

Mindfulness and Artificial Intelligence: Categorizing to Comprehend

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Introduction

In recent years, greater attention has been given to mindfulness, which, according to Kabatz-Zinn (1), is the awareness that arises when paying intentional attention to the present moment, without judgment, and may be based on the triad commitment-self-discipline-intentionality. Given the importance of this concept for the promotion of well-being, a pedagogical project was developed, the Be+Happy – Meditation & Happiness: Promoting Well-Being in University Students, which aimed to work on the practice of guided meditation and mindfulness.

Objective

Explore the concept of mindfulness through the perceptions of 1st year Nursing Graduation students, at a higher education institution.

Methods

Exploratory and qualitative study. Participation of 63 students; data collection carried out through an open question in an online form (in compliance with the institution's ethical authorization principles, with informed, free and informed consent from the participants). Data categorization and analysis was established using artificial intelligence (ChatGPT), anchored in the theoretical perspective of H.-G. Gadamer (2; 3).

Results

Were identified five categories that may conceptualize mindfulness: i) self-consciousness and self-comprehension; ii) complete attention and focus; iii) tranquility and relaxation; iv) implementation of practices; v) lack of knowledge. According to H.-G. Gadamer, the identified categories can be considered as instruments (self-exploration, exercise of attention, promotion of presence) for a solid hermeneutic reflection, regarding the comprehension and interpretation as central processes of the human experience.

Conclusion

The found perceptions are essential to interpret how the students, who participated in Be+Happy, understand the concept of mindfulness. This study highlights the importance of an hermeneutic approach in understanding concepts related to health and well-being.

Keywords

Mindfulness; Hermeneutics; students; nursing.

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