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# IMPACTO DE UN PROGRAMA DE MEDITACIÓN CRISTIANO EN LA PERCEPCIÓN DE SU CALIDAD DE VIDA. RESULTADOS PRELIMINARES

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## RESUMEN

Marco teórico Las meditaciones religiosas producen en el ser humano 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, aunque el proceso neuropsicológico preciso permanece incierto (Brick et al, 2012). Objetivo principal Comparar la percepción de calidad de vida de sujetos que participan de un Programa de Meditación Cristiano con sujetos que participaron de un Programa de Meditación No Cristiano. Metodología Se distribuyeron al azar en dos grupos a 23 participantes voluntarios de religión Cristiana, 12 fueron asignados al Programa No Cristiano y 11 fueron asignados al Programa Cristiano. La duración fue de 8 semanas, en las que se realiza un encuentro semanal de meditación. Se les pide a los participantes que repitan los ejercicios enseñados una vez al día con la ayuda de audios grabados previamente. Se evaluaron con Inventario de Competencias Socioemocionales, Escala de satisfacción con la vida e Inventario de calidad de vida percibida. Resultados y Conclusiones Aunque no se hallaron diferencias significativas entre grupos, si hay una modificación de lo reportado respecto de la satisfacción con la vida luego de haber realizado ambos programas. Estos son estudios preliminares Se espera al ampliar la muestra lograr encontrar diferencias entre 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 in the human being 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, although the precise neuropsychological process remains uncertain (Brick et al, 2012). 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, 12 were assigned to the Non-Christian Program and 11 were assigned to the Christian Program. 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 Social-Emotional 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.

## Key words

Mindfulness - Meditation - Resilience - Religion

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