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EL IMPACTO DE UN PROGRAMA DE MEDITACIÓN CRISTIANO EN LAS COMPETENCIAS SOCIOEMOCIONALES. RESULTADOS PRELIMINARES

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RESUMEN

Marco teórico Las meditaciones religiosas producen cambios biológicos y de habilidades cognitivas. El aumento del funcionamiento del lóbulo frontal estaría relacionado con prácticas religiosas más frecuentes y aquellas de menor grado experiencial. (Brick et al, 2012). La meditación compasiva estimula el sistema de calma-afiliación aumentando la perspectiva positiva del sujeto (Gilbert, 2009)?. La expresión emocional y la autoeficacia son consecuencias de estas prácticas. **Objetivo** Comparar el impacto en las competencias socioemocionales de sujetos que participaron en un Programa de Meditación Cristiano con quienes participaron de uno No religioso. **Metodología** Se distribuyeron al azar en dos grupos a 22 voluntarios de religión Cristiana en ambos, 11 en cada grupo. Su duración fue de 8 semanas. Se realizó un encuentro semanal de meditación. Cada participante repetía los ejercicios diariamente con audios grabados. Se evaluó pre y post tratamiento, con Inventario de Competencias Socioemocionales para adultos (ICSE, Mikulic y Cols 2013). **Resultados y Conclusiones** Considerando la totalidad de casos, se encontraron diferencias estadísticamente significativas entre pre y post tratamiento en autoeficacia y en comunicación expresiva, con valores más altos en el post tratamiento. Estos fueron resultados de un estudio piloto, se espera al ampliar la muestra lograr encontrar diferencias entre los grupos.

Palabras clave

Atención Plena - Meditación - Resiliencia - Religión

ABSTRACT

IMPACT OF A CHRISTIAN MEDITATION PROGRAM ON THE PERCEPTION OF QUALITY OF LIFE AND COGNITIVE EMPATHY. PRELIMINARY RESULTS

Theoretical framework Religious meditations produce biological changes and cognitive abilities. The increase in frontal lobe function would be related to more frequent religious practices and those of lower experiential level (Brick et al, 2012). Compassionate meditation stimulates the calm-affiliation system increasing the positive perspective of the subject (Gilbert, 2009) ?. Emotional expression and self-efficacy are the result of this kind of practices. **Aim** To compare the perception of quality of life of subjects participating in a Christian Meditation Program

with subjects who participated in a Non-Christian Meditation Program. **Methodology** Two volunteer groups of Christian religion were randomly distributed into two groups, 11 in each group. The programmes lasted 8 weeks, during which a weekly meditation meeting was held. The participants are asked to repeat the exercises taught once a day with recorded audios. They were evaluated with Inventory of SocialEmotional Competencies, Life satisfaction scale and Inventory of perceived quality of life. **Results and Conclusion** Although no significant differences were found between groups, if there is a change in relate to satisfaction with life after having carried out both programs. These are preliminary studies. We expect to expand the sample to find differences between groups.

Keywords

Mindfulness - Meditation - Resilience - Religion

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