing clean and healthy living behavior, as well as Work From Home (WFH) for workers who can do work online and School From Home (SFH) for students and college students to minimize the spread of the virus[3].

The application of WFH and SFH has caused a systematic shift from face-to-face interaction to mainly being done online. Online meeting platforms such as Zoom, Google Meet, and other applications has made it

possible for workers to work from their respective homes. However, with the increase in online meetings, this is followed by the emergence of the phenomenon termed 'zoom fatigue'. The unclear difference of work and being at home, which has distinct lifestyle factors and social aspects, can impact negatively on a person's mental and physical health[4][5]. Online meetings require a higher focus than face-to-face meetings due to the lack of ability to rely on nonverbal communication as a way of interpretation[6]. Requirement of more focus combined with the less than ideal home atmosphere as a work setting, where there are many diversions, will cause online meetings to be more physically and mentally demanding for workers. This is bound to cause further problems and diseases, especially when done for long hours at a time[7]. Applying meditation and mindfulness in everyday life is one of the ways to overcome this fatigue[8]. Meditation practices strongly enhances our mind to be calmer and more aware, it has been applied for over a millennium by different type of groups, hence this would be a very beneficial method to provide mental and physical support[9]. Several other pieces of research of intervention using meditation also show that, after being given the meditation intervention, the level of people's anxiety decreases during the COVID-19 pandemic. It also shows that non-practitioner has a higher level of distress than meditation practitioner with a quite significant difference[10][11]. Principles of mindfulness give a chance to workers to find a way in the extremely stressful situations during this COVID-19 pandemic[12]. Therefore, the authors took the initiative to hold an open workshop titled "Meditation as Form of Relaxation" and invited a certified meditation teacher as an instructor. By holding this workshop, we hope the participants will acquire the skill sets needed to do meditation in order to relax and overcome the fatigue they experience, especially zoom fatigue.

2. Materials and Methods

This research is a descriptive research with survey as the method of collecting data. Data collection was carried out by collecting participant demographic data and data regarding participants' knowledge, abilities, and interests in meditation before (pre-test) and after (post-test) the workshop was held. There are a total of 1240 participants who filled out both the pre-test and the post test and thus are qualified to be the sample of this research. The data is then presented in frequency tables and are analyzed descriptively.

3. Results and Discussion

General Characteristic of the Samples

Based on secondary data from the 2012 National Health Interview Survey (NHIS), meditation is one of the most recognized applications of complementary and alternative medicine (CAM) by people in the United States. The sample in this study was 34,525 people who had completed the 2012 NHIS interview and were also interviewed about the use of alternative medicine. From the data collected, the prevalence of meditation during the last 12 months in the 18-24 age group was 10.15%, while the 25-44 age group was 37.08%[13]. Among all age groups, the prevalence of doing meditation is higher in women (61.45%) when compared to men (36.55%)[14]. We found different things in the age category of the participants of the METHADONE workshop with the topic "Meditation as a Form of Relaxation" wherein the workshop we conducted, participants were dominated by the age category of late teens (17-25 years old) as many as 957 people (77.2 %). As for gender, secondary data from NHIS corresponds to participants in the METHADONE workshop, which is dominated by women, as many as 1141 participants (92%). The age and gender categories of METHADONE workshop participants can be seen in Table 1 and 2, respectively.

Table 1. Frequency distribution of workshop participants' age

Age

	Frequency	Percent	Valid Percent	Cumulative Percent
<17	271	21.85%	21.85	21.9
17-25	957	77.18%	77.18	99.0
26-35	12	0.97%	0.97	100
>35	0	0	0	100
Total	1240	100.0	100.0	

Table 2. Distribution of gender of workshop participants

Gender				
	Frequency	Percent	Valid Percent	Cumulative Percent
Male	99	8.0	8.0	8.0
Female	1141	92.0	92.0	100.0
Total	1240	100.0	100.0	

Differences in Pre-Test and Post-Test Scores

Table 3. Pre-Test Scores for Workshop Participants

Pre-test				
	Frequency	Percent	Valid Percent	Cumulative Percent
0	413	33.3	33.3	33.3
1	496	40.0	40.0	73.3
2	242	19.5	19.5	92.8
3	74	6.0	6.0	98.8
4	9	.7	.7	99.5
5	6	.5	.5	100.0
Total	1240	100.0	100.0	

Table 3 shows the participants' scores when given 5 multiple choice questions regarding meditation before joining METHADONE. The aim of this pre-test is to inquire participants' pre-existing knowledge of meditation prior to the material given in the workshop. From the table, it is known that the number of participants who scored 0 during the pre-test was 413 participants (33.3%) and the number of participants with a score of 5 was 6 participants (0.5%). Approximately 93% of the participants only answered between 0-2 questions correctly. The complete survey questions can be seen in appendix A.

Table 4. Post-Test Results of Workshop Participants

Post-test				
	Frequency	Percent	Valid Percent	Cumulative Percent
0	176	14.2	14.2	14.2
1	299	24.1	24.1	38.3
2	281	22.7	22.7	61.0
3	215	17.3	17.3	78.3
4	171	13.8	13.8	92.1
5	98	7.9	7.9	100.0
Total	1240	100.0	100.0	

Table 4 shows the participants' scores after participating in the METHADONE workshop. From the table, it's known that the number of participants who scored 0 decreased 19.1%, from 237 participants to 176 participants (14.2%). Participants with a score of 5 increased 7.4% to 98 participants (7.9%). Moreover, the amount of people scoring 4-5 points increased from 15 in the pre-test to 269 in the post-test. These data indicate an increase in participants' knowledge about meditation as a form of relaxation after attending the METHADONE workshop.

Table 5. Experiences of Participants Meditating Before Workshop

	Frequency	Percent	Valid Percent	Cumulative Percent
1	160	12.9	12.9	12.9
2	257	20.7	20.7	33.6
3	408	32.9	32.9	66.5
4	238	19.2	19.2	85.7
5	177	14.3	14.3	100.0
Total	1240	100.0	100.0	

Table 5 shows whether participants ever meditated before and the frequency of meditation. The meditation frequencies of the participants are described in the range of 1 (never) to 5 (very often). The number of participants who answered 1 (never) was 160 participants (12.9%), and those who answered 5 (very often) were 177 participants (14.3%).

Table 6. Experiences of Participants Meditating After Workshop

	Frequency	Percent	Valid Percent	Cumulative Percent
1	105	8.5	8.5	8.5
2	206	16.6	16.6	25.1
3	323	26.0	26.0	51.1
4	275	22.2	22.2	73.3
5	331	26.7	26.7	100.0
Total	1240	100.0	100.0	

Table 6 shows the interest of participants to meditate in the future and the frequency after joining METHADONE. The meditation frequencies of the participants are described in a range of 1 (never) to 5 (very often). The number of participants who answered 1 (never) was 105 participants (8.5%), and those who answered 5 (very often) were 331 (26.7%). This had increased 12.4% compared to before the workshop. This indicates that more people are interested in doing more meditation after exposure to materials delivered in this workshop.

Table 7. Reasons for Participants to Meditate

Reason	Frequency
Keep oneself grounded	142
Relieve stress	1053
Increase self-comfort	538
Transcend ego	127
Other reasons	12
Never	38

Table 7 shows the various reasons participants meditate. One participant can choose more than one reason. Among the available answer choices, most participants, as many as 1053 participants, chose the reason to release stress, then the second most chosen reason was to increase comfort, followed by to ground her/himself and to transcend the ego. Other reasons answered by participants such as for religious activities, overcoming

sleeplessness, for school activities, relieving anxiety, to achieve peace of mind, overcoming eye strain, and practicing concentration. As many as 38 other participants did not choose any answer because they had never done meditation.

Participants' Desire to Learn Meditation Correctly Before and After the Workshop

Table 8. Participants' Desire to Learn Meditation Correctly Before the Workshop

	Frequency	Percent	Valid Percent	Cumulative Percent
1	34	2.7	2.7	2.7
2	115	9.3	9.3	12.0
3	291	23.6	23.5	35.5
4	333	26.9	26.9	62.3
5	467	37.7	37.7	100.0
Total	1240	100.0	100.0	

Table 8 shows the participants' desire to learn meditation properly before the METHADONE workshop. Participants' desire to learn meditation is described as a numbered range of 1 (very unwilling) to 5 (very eager). From the table, 34 participants (2.7%) answered number 1, which means they really do not want to learn meditation properly, and 467 participants (37.7%) chose number 5, which means they really want to learn meditation properly.

Table 9. Participants' Desire to Learn Meditation Correctly After the Workshop

	Frequency	Percent	Valid Percent	Cumulative Percent
1	8	.6	.6	.6
2	26	2.1	2.1	2.7
3	130	10.5	10.5	13.2
4	352	28.4	28.4	41.6
5	724	58.4	58.4	100.0
Total	1240	100.0	100.0	

Table 9 shows the participants' desire to learn meditation properly after the METHADONE workshop. The participants' desire to learn meditation described the same as before, number 1 (very unwilling) to number 5 (very eager). From the table, there was a decrease in participants who answered 1 (8 participants [0.6%]), and the number of participants who answered number 5, which means they are very eager to learn meditation, also increased by 724 participants (58.4%). The number of participants who did not want to learn meditation decreased by 2.1%, and the number of participants who really wanted to learn to meditate increased by 20.7%. This means that there is a significant increase in the participants' desire and interest to learn meditation properly after attending the METHADONE workshop.

Participants' Understanding of the Right Way to Meditate Before and After the Workshop

Table 10. Participants' Understanding of How to Meditate Correctly Before the Workshop

	Frequency	Percent	Valid Percent	Cumulative Percent
1	264	21.3	21.3	21.3
2	419	33.8	33.8	55.1
3	357	28.8	28.8	83.9
4	93	7.5	7.5	91.4
5	107	8.6	8.6	100.0
Total	1240	100.0	100.0	

Table 10 shows the participants' understanding of meditation before the METHADONE workshop. From

the table, it was found that 264 participants (21.3%) answered number 1, which means they do not really understand how to meditate, and as many as 107 participants (8.6%) chose number 5, which means that they have a better understanding about how to meditate correctly.

Table 11. Participants' Understanding of How to Meditate Correctly After the Workshop

	Frequency	Percent	Valid Percent	Cumulative Percent
1	15	1.2	1.2	1.2
2	40	3.2	3.2	4.4
3	162	13.1	13.1	17.5
4	446	36.0	36.0	53.5
5	577	46.5	46.5	100.0
Total	1240	100.0	100.0	

Table 11 shows the participants' knowledge of meditation after the METHADONE workshop. Participants' understanding of how to meditate correctly is measured by a number of 1 (does not understand very well) to 5 (understands very well). From the table, it was found that 15 participants (1.2%) answered number 1, which means they did not understand very well the correct manners to meditate. There is a decrease of 20.1% compared to the number of participants who did not understand before attending the workshop. Whereas 577 participants (46.5%) chose number 5, which means they have a good grasp on ways to meditate correctly. There is a 37.9% increase compared to before the workshop, implying that METHADONE workshop participants experienced an increase in understanding of how to meditate correctly.

The Ability of Participants to Meditate Correctly Before and After Workshop

Table 12. Ability of Participants to Meditate Correctly Before Workshop

	Frequency	Percent	Valid Percent	Cumulative Percent
1	271	21.9	21.9	21.9
2	439	35.4	35.4	57.3
3	331	26.7	26.7	84.0
4	106	8.5	8.5	92.5
5	93	7.5	7.5	100.0
Total	1240	100.0	100.0	

Table 12 shows the participants' ability to meditate correctly before the METHADONE workshop. The participants' ability to meditate correctly was measured with a number ranging from 1 (very poor) to 5 (competent). From the table, it was found that 271 participants (21.9%) answered number 1, which means they have very poor skill to meditate correctly, and 93 participants (7.5%) chose number 5, which is competent of meditating correctly. The majority of respondents (35.4%) chose number 2, signifying a poor ability to correctly perform meditation.

Table 13. Ability of Participants to Meditate Correctly After Workshop

	Frequency	Percent	Valid Percent	Cumulative Percent
1	18	1.3	1.3	1.3
2	40	3.2	3.2	4.5
3	227	18.3	18.3	22.8
4	462	37.3	37.3	60.1
5	495	39.9	39.9	100.0
Total	1240	100.0	100.0	

Table 13 shows the participants' ability to meditate properly after the METHADONE workshop. The participants' ability to meditate correctly was measured with a range of 1 (very poor) to 5 (competent). From

the table, it was found that as many as 16 participants (1.3%) answered number 1, which means they are not very capable of meditating properly; this decreased 20.6% compared to before. On the other hand, 495 participants (39.9%) chose number 5, which is very capable of meditating correctly. The amount of people with the same answer also experienced a very significant increase (32.4%) compared to before the workshop, suggesting that METHADONE workshop participants experienced an overall increase in their ability to meditate correctly after attending the METHADONE workshop.

4. Conclusion

Based on the research results, the workshop is dominated by females (1141 people [92%]). The dominating age is from the late adolescence group (age 17-25 years) consisting of 957 people (77.2%). The pre-test and post-test scores of workshop participants have increased overall, indicating an increase in workshop participants' understanding and ability to meditate with the correct method as shown in the fourth and fifth survey questions (increased 37.9% and 32.4%, respectively). The most common reasons for participants to meditate are to reduce stress, followed by to increase self-comfort, to ground themselves, to transcend the ego, and other reasons such as for religious activities, to overcome insomnia, for school activities, to remove anxiety, to overcome strain on the eyes, and to practice concentration. In addition, the interest and desire of workshop participants to meditate also increased quite significantly (20.7%).

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Appendix A. Survey Questions

General Characteristic

1. E-mail : _____

2. Name : _____

3. Age : _____

4. Gender

☐

Male

☐

Female

5. City of Origin : _____

6. I have meditated before

mark only one square

	1	2	3	4	5	
Never	☐	☐	☐	☐	☐	Very Often

7. Why do you meditate?

mark all appropriate squares

☐

Keep oneself grounded

☐

Relieve stress

☐

Increase self-comfort

☐

Transcend ego

☐

Other reasons: _____

8. I have the WILL to learn correct ways of meditating independently BEFORE/AFTER the workshop

	1	2	3	4	5	
Very Unwilling	☐	☐	☐	☐	☐	Very Eager

9. I have the a good UNDERSTANDING on the correct ways of meditating BEFORE/AFTER the workshop

	1	2	3	4	5	
Very Poor						Competent

10. I have the a good ABILITY to meditate correctly BEFORE/AFTER the workshop

Very Poor						Competent
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Pre-Test and Post-Test Questions

Choose only one appropriate answer for each questions

1. Which are the three ways of meditating...

- ☐ Visual meditation, Sound meditation, Breathing meditation
- ☐ 5 bodily senses meditaion, Visual meditation, Sound meditation
- ☐ Breathing meditaion, 5 bodily senses meditation, Visual meditation
- ☐ Sound meditation, Spatial meditation, 5 bodily senses meditation
- ☐ Visual meditation, Sound meditation, Spatial meditation

2. Which of these choices is NOT the correct way to meditate...

- ☐ Focus ones attention to a target
- ☐ Maintain attention from time to time
- ☐ Alert when attention is distracted
- ☐ Can return to focus whenever distracted
- ☐ Think the same thoughts over and over

3 Which of these choices is NOT the benefit of meditation...

- ☐ Feeling present
- ☐ Releasing stress, anxiety, and feelings of discomfort
- ☐ Regulate breathing
- ☐ Increase comfort

☐ Transcend ego

4 Which of these choices is the correct steps of meditation...

☐ Rigid, Stable, Alert

☐ Stable, Alert, Relaxed

☐ Stable, Relaxed, Flexible

☐ Alert, Flexible, Relaxed

☐ Rigid, Relaxed, Stable

5 Which of these statements is INCORRECT regarding meditation...

☐ Meditation can be likened to exercise for the brain

☐ All feelings that arise during meditation are valid

☐ One does not have to be 100% focused

☐ Meditation increases awareness of thoughts, emotions, sounds, and physical sensations

☐ Something has to be felt during meditation