

**THE EFFECT OF THE INSIGHT MEDITATION PRACTICE PROGRAM ON
EMOTIONAL QUOTIENT OF NURSING STUDENTS IN THE FIRST YEAR,
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The purposes of this study were to explore overall emotional quotient (EQ), and assess the effect of the Insight meditation practice program on EQ of the first year nursing students in the Bachelor nursing program. The study used a one-group pretest-posttest design. A sample consisted of 167 students participating in the program (8 days and 7 nights). This program included Buddhist meditation (Vipassana), performing prayer, rituals, and Buddhist teachings (Dharma). Demographic data and a self-report EQ questionnaire were collected from these subjects before and after the program in March, 2003. In addition, EQ data were collected at 6 months after the program. The majority of the subjects were female (97.6%). The age mean was 19.11 (SD = 1.39, range = 17-28 years). Most of the students (82.6%) had adequate monthly expenses. These students had good relationships with their families (88.6%) and friends (88.6%). Interestingly, there was a significant relationship between monthly expense and students' EQ ($r = .20, p < .05$). These subjects had high overall EQ ($M = 164.38, SD = 15.34, \text{range} = 124-199, \text{possible range} = 52-208$). The results indicated no significant difference between EQ mean of pretest ($M = 163.90, SD = 15.04$) and mean of posttest ($M = 164.13, SD = 15.43, N = 142, \text{paired t-test} = -.27, p > .05$). The mean of posttest ($M = 164.37, SD = 15.34$) and that of six months after the program ($M = 164.19, SD = 14.62$) were not significantly different ($N = 129, \text{paired t-test} = .18, p > .05$). Similarly, the mean of pretest did not differ from that of six months after the program. Therefore, the Insight meditation practice program did not enhance students' EQ. The educators should modify the intervention program to improve students' EQ effectively. Such intervention program should be provided to these students periodically (e.g., in their following second, third and fourth study years). These strategies could maintain, or promote EQ among these students which may increase students' abilities to manage their emotions, minimize stresses, and establish good relationship with friends.

Tulyathorn P; Sanasuttipun W; and Srijantaranit A. The effect of the Insight meditation practice program on emotional quotient of nursing students in the first year, Faculty of Nursing, Mahidol university, Bangkok, Thailand. Siriraj Med J. 58, (2006); 17. Funded by China Medical Board.