

Mindfulness Attention Awareness and Psychological Wellbeing among Students

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ABSTRACT

The objective of the study was to find the relationship between "Mindfulness Attention Awareness and Psychological Wellbeing among Students" and to know if there is any significant relationship between attachment styles and OCB. The sample of the study was collected from students in different colleges from Bangalore, Delhi and Kerala. 110 students responded after preliminary briefing. Purposive sampling technique was used in selecting the sample. Data was analyzed using the SPSS Pearson's Product Moment Correlation. Mindfulness was measured using, "Mindfulness Attention Awareness Scale" developed by Kirk Warren Brown, Ph. D. & Richard M. Ryan, P and "Psychological Wellbeing Scale" by Carol D. Ryff. Descriptive statistics and Pearson correlation was used to study the data. The analyses of the results indicated that there was a high positive correlation indicating that if there is an increase in Mindfulness Attention awareness, it will lead to an increase in Psychological wellbeing. Intervention can be done to increase the mindfulness attention awareness and Psychological wellbeing also can be increased in students.

Keywords: *Mindfulness Attention Awareness Scales (MAAS), Psychological Wellbeing, Students, Correlation*

Mindfulness as focusing attention on the present, purposefully and non-judgmentally, originates from Buddhism (Kabat-Zinn, 2003). In psychology and psychotherapy, mindfulness is used to alleviate different suffers and ailments of humankind. Bishop et al. (2004, p. 234) proposed that mindfulness is "a process of regulating attention in order to bring a quality of non-elaborative awareness to current experience and a quality of relating to one's experience within an orientation of curiosity, experiential openness, and acceptance". Mindfulness is characterized by pre-conceptual awareness, purposeful control of attention, non-judgmentally acceptance of experience and present-focused orientation (Brown, Ryan, & Creswell 2007). Mindfulness requires self-regulation and focusing the attention on the present (Bishop et al., 2004). This awareness and attention require that the individual experience immediately. Harmony and compassion with the present experience is realized by processing internal and external data in an unbiased and undistorted manner (Brown & Ryan, 2004). The past three decades have

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witnessed a surge of popular and academic interest in the psychological benefits of mindfulness. Mindfulness may be important in less avoidant coping (Baer et al., 2006).

Well-being

It is said to be an episode of health, wealth and contentment. It is an inclusion of a healthy mental being, good satisfactions levels in lives, sense of purpose and one's capability to handle stress. In general terms, wellbeing is simply when one's feeling well. Positive Emotions are one of the many ingredients that can cook up happiness added to wellbeing. They are healthy for young kids to stretch their thought process or creativity levels. These feelings can also to remove the negative emotions one may feel just by the thought of something happy that happened in the past. Engagement is the process of having been completely absorbed in the work that one does or reading an article/book/paper and completely losing track of time. This state is said to come to naturally to one when he or she are engaged in acts that they adore or are great at, like sports, singing or just to pursue something creative.

Need & Significance of study

In the fast-paced life to today, nobody is blind to the fact that individuals are losing touch with things that they sense, within themselves. They often forget to eat, drink water and they even lose out on sleep, because of the stress that comes with existing in the current world scenario. Workload for those working, stress of assignments, tests and student loans for students. People are losing touch with themselves. In the given scenario, it's important to understand how aware we are of the 'here and now' of life.

This study will help contribute into establishing a sincere status of the connections that people hold with their minds. Understanding one's mental processes is important, to ensure a better functioning mental health. Regulation of cognition that drives an individual into submitting to impulsive desires, engaging in inappropriate behavior and getting poorly motivated to participate in things that can have a negative impact on our body. The control also provides a sense of empowerment.

Mindful attention awareness is an emerging topic that's growing popular in clinical, health and educational psychology. The technique of Mindful Meditation is being adopted by various cultures and people across contrasting age groups. It's said to have impacting implications on the general mental and physical health of individuals.

Mindful Attention Awareness brings with it, an array of benefits in an individual's work, personal life and within themselves. More research can result in higher functioning of individuals, greater productivity and better interpersonal relationships. Mindful Meditation is easy to inculcate in life and thus makes more room for itself in becoming a core practice for wellbeing.

Through research and understanding of how different people have a perceived understanding of their mindful attention awareness, techniques can be built to help people of different age groups be aware of their own inner feelings. It will help bring a sense of balance to the current stressful and busy life.

This could help bring a significantly greater results in better mental health of individuals. It directly results in an individual being more functional in all aspects of life.

REVIEW OF LITERATURE

In research (Vermeesch, Cox, 2021) it was shown and proved on nursing students that their mindfulness training sessions at university showed vast improvements in their mindfulness trait and thus helping them ease their well-being by reducing stress, better health conditions, etc.

Rushton et al (2021) conducted a study on frontline nurses as to how interventions of mindfulness would impact their state of mind after practicing it for a while. Their resilience to work was positively correlated with work engagement and also as a result their burnout levels decreased. It was reported that there was a significant decrease in depression and aggression levels. It was found to be the most effective for ICU nurses.

Ivers et al (2021) concluded that those mental health practitioners who practice mindfulness were found to be possessing enhanced compassion, attention and also well-being levels.

Mutch et al (2021) conducted intervention research on participants who had attended an 8-week long MBSR program (Mindfulness based stress reduction). The analysis of results showed that wellbeing increased significantly among these participants.

Ng et al (2021) assessed Chinese participants who had correlated values of mindfulness and well-being.

Lemos et al (2021) compared their analysis on interventions of mindfulness affecting the quality of life, stress levels on 29 hospital workers. After having practised it for 8 weeks, there was considerable difference in their stress levels, work performance and approach to life in general.

Strehli et al (2021) held a meta-analysis with a detailed literature review on the effects of mind body relation on the physical body in relation to stress factors of an individual in an educational setting. The results proved to be significant in nature showing that older students showed better results than the younger children.

In an addiction treatment undergoing sample it was seen that there was an evident difference (meta-analysis) in behaviors of substance use disorders after following mindfulness.

Wallace et al (2021) provided a concise literature review on African American women as having mental disorders in every 1 out of 5 cases. It was seen that CBT Therapy and wellbeing had great relations between the two in panic disorders and depression.

A study conducted on transgender employees showed that their wellbeing was affected adversely because of their gender identity. They lacked support from society and those around which affected their health eventually (Beauregard et al, 2021) preliminary study was conducted on 14 individuals before and after a spiritual retreat on how there were brain differences in each situation. There are significant changes that were observed in this particular study The effect was seen visibly as to how the mindfulness programme worked efficiently (Wintering et al, 2021)

Bostock, S et al (2019) investigated how a mindfulness program provided via smartphone would be helpful in increasing wellbeing, reducing strain on 238 healthy, working employees. After having completed an average of 17 sessions over the period of 8 weeks,

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there was great improvement in the job strain, distress and wellbeing levels among the employees in comparison to the control group. It was suggested that these small practises produced great outcomes.

Klingbeil, D. A., & Renshaw, T. L. (2018) conducted a meta-analysis study on all the evidence that was gathered from teachers who underwent various mindfulness-based programs. The results seemed to be promising in improving wellbeing levels and reducing stress. It was indicated that more research needs to be conducted to know effectively the extent of the mindfulness interventions.

Fountain-Zaragoza, S (2017) conducted a study on how mindfulness has an impact on older adults in areas of wellbeing, systemic inflammation and performance in attention. The study showed results that are positive and in favor of mindfulness being an excellent booster in all the three areas under study. It was concluded that study is limited and more research work is necessary in these domains.

Gaiswinkler, L., & Unterrainer, H. F. (2016) conducted a study with an aim as to how various methods of yoga hold a relationship between mental illness and mental health in general. The study was done on 455 participants and it was concluded that impact of yoga showed great results in the well-being and mindfulness levels.

METHODOLOGY

Research Design

The present study was Descriptive Research Design

Statement of the problem

Analysis of Mindful Attention Awareness and Psychological Well-being on Students.

Objective of the study

The following objective were framed for the present study

1. To find the relationship between Mindful Attention Awareness and Psychological Well- being on Students.

Hypothesis

H0: There is no significant relationship between Mindful Attention Awareness and Psychological Well-being on Students.

H01: There is a significant relationship between Mindful Attention Awareness and Psychological Well-being on Students.

Operational Definition

- **Students:** These individuals are those who have completed a minimum of 17-18 years of schooling and are currently pursuing UG, PG, or any other professional diploma course. The age range varies from 18 and above.
- **Mindful Attention Awareness:** It refers to the open awareness or attention to what is happening around the person at the moment.
- **Psychological well-being:** A positive healthy mental state of well-being that includes a state of mind such as satisfaction and happiness.

Universe of study

The present study was conducted in India

Geographical Area

The study was conducted in the states of Kerala, Bangalore, Delhi.

Sample Distribution

In the present study, the purposive sampling method was used to collect data from 110 participants 18-25 years of age. Both males and females were included in this study. For the study's requirement, the categories of age are divided as students and those working adults. The consent of the participants was taken by providing consent forms to participate in the current study.

Inclusion Criteria

- Adults of age 18 and above are included in the study
- All genders are included in the study

Exclusion Criteria

- Individuals below 18 years were excluded
- Geographic location was limited only to India

Sample and technique

A purposive sampling method was used to collect data for the present study. The sample size was 110.

Research ethics followed

- 1) Informed consent of participant took
- 2) Anonymity of the participant maintained
- 3) Confidentiality maintained
- 4) Non-monetary benefits provided to participants

Tools for the study

1. Mindfulness was measured by the Mindful Attention Awareness Scale (MAAS) by KIRK AND RICHARD published in 2003.
2. Wellbeing was measured by Ryff's Psychological Scale of Well-being (PWB) by Carol D Ryff in 1989.

Description of the tools

1. Mindful Attention Awareness Scale (MAAS) by Kirk Warren Brown and Richard M Ryan, 2003. It is a 15-item 6 point Likert-type scale (1=Almost Always and 6=Almost Never) that helps in assessing mindfulness which refers to mostly awareness at the present moment of an individual. Cronbach's alpha ranges from 0.77 to 0.91.
2. Ryff's Psychological Scale of Well-being (PWB) by Carol D Ryff in 1989. It is a 42 item 6 point Likert-type scale (1=Strongly disagree and 6=Strongly Agree) to assess the well-being of individuals with a test-retest reliability coefficient of 0.82. Items 3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30,31,32, 34, 36, 39, 41 were reversed.

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Statistical Analysis

In the present study, SPSS version 20 was used to calculate Descriptive Statistics and appropriate Inferential Statistics correlation was used

ANALYSIS AND DISCUSSION

The study was intended to analyze the relationship between the Mindfulness Attention Awareness and Psychological Wellbeing among students of ages 18-25 from different states of Kerala, Delhi and Bangalore.

Socio-demographic variables

Only students from various Colleges/Universities of Bangalore, Delhi or Kerala were contacted wherein the purpose of the research was oriented, and the informed consent was given. The questionnaire (via Google forms) was distributed through mail. 110 students responded and filled the questionnaire. The socio demographic details of the participant include age, gender, place of residence etc.

The objective of the study is to assess the relationship between Mindful Attention Awareness and Psychological Well-being on Students

Table 1 Mean and Standard Deviation of Psychological Wellbeing and Mindfulness among students

	Mean	Std. Deviation
Psychological Well-Being	175.88	22.827
Mindfulness AttentionAwareness Scale	58.58	12.424

Table 1 shows the Mean and Standard Deviation towards Psychological Wellbeing was 175.88 and 22.827 respectively. The Mean and Standard Deviation of Mindfulness attention awareness was 58.8 and 1.424 respectively. Psychological Wellbeing has higher Mean and Standard Deviation than Mindfulness attention awareness.

H0: There is no significant relationship between Mindful Attention Awareness and Psychological Well-being on Students.

Table 2 Correlation between Mindfulness Attention Awareness and Psychological Well-Being among Students

		Psychological Wellbeing	Mindfulness Attention Awareness Scale
Psychological Wellbeing	Pearson Correlation	1	.518**
	Sig. (2-tailed)		.000
Mindfulness Attention Awareness Scale	Pearson Correlation	.518**	1
	Sig. (2-tailed)	.000	

Note: **Correlation at sig level of 0.01(2-tailed)

Table 2 shows the correlation was calculated for the two variables i.e. Psychological Wellbeing and Mindfulness Attention Awareness. The Pearson correlation results showed the Sig. value was (0.518, $p > 0.05$ level). Hence the hypothesis has been rejected and

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alternative hypothesis accepted which states that there is a significant relationship between Psychological wellbeing and Mindfulness Psychological Wellbeing and Mindfulness Attention Awareness are having high positive correlation indicating that if there is an increase in Mindfulness Attention awareness, it will lead to an increase in Psychological wellbeing. Intervention can be done to increase the mindfulness attention awareness and Psychological wellbeing also can be increased in students.

Allen, Henderson et al (2017) conducted an investigative study on the relation between age and wellbeing on 240 participants subjectively in two different studies wherein mindfulness was considered for one study. It was revealed and concluded that mindfulness acts as a moderator between the various measures of wellbeing and age. Bravo, A. J., Boothe, L. G., et al (2016) performed an analysis on mindfulness and its psychological outcomes on 688 college going students. It was demonstrated that the highest mindfulness group showcased the highest levels of self-regulation, wellbeing and psychological flexibility. Parto, M., & Besharat, M. A. (2011) conducted a study on 717 students to assess the relationship between mindfulness along with psychological wellbeing and psychological distress in young adults. It was observed that mindfulness was highly and positively correlated with psychological well-being.

SUMMARY AND CONCLUSION

The purpose of the study was to analyze aspects of Mindfulness towards the Wellbeing among students who are pursuing their higher education of ages 18-25 from cities of Delhi, Kerala and Bangalore. The concept of Mindfulness was first discussed by Jon Kabat-Zinn who stated that it was 'paying attention in a particular way, on purpose, in the present moment, and non-judgmentally' (Kabat-Zinn, 1994). Be that as it may, quite a long while has passed from that point and it was as of in the recent 20th century that many other modern new age practices that came across. Life has turned out dramatically over the years as to when there are strong debates as to which is the better practice to be followed for one's wellbeing to be attained.

Wellbeing has been of the simple sense that one's condition is a lot positive than other's in terms of living, character and life-fulfilment. Today's world gives a lot more importance to one's mental wellbeing over the physical being which is to be highly complimented. While this is a growing fact and the world is an evidence, practices that can lead to the inculcation of these values need to be practiced and acknowledged upon more than ever before.

Review of the related literature helped in gaining more knowledge in these related areas of study and to conduct the research. It helped in recognizing and identifying the problems and selecting an area of interest. Then, the major part of the study, data collection was done via Google forms.

Conclusion

The results interpreted showed there was a significant relationship between of Mindfulness Attention Awareness and Psychological wellbeing among Students.

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Conflict of Interest

The author(s) declared no conflict of interest.

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