بخشی از ترجمه مقاله

عنوان فارسی مقاله:
تأثیر تعمق همراه با مراکز بر روی خلاقیت با افزایش انعطاف ادراکی

عنوان انگلیسی مقاله:
Concentrative Meditation Influences
Creativity by Increasing Cognitive Flexibility

توجه!
این فایل تنها قسمتی از ترجمه میباشد. برای تهیه مقاله ترجمه شده کامل با فرمت ورد (قابل ویرایش) همراه با نسخه انگلیسی مقاله، اینجا کلیک نمایید.
بخشی از ترجمه مقاله

Conclusions and Future Directions

For future research, it might be useful to investigate whether the beneficial effects of meditation on creativity can be influenced by the style of meditation that is practiced on a daily basis (i.e., alone at home) and during weekly group sessions (i.e., in meditation meetings). Furthermore, it would be interesting to explore the effect of meditation on creativity using a longitudinal design to capture the development and fluctuations of regular practice. Importantly, the role of actively guiding attention in enhancing cognitive flexibility should be explored further.

To summarize, the findings of the current research extend the existing body of evidence for the link between meditation and creativity. The findings demonstrate that meditation may enhance creativity, and suggest that—in the case of CM—this effect may be due to enhanced cognitive flexibility. Overall, these findings suggest that meditation could be used as a means to improve creative performance.