

EFFECTS OF A MINDFULNESS MEDITATION MOBILE APPLICATION PLATFORM ON REDUCING STRESS AND ANXIETY

RUJITTIKA MUNGMUNPUNTIPANTIP^{*}, VIROJ WIWANITKIT^{**}

ABSTRACT

Mobile application is a widely used internet thing in the present day. Several kinds of mobile applications are available. Some Apps become very useful for daily life. For application in health purpose, the specific mobile Apps are usually considered useful. Here, the authors discuss on the specific Apps aiming at mental health promotion. The issues on effects of a mindfulness meditation mobile application platform on reducing stress and anxiety are hereby mentioned.

KEYWORDS: Internet, Mobile, Application, Meditation, Mental.

INTRODUCTION

Mobile application is a widely used internet thing in the present day. Several kinds of mobile applications are available. Some Apps become very useful for daily life. For application in health purpose, the specific mobile Apps are usually considered useful. Here, the authors discuss on the specific Apps aiming at mental health promotion. The issues on effects of a mindfulness meditation mobile application platform on reducing stress and anxiety are hereby mentioned.

SPECIFIC MOBILE APPS FOR MEDITATION AIMING AT MENTAL HEALTH CARE

As widely known, meditation is accepted as a classical way for maintain good mental health. The meditation practice is promoted in public health view at presented. With advent of internet technologies, there are some attempts to develop ne mobile Apps to support meditation practice. The important reports on this issue are summarized and presented in Table 1.

Table 1. Some reports on mobile Apps for meditation aiming at mental health care

Authors	Details
Duraimani et al. [1]	Duraimanistudied oncost effectiveness of using mobile Apps for meditation aiming at mental health care [1].
Carissoli et al. [2]	Carissoliet al. discussed on how a meditation protocol supported by a mobile application could help people reduce stress [2].
Lehto et al. [3]	Lehto et al. reported onhospice and palliative care provider experiences with meditation based on mobile Apps in nursing for cancerous patients [3].
Bostock et al. [4]	Bostock et al. studied on effects of a mindfulness meditation App on work stress [4].

^{*}26, Edical Center, Bangkok, Thailand.

^{**}Honorary Professor, Dr DY Patil University, Pune, India.

Correspondence E-mail Id: editor@eurekajournals.com

DISCUSSION

Internet tool for health care management is the new application of internet things in medicine. Several new tools have been launched for a few years. The impact of the new mobile Apps for health care is very interesting. The authors hereby discuss on specific mobile App for mindfulness meditation that is applied in mental health care. There are some interesting reports on this specific issue in medical database.

The effects of a mindfulness meditation mobile application tool on decreasing stress and anxiety is a very interesting issue. Duraimaniconcluded that *"learning and practicing mindfulness meditation using a mobile app can be easy, cost-effective, and associated with significant positive effects that are similar to those when learning mindfulness in the presence of a teacher [1]."* We would like to share ideas on this study. First, the development of mobile App is interesting and will be useful. However, based on the present study, it is not possible to identify that exact person who use and practice according to the details provided via mobile App. This is a basic consideration in any study based on mobile App. Without confirmation of the participants, it is hard to further access the outcome. Second, the meditation might require calmness. Using of any communication media during meditation practice is questionable whether it is a calm environment or not. According to Chinese meditation concept, "calm, still and quiet" is required for getting success from mindfulness meditation [5]. As suggested by Jones et al., it is necessary that participant should be separated from any kinds of arousal in order to access the actual effect of mindfulness meditationpractice [6].

CONFLICT OF INTEREST: None

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