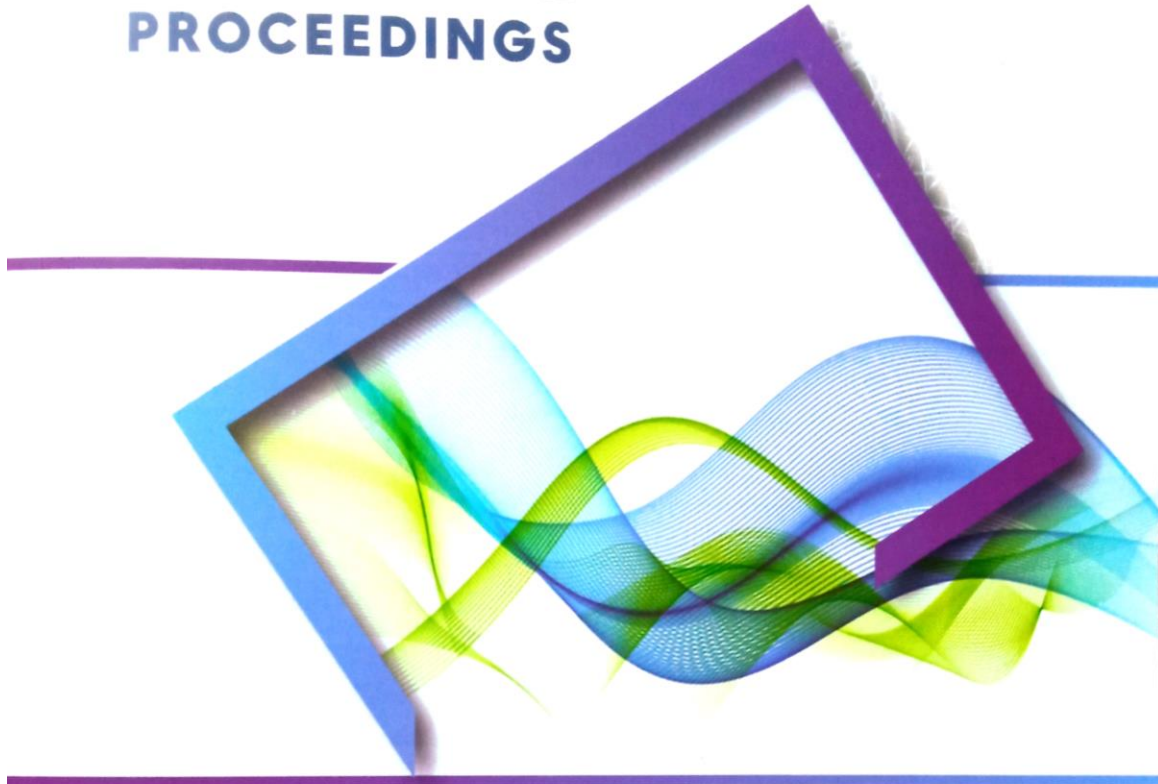


# IConArts 2022 PROCEEDINGS



## **8<sup>th</sup>** INTERNATIONAL CONFERENCE ON **HUMANITIES AND SOCIAL SCIENCES**

**From Coping to Improving: The Role of Humanities and  
Social Sciences in Crisis Contexts**

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Faculty of Arts  
University of Colombo  
Sri Lanka

## **Meditation and Social Harmony: An in-depth Literature Review**

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Sri Lanka is predominantly a Buddhist country where people of different ethnic and religious identities have co-existed for hundreds of years. However, during the last few decades, internal conflicts caused death and disability for thousands of people, disrupting social order and social harmony. Though social harmony is a broad term, it has been defined as the peaceful interaction among or co-existence of members of any social group. Meditation trains the mind on non-attachment to one's own self resulting in a substantial reduction of animosity towards others. It is also known to contribute in promoting altruism, compassion, equanimity, social connectedness, care, and respect for others as well as in reducing racial prejudice, aggression, and violent behavior which are capable of facilitating peaceful co-existence. The proposed study attempts to explore the relationship between meditation and social harmony by way of a literature review. It is intended to summarise the findings of the literature review conducted over a period of 12 months. Meditation includes a variety of mental training practices, which facilitate the understanding of emotions, thoughts, feelings, the nature of human beings, and the environment. According to literature, meditation contributes to reducing perceived levels of stress, minimising restlessness and discontent, and enhancing tolerance leading to a better psychological state. It can also reduce racial prejudice, violence, and aggression by way of improving self-awareness. Research has shown that meditation contributes towards solving day-to-day problems wisely, promoting interpersonal kindness, enhancing social connectedness, and coping with anxiety. Available literature shows that meditation can contribute to improve many aspects of social harmony. But there is a dearth of modern scientific research to support this claim directly. Hence, it is intended to develop a tool for exploring the relationship between meditation and social harmony based on the findings made during this literature review.

**Keywords:** literature review, meditation, social harmony