Impact of Meditation Practice on Critical Thinking: A Comparative Descriptive Analysis

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University of Phoenix
2018 Knowledge Without Boundaries Research Summit
August 14, 2018
The Problem
CT = Metacognition

Meditation = Inward focus on thoughts
Types of meditation

conflict monitoring, selective attention, and sustaining attention

“monitoring, vigilance, and disengaging attention from stimuli” (Lutz et al., 2008, p. 3).
Variables

Control Variable – Type of Practice
- Focused Attention
- Open Monitoring
- Both
- Other

Duration
- Years

Frequency
- X per Week

Critical Thinking
- CCTST-N score
Sample

School for Healing Arts
Southwest

Yoga Classes
Major Research Institution
Southeast

Online Institution

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## Descriptive Stats

<table>
<thead>
<tr>
<th>Type</th>
<th>Frequency</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
<td></td>
<td>8</td>
</tr>
<tr>
<td>Focused Attention</td>
<td>3X Week or less</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>4X Week or more</td>
<td>3</td>
</tr>
<tr>
<td>Open Monitoring</td>
<td>3X Week or less</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>4X Week or more</td>
<td>0</td>
</tr>
<tr>
<td>Both FA and OM</td>
<td>3X Week or less</td>
<td>14</td>
</tr>
<tr>
<td></td>
<td>4X Week or more</td>
<td>13</td>
</tr>
<tr>
<td>Other</td>
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<td>3</td>
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<tr>
<td></td>
<td>4X Week or more</td>
<td>2</td>
</tr>
<tr>
<td><strong>Total Practice</strong></td>
<td>3X Week or less</td>
<td>23</td>
</tr>
<tr>
<td></td>
<td>4X Week or more</td>
<td>18</td>
</tr>
</tbody>
</table>
Did you guess right?

One type of meditation – *focused attention* - when practiced *four or more times each week*, regardless of duration of practice, corresponded with *significantly higher global critical thinking scores*.

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It’s a First!

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Limitations/Recommendations

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References


