

課前靜坐對情緒智力管理的重要性

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摘要

Abstract

Due to the rapidly deteriorated natural and social environments as well as stress from school, work or life, people have become more fragile than ever in terms of spirits and bodies. Various lifestyle diseases (diseases of civilization) and mental problems have been emerging. All the disorder and turbulence represents a serious warning signal. Meditation has been employed as an approach to improve attention span, emotional intelligence and spiritual mental status. Meanwhile, meditation has been practiced with a view to releasing the almost unbearable stress in modern life. This study aims to investigate how meditation influences emotional intelligence. A survey of experts in the fields of management and psychology will be conducted. Analytic hierarchy process (AHP) was used to derive the numerical weight or priority of each element in the hierarchy. It found the results of this study can serve as a reference on how to improve attention, emotional intelligence and mental status of students and employees.

關鍵字：AHP, Meditation, Emotional Intelligence