Abstract:

The positive effects of meditation and music on cancer treatment patients have already been the subject of various studies. In Korea as well, meditation and meditation music are being applied in numerous ways to assist cancer patients. In this regard, I wish to share the wisdom of the East with patients who are experiencing difficulties. Mental wellness can be related to healthier living, the learning process and working environments for people in the health care settings. A wide range of mental wellness programmes have been explored to provide patients with pleasant and satisfying experiences. The purpose of this presentation is to explore the effects of integrating Zen meditation and music listening on the mindfulness and happiness levels of patients. Meditation and music programme are a potential approach for enhancing mindfulness, happiness and stress management. These results carry broader implications, particularly in terms of supporting mental health resources. Furthermore, the study contributes to the ongoing discussion regarding the positive impact of combining meditation and music to promote mental well-being. This integrated approach has the potential to strengthen coping strategies and further promote the integration of music and meditation practices in various contexts. Keywords: Zen meditation; music; mental wellness; Cancer patients; wellness programme.