

# **A projective study on meditation: comparison of a meditation group and a Hungarian control group by Szondi Test**

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## **Abstract**

This study examines the personality and unconscious aspect of meditation. Before and after a meditation session the 8 profile Szondi Test (as a group technic) was administered to the participants (n = 20, mean age = 31.3 years, scatter = 5.7) and the results were compared with a Hungarian control group (n = 126, mean age = 27,4 years, scatter = 8,9) which sample taken from a previous study (Goncalves et al., 2010). A difference was found between the meditation group and the Hungarian control group in intravectorial analysis in P vector. The meditation group showed strong ethical behaviour while in the case of the Hungarian group, ethical control was relatively weaker. Loaded reactions were relatively lower in the meditation group in m+! and p+! factors indicating that the fear of losing the partner and the wish to transcend the personal ego are weaker in the meditation group. No difference was found analysing the effect of meditation with inter- and intravectorial analysis, but loaded reactions were different in the h factor. Before meditation h+! reaction was found indicating the presence and importance of one-person love, while after meditation h-! reaction shows the appearance of humanistic love connected to religious values. After meditation loaded reactions in p+! and s-! were decreasing due to the relaxing effect of meditation.