

# The Integration of Body-Mind-Spirit Training Elements in the teaching of a GE course

General Education Conference  
Evolution and Transformation

Dr. Anna Ng Hoi Nga  
School of Humanities and Languages  
Caritas Institute of Higher Education  
[hng@cihe.edu.hk](mailto:hng@cihe.edu.hk)

# Outline

- \* Course Description
- \* Mode of Teaching
- \* Integration of Body-Mind-Spirit Elements
- \* Assessment
- \* Student's individual performance
- \* Measurement tool
- \* Evaluation results

# Course Description

- \* **Course Title: ‘Individual and Society’**
  - \* Three major components:
    - \* understanding of self;
    - \* consciousness towards society;
    - \* interpersonal relationships.
  - \* Basic psychological principles are introduced to help students understand the impact of internal and external factors on their thoughts, feelings, and behavior.
  
- \* **Specific topics of the course include:**
  - \* Definition of culture,
  - \* Understanding self in human relations, and in intimate relationships
  - \* Personality and human relations,
  - \* Hong Kong Chinese identity,
  - \* Communication and relation in work.

# Mode of Teaching

- \* The mode of teaching encompasses
  - \* Lecture
  - \* Class discussions
  - \* Tutorial
  - \* Debates
  - \* Body-mind-spirit experiential games
  - \* Group project presentation
  - \* Individual performance

# Course Assessment

- \* **Students are required to conduct a group project 30%**
  - \* Interviewing two youngsters and two elder adults on personal and social factors affecting their attitudes towards different significant life issues (viz., life, death, education, gender, love, sexuality, and religion).
  - \* Presentation of results of data analysis of the interviews.
- \* **Tutorial participation 20%**
  - \* In the final tutorial, each student is required to do a two-minute individual show performance on the theme ‘I love myself because...’
- \* **Individual written assignment 20%**
- \* **Final Test 30%**

# Student's individual performance

- \* Each student is required to do a two-minute individual show performance on the theme 'I love myself because...'
- \* Highlighting 'The Power of Individual'

# Measurement Tool

Are there any changes in your feeling or your ability in the following aspects after taking the course?

Please indicate your answer by putting a "✓" mark in the appropriate box that applies to you

	Feeling or ability	Worse	No change	Better	Much better	Very much better
1	Feeling of life is full of vitality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	Feeling of physical healthy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	Ability to resist feeling tired	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	Feeling good about bodily function	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	Sleeping well	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	Feeling of being energetic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	Physically condition in coping with work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	Concentration in things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	Ability to play a useful part in things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	Capability of making decision	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	Ability to face up to problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	Capability of enjoying day-to-day activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	Feeling of reasonably happy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	Knowing myself and future direction	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	Feeling positive about life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16	Feeling fulfilled and satisfied with life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17	Feeling settled about future	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18	Feeling a sense of well-being about future,	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19	Feeling good about future	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20	Feeling that life is meaningful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21	Believing that life has some real purposes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22	Enjoy much about life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23	Feeling that life is full happiness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24	Being able to peacefully accept changes in life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25	Being able to calmly face the various encounters of	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26	Being able to accept regrets in life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27	Being able to take something up, or let go of it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28	Not feeling resentful to other's hurting of me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29	Being able to accepting other's criticism of me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30	Being able to readily forgive other's hurting of me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31	Being able to feel myself as worthy person	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32	Being able to feel myself as having good quality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33	Being able to feel that I am a success	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34	Being able to do things in general	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35	Being able to take pride of myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
36	Being able to take positive attitude toward myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
37	Feeling of satisfaction with myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
38	Being able to have respect for myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
39	Feeling myself as a useful person	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
40	Feeling myself as good as others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# Outcome Measures of the GE Course on Individual and Society

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Scale	No. of items	Exemplary items
Physical	7	Feeling that physical healthy; Feeling good about bodily function
Psychological	6	Ability to face up to problems; Capability of enjoying day-today activities
Spiritual	7	Feeling that life is meaningful; Believing that life has some real purposes
nonattachment	10	Ability to take something up, or let go of it Not feeling resentful to other's hurting of me
Positive self-regard	10	take a positive attitude towards oneself; feel satisfied with oneself

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# Data Collection

- \* **Participants**

- \* 80 students (47.5% males) participated in the study.
- \* They are from different disciplines, including social work, human services, hotel management, corporate management, market and event management, business administration, accountancy, etc. Participation was voluntary and anonymous.

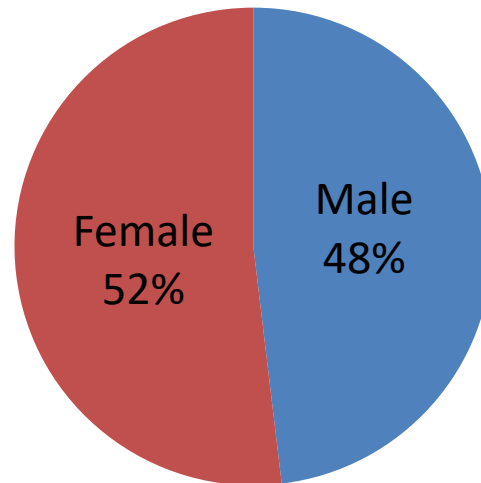
- \* **Data procedure collection**

- \* Students were invited to fill in a questionnaire consisting five scales that measure holistic well-being.
- \* The questionnaire took only 5 minutes to complete. Reliability of the five scales is satisfactory.

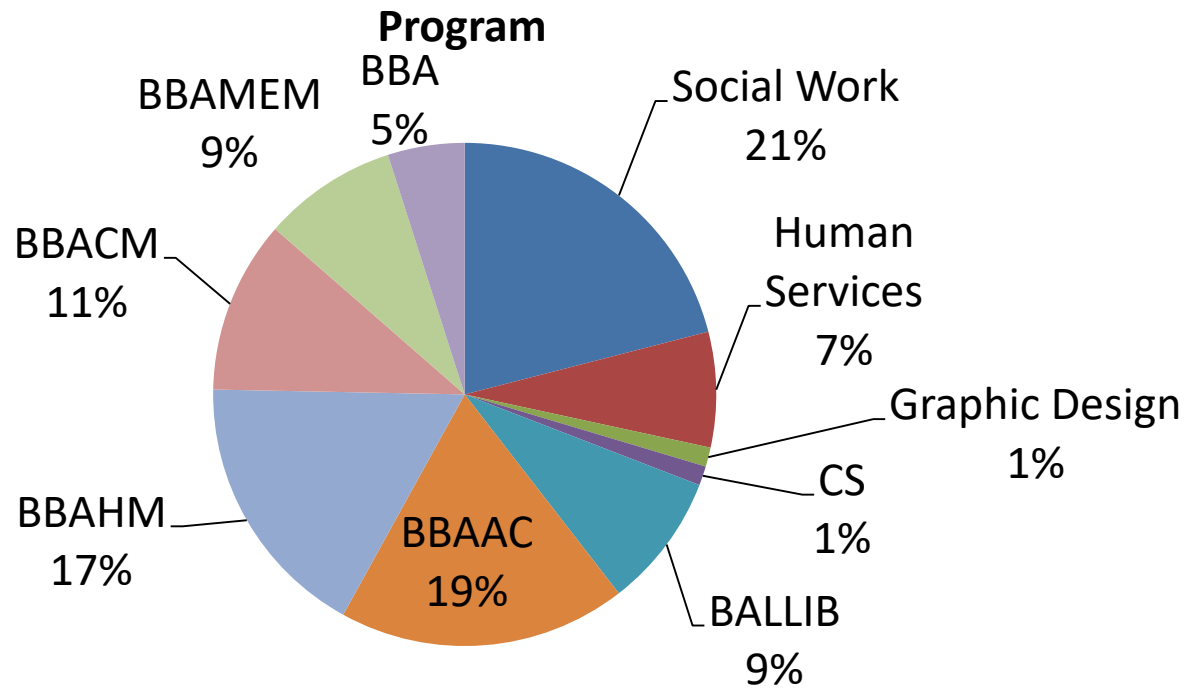
# Evaluation results

- \* Participants:
  - \* Female (52%) and Male (48%)

**Sex**



# Student background



# Reliability of the Outcome Measures

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Outcome measure	Number of items	Cronbach $\alpha$ coefficient
Body	7	.91
Mind	6	.92
Spirituality	7	.92
Nonattachment	10	.93
Positive self-regard	10	.94

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# Descriptive Statistics of Outcome Measures

Mean value of Body lowest of all, approaching toward better.

Mean values of the other outcome measure slightly higher than change to better.

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Outcome measure	N	Mean	S.D.
Body	80	0.98	0.72
Mind	77	1.16	0.72
Spirituality	78	1.18	0.78
Nonattachment	79	1.11	0.67
Positive self-regard	80	1.15	0.71

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# Gender Difference in Outcome

Female students report lower level of increment in all the scales

Outcome measure	Males (N=33) Mean (SD)	Females (N=36) Mean (SD)	t-value
Body	1.10 (0.77)	0.78 (0.54)	1.98*
Mind	1.29 (0.75)	0.97 (0.54)	2.00*
Spirituality	1.39 (0.79)	0.95 (0.69)	2.45*
Nonattachment	1.20 (0.69)	1.02 (0.59)	1.16
Positive self-regard	1.21 (0.76)	1.08 (0.62)	0.77

# Positive Changes in BMS

- \* Students reported that there are positive changes in their feeling or ability in the aspects of
  - \* Body
  - \* Mind
  - \* Spirit
  - \* Nonattachment
  - \* Positive Regard

# One Sample T-test on Outcome Measures (with Test Value = 0)

Note. All t-values significant at  $p < .001$

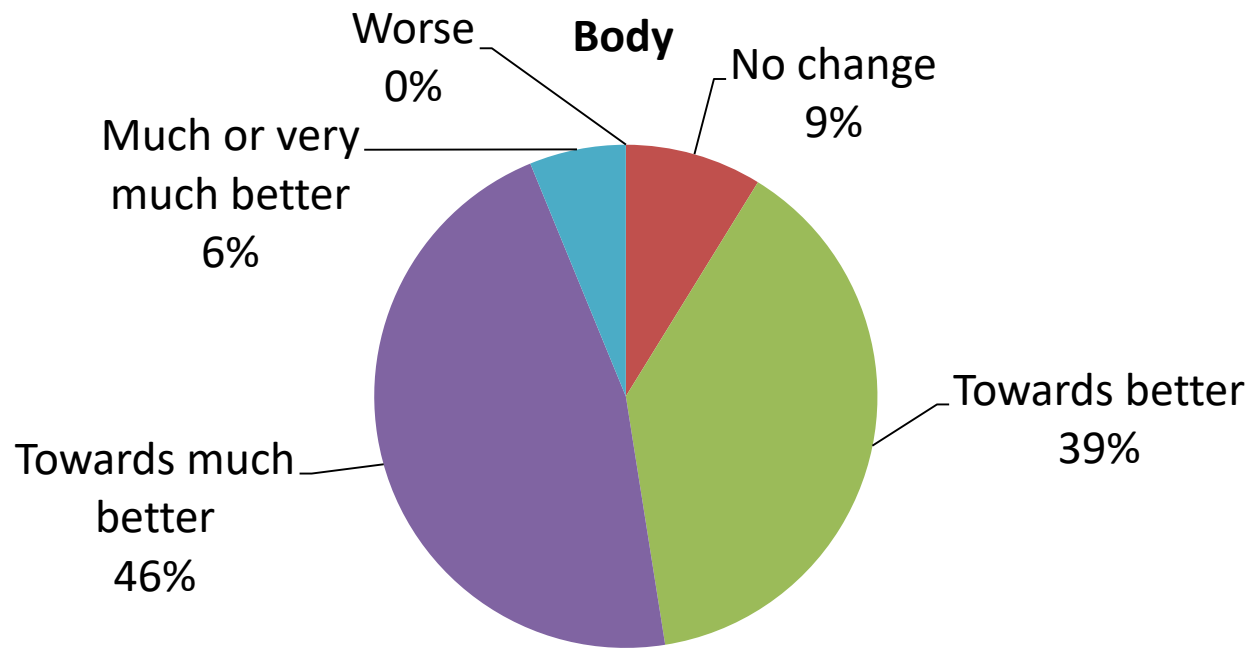
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Outcome measure	N	t-value
Body	80	12.14
Mind	77	14.11
Spirituality	78	13.35
Nonattachment	79	14.85
Positive self-regard	80	14.50

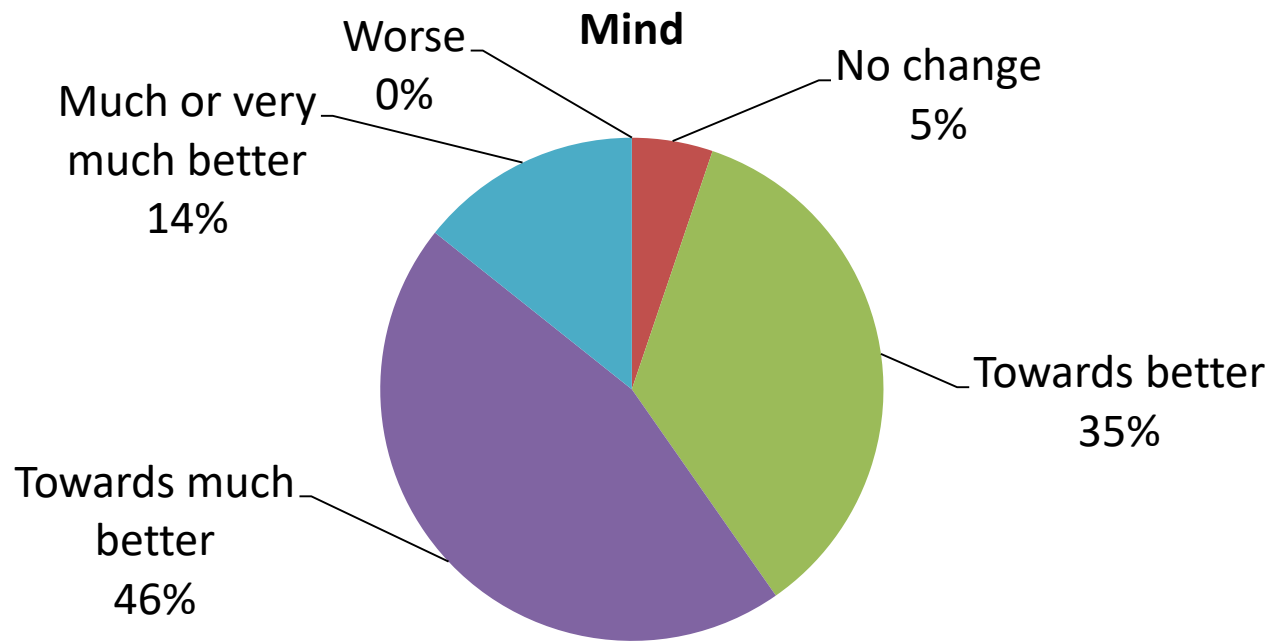
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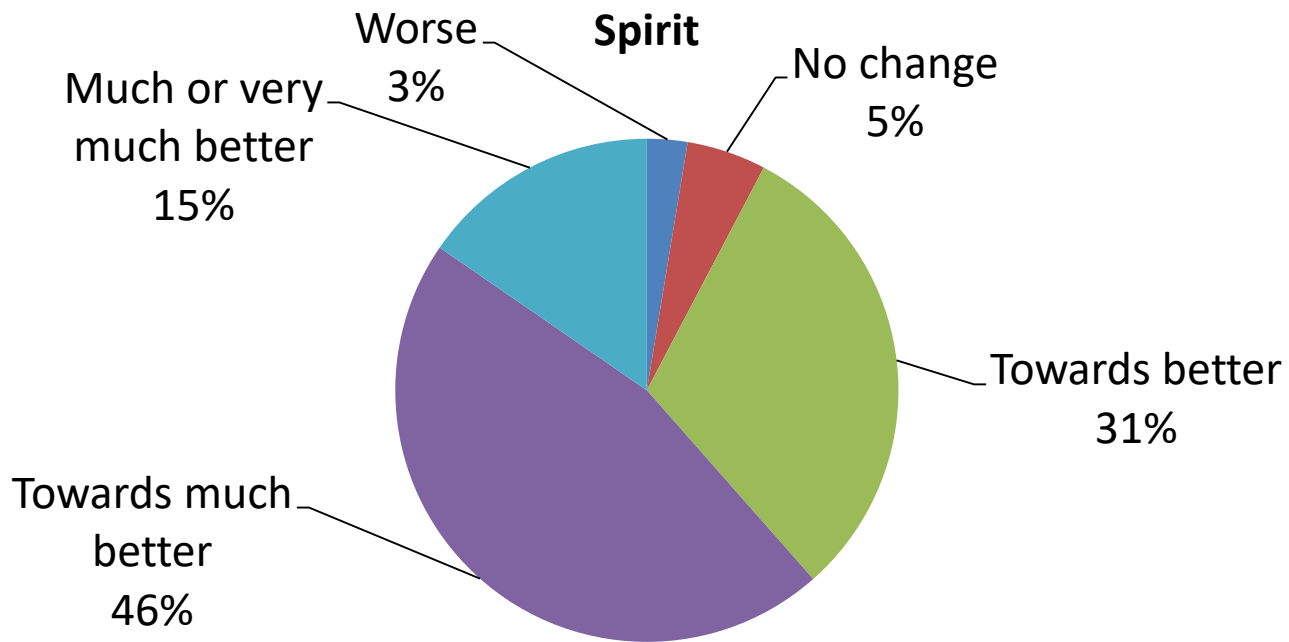
# Physical (Body)



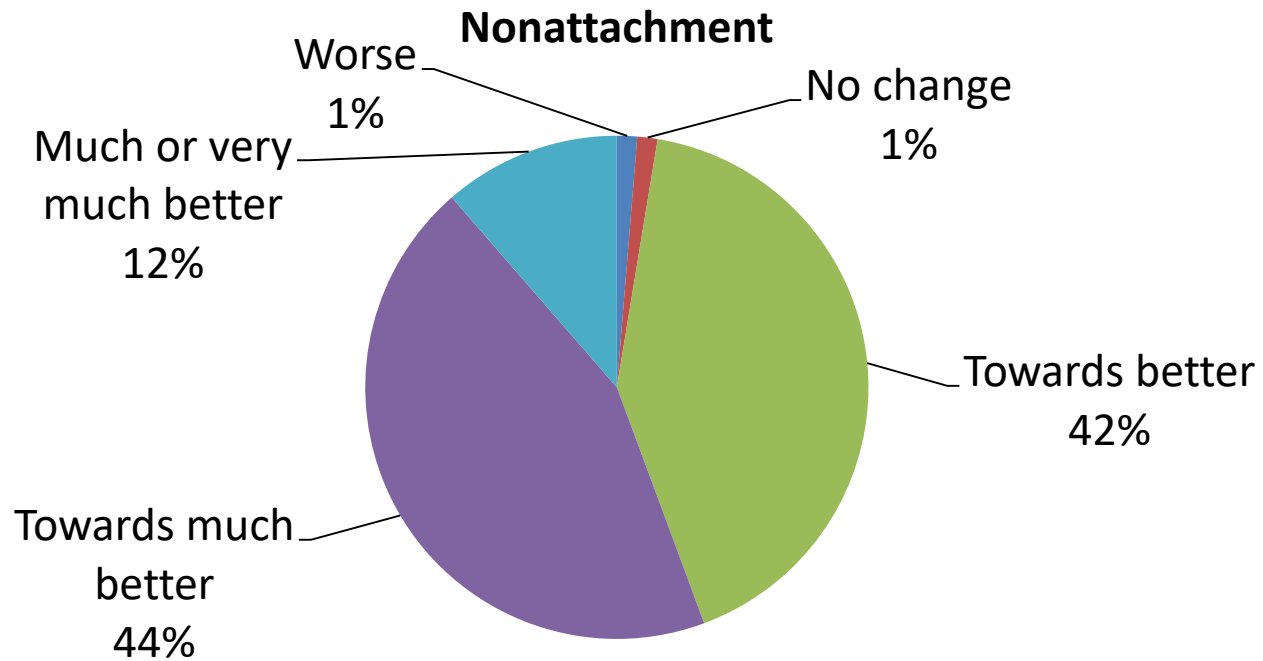
# Psychological (Mind)



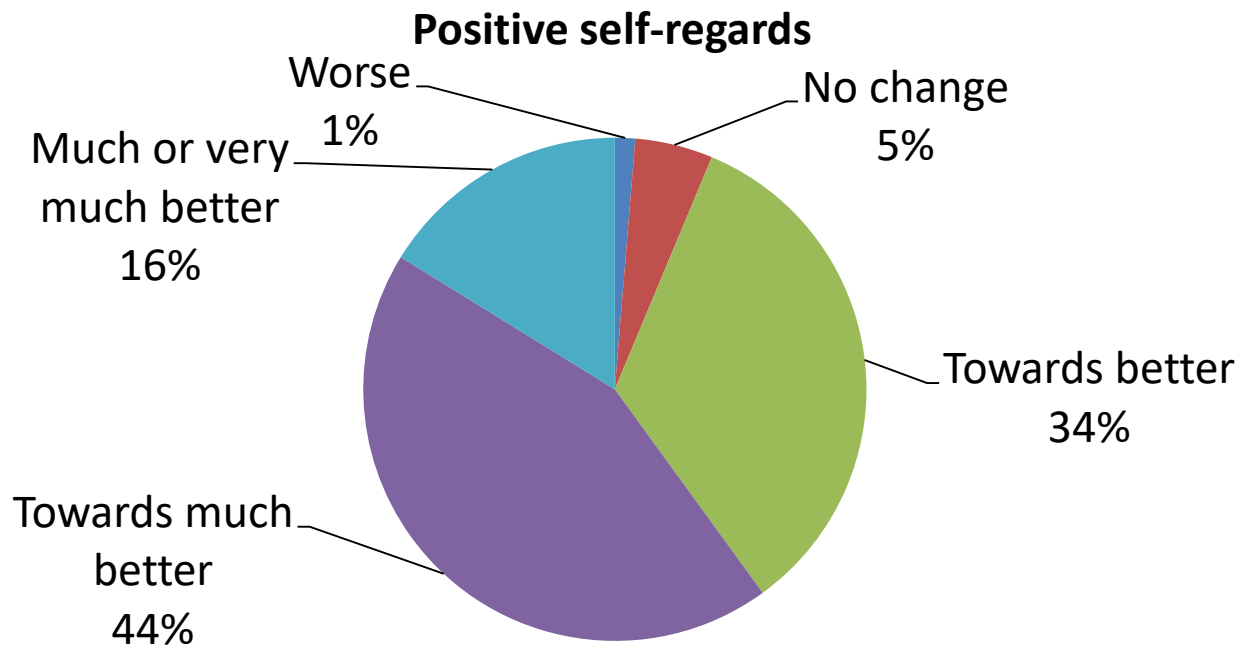
# Spiritual



# Non-attachment



# Positive Self-regards



THE POWER OF  
**ONE**





**Thank**  
You