

OP-32: Exploring associations between meditation, being green and perceived quality of life

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Introduction: Meditation has been recently studied in the context of pro-environmental behaviour and perceived quality of life (PQoL). It has been found to have a favourable association with nature connectedness, PQoL and pro-environmental behaviour. The present research investigated the association of meditation experience and trait mindfulness with PQoL and per capita carbon footprint (CF), among 25 skilled meditators.

Methods: Self-reported validated questionnaires in a sinhala-speaking context were used in collecting data on meditation experience (duration of practice of meditation, average time duration of a meditation session, perception on Impact of Meditation on Daily life (IMD), five facets of mindfulness (observing facet, acting with awareness, describing facet, non-judging of inner experiences, non-reactivity to experience) and PQoL. To collect CF data, a self-reported data collection booklet was also used. Each participant had to record CF data for 14 days within four domains: food and beverage consumption, electricity consumption at residence, travelling and solid waste disposal at residence.

Results: IMD was strongly associated ($r > 0.4$) with all facets of PQoL. Observing and non-reactivity facets of trait mindfulness showed significant positive correlations ($r > 0.4$) with PQoL. Further, results revealed that IMD significantly mediates the negative relationship between observing facet of trait mindfulness and CF_{FB} (Indirect Effect; $IE = 0.002$; $SE = 0.001$; 95% CI [0.01, 0.417]). Further, IMD significantly mediated the association between mindfulness (based on acting with awareness) and CF (based on solid waste disposal behaviour) (CF_{SWDS} ; $IE = -0.003$; $SE = 0.003$; 95% CI [-0.0124, 0.0001]).

Conclusions: The present study has contributed to the body of knowledge on meditation, PQoL, and pro-environmental behaviour by filling a gap in the literature on the effect of meditation training on per capita carbon emissions. Investigated direct and indirect relationships between meditation and per capita carbon footprint indicated that meditation could have an impact on one's climate change mitigation behaviour.

Keywords: meditation, mindfulness, carbon footprint, GHG, PEB

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