

Perceptions of Meditation among Catholic Latinxs

Anya Bhagwakar, Mentor: Susan Aguiñaga
University of Illinois at Urbana-Champaign



INTRO

Latinx youth report high levels of depression. Meditation may improve symptoms of depression. Given the affiliation between Hinduism and meditation, Catholic Latinxs may find the practice of meditation conflicting to their religious beliefs. The goal of this study was to identify barriers to meditation among Catholic Latinxs.

METHODS

A cross-sectional study with a sample of self-reported Catholic Latinx mothers was conducted. Participants completed the Determinants of Meditation Practice Inventory (DMPI).

- A validated 17-item questionnaire on a Likert scale ranging from (1) strongly disagree to (5) strongly agree. Higher DMPI scores indicate greater barriers to meditation (range: 17-85).

RESULTS

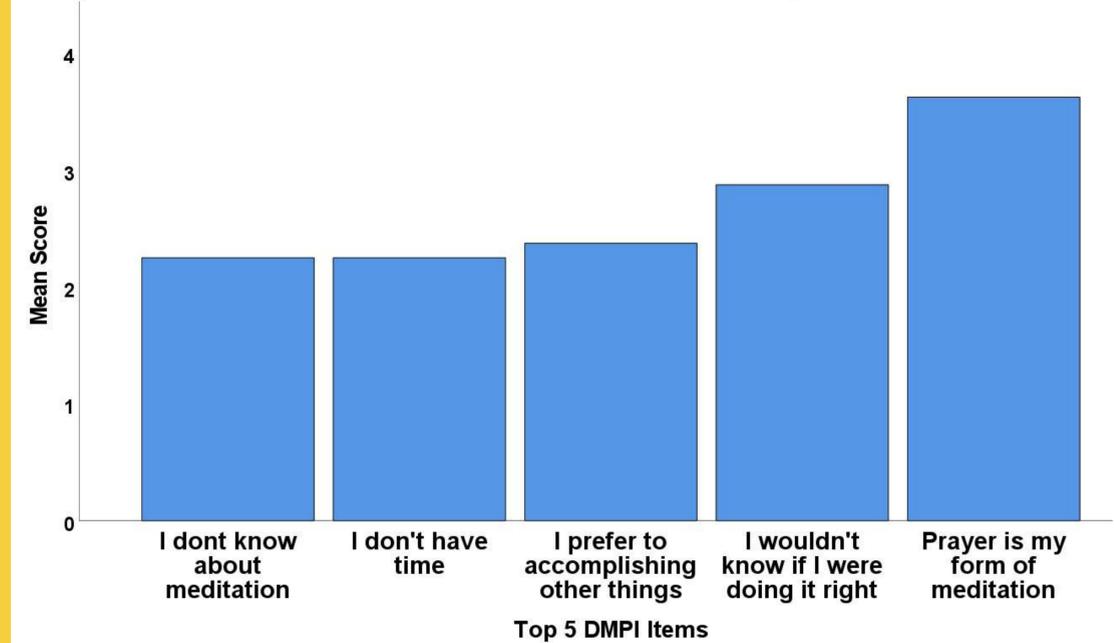
Catholic Latinxs (N=8, $M_{AGE} = 42.50 \pm 10.32$) reported no barriers to meditation ($M_{DMPI} 35.50 \pm 15.46$). Participants agreed *prayer was their primary form of meditation* (M= 3.63) and strongly disagreed that *meditation would conflict with their religion* (M =1.63). The following items: *prefer to be accomplishing other things* (M= 2.38) and *would not know if I were doing it right* (M= 2.88) were relatively greater barriers to meditation compared to other items.

Data indicates that Catholic Latinx mothers found **no conflict** between Catholic religion and meditation.



Future programs aiming to reduce depression among Latinx may consider adding a meditation component to yoga as it may be culturally acceptable.

Figure 1. Determinants of Meditation Practice Inventory Items Mean Scores



Note: Illustrated are the five top barriers to meditation out of the 17 items from the DMPI questionnaire.

DISCUSSION

This study explored the acceptability of meditation among Catholic Latinx mothers to provide input on a future yoga with meditation intervention for Latinx youth with depression. It is important to understand the perceived acceptability and barriers to yoga/meditation among Catholic Latinx populations to inform future interventions.

UNDERGRADUATE RESEARCH SYMPOSIUM

APRIL 26 - APRIL 30, 2021
VIRTUAL EDITION

