

Abstract

Lovingkindness meditation (LKM) has become increasingly popular in contemporary psychology.

Numerous research has suggested that lovingkindness meditation (LKM) is effective in promoting individual well-being. This study aims bridge the research gap by examining (1) the effect of 15-minute LKM on improving attitude towards self and others as well as individual wellbeing and (2) the effect of didactics on the practice of brief LKM. 152 university students were randomly assigned to either one of the three conditions in which (a) they listened to 15-minute coffee shop background noise (placebo control), (b) they practiced 15mins audio guided LKM (meditation condition), or (c) they first watched a 17-minute didactic animation followed by the 15-minute audio guided LKM (didactic/meditation condition). Findings suggest that brief LKM was only effective in improving individual wellbeing (peace of mind). While Didactics had a strong added value of the practice of LKM. Discussion centers on how didactics exert its effects on LKM and the application of didactics and LKM as a package.