

## The Influence of Mindfulness on Hope, Resilience, and Psychological Well-Being of Young Adults

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### ABSTRACT

Being totally present, aware of where we are and what we are doing, without becoming unduly reactive or overwhelmed by what is happening around us, is what is meant by the term "mindfulness." The impact of mindfulness on hope, resilience, and psychological wellbeing on young adults were studied. The study was conducted on 100 participants with the age ranging from 18-25 years. Mindfulness Attention Awareness Scale (MAAS), The Brief Resilience Scale, The Adult Hope Scale, and Psychological Wellbeing scales were used for the same. The hypotheses formulated were: 1. There will be a significant relationship between Mindfulness and Hope of young adults. 2. There will be a significant relationship between Mindfulness and resilience of young adults. 3. There will be a significant relationship between Mindfulness and Psychological Well-Being of young adults. The correlation analysis was done with the help of SPSS and the results were- 1. There is small, positive relationship between Mindfulness and Hope. 2. There is small, negative relationship between Mindfulness and Resilience. 3. There is moderate, positive relationship between Mindfulness and Psychological well-being. Findings revealed that only psychological well-being is influenced by mindfulness. Further research needs to be conducted regarding the hope, resilience and psychological wellbeing impacted by mindfulness on young adults using mindfulness interventions in the beginning.

**Keywords:** *Mindfulness, Hope, Resilience, Psychological Well-Being, Young Adults, Correlation*

The ability to be fully present, aware of where we are and what we are doing, and not being unduly reactive or overwhelmed by what is happening around us is known as mindfulness.

It's difficult to imagine there might be a tranquil space where we can find sanctuary if we're so used to experiencing inner turmoil rather than inner peace.

The first study to show that mindfulness meditation can alter the grey matter and brain regions linked with memory, the sense of self, and emotion regulation was conducted a few years ago by Sara Lazar, a neuroscientist, assistant professor of psychology at Harvard

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Medical School (HMS), and assistant researcher in psychiatry at Massachusetts General Hospital.

The Buddhist tradition in ancient India is where the practice of mindfulness originated. Many ancient books, including the Pali Canon, a body of Buddhist writings thought to have been composed about the first century BCE, explain the practice of mindfulness.

Badri Bajaj and Neerja Pande conducted a study on 327 undergraduates (236 men and 91 women), confirming that psychological resilience is more pronounced in mindful people. They also provided evidence that this highly useful quality produces many of the practice's much-touted benefits.

The simplest definition of resilience is the capacity to withstand shocks and continue operating in an undisturbed manner.

The 5 pillars of Resilience are- Self-Awareness, Mindfulness, Self-Care, Positive Relationships, and Purpose. There are several types of Resilience like: Physical Resilience, Emotional Resilience, Mental Resilience, and Social Resilience.

Mindfulness can affect several resilience-related traits, such as emotional control, cognitive flexibility, self-awareness, acceptance, and effective coping mechanisms. Individuals can improve their resilience and ability to deal with life's hardships by developing these elements.

Hope is a positive cognitive state based on a sense of effective goal-directed determination and preparation to achieve these goals, according to Snyder et al. (1991). In other words, hope serves as a snapshot of one's current goal-directed thinking, emphasizing the pursuit of goals with motivation and the anticipation that they will be realized.

There are several types of Hope like- realistic hope, utopian hope, chosen hope, transcendent hope. Goals, agency, routes, a hopeful outlook, and a support system are all components of hope. People can increase their optimism and resilience in the face of misfortune by nurturing these elements.

The link between hope and mindfulness is that they are both essential components of living a healthy and full life. Mindfulness practice can help create hope, and hope can provide motivation to continue doing mindfulness.

A key component of mental health is psychological well-being, which can be described as resilience combined with hedonic (enjoyment, pleasure) and eudaimonic (meaning, fulfillment) happiness (coping, emotion regulation, healthy problem solving). Autonomy, competence, healthy relationships, self-acceptance, personal growth, and purpose in life are some of the components of psychological well-being.

The impact of mindfulness training on psychological health, coping mechanisms, and family functioning among breast cancer survivors was examined by Sadeghi et al (2020). They discovered that the introduction of mindfulness training in counselling facilities and medical facilities would be advantageous and efficient in handling the psychological concerns of patients with breast cancer.

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Study was conducted by Gbetor et al in 2022 to examine a mediated mechanism for enhancing student's engagement i.e., peer, intellectual and academic engagement within a higher education setup via the interaction of hope and mindfulness. The results showed that hope and mindfulness have positive impact on academic, peer and intellectual engagements. The primary reason for doing the current study was the dearth of studies examining the effects of mindfulness in young adults. However, a few studies have examined the relationship between young adults' psychological health, hope, and resilience.

### **METHODOLOGY**

#### ***Aim***

The aim of this research is to study the Influence of Mindfulness on Hope, Resilience, and Psychological Well-Being of Young Adults.

#### ***Objective***

- To study the significant influence of mindfulness on hope of young adults.
- To study the significant influence of mindfulness on resilience of young adults.
- To study the significant influence of mindfulness on psychological well-being of young adults.

#### ***Hypothesis***

- Hypothesis 1: There will be significant relationship between Mindfulness and Hope of young adults
- Hypothesis 2: There will be significant relationship between Mindfulness and resilience of young adults.
- Hypothesis 3: There will be significant relationship between Mindfulness and Psychological Well-Being of young adults.

#### ***Research Variable***

- Independent Variable: Mindfulness
- Dependent Variable: Hope, Resilience, Psychological Well-Being

#### ***Sample***

The Sample consisted of 100 participants who completed all conditions of this study ranging from the age group of 18-25 Years. All participants were unaware of the purpose of the experiment.

#### ***Tool Description***

##### ***Adult Hope Scale:***

The Adult Hope Scale (AHS) measures an individual's level of hope through self-report. Hope is characterized by agency (the belief in one's power to initiate and sustain action towards objectives) and paths (the belief in one's ability to find and pursue solutions to attain goals) and is founded on goal-directed thinking. The 12 items on the AHS are scored on an 8-point Likert scale, with 1 being definitely false and 8 being definitely true.

Agency and pathways are two subscales of the AHS, each with six items. In contrast to the pathways subscale, which gauges how much a person believes they can find and pursue strategies to achieve goals, the agency subscale gauges how much a person believes they can begin and sustain action towards goals.

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Examples of items from the agency subscale include "I energetically pursue my goals" and "I can think of many ways to get out of a jam." "There are lots of ways around any problem." and "When I have a problem, I can come up with a solution", are two examples of items from the pathways subscale.

Higher scores on the AHS indicate higher degrees of hope, and the overall score ranges from 8 to 64. In several demographics, including college students, psychiatric outpatients, and cancer patients, the AHS has demonstrated strong reliability and validity. The AHS is a helpful instrument for academics and clinicians to evaluate a person's level of hope and to create interventions meant to increase hope as a crucial element of optimal psychological functioning.

### ***The Mindfulness Attention Awareness Scale:***

An individual's level of mindfulness can be determined using the self-report Mindful Attention Awareness Scale (MAAS). The definition of mindfulness is the consciousness that develops via purposeful, in-the-moment, non-judgmental attention to the event as it happens. The MAAS consists of 15 items, each of which is graded from 1 (almost always) to 6 (almost never) on a 6-point Likert-type scale.

The MAAS items are intended to gauge a person's capacity for maintaining focus on the present rather than being distracted by worries about the past or the future. The reverse-scored statements "I find myself doing things without paying attention" and "I find it difficult to stay focused on what's happening in the present" are examples of such statements. The MAAS evaluates a general inclination to be aware in daily life rather than requiring participants to have any prior experience with mindfulness practices.

Higher scores on the MAAS indicate higher levels of mindfulness. The total score goes from 15 to 90. In a number of populations, including clinical populations, community samples, and college students, the MAAS has demonstrated strong reliability and validity. The MAAS is a helpful instrument for academics and therapists to determine a person's level of mindfulness and to create interventions meant to improve mindfulness as a crucial aspect of wellbeing and psychological health.

### ***Psychological Well-being:***

A self-report tool used to gauge psychological well-being is called the Psychological Well-Being Scale (PWBS). A multifaceted concept, psychological well-being encompasses elements like self-acceptance, positive relationships with others, personal growth, a purpose in life, environmental mastery, and autonomy. The PWBS comprises of 18 items, each of which is assessed from 1 (strongly disagree) to 6 (strongly agree) on a 6-point Likert-type scale.

The PWBS items are intended to measure a person's positive functioning across a variety of life domains and to gauge how successfully they can deal with problems and experiences in their daily lives. Items like "I am satisfied with myself" (self-acceptance), "People are generally good" (positive relations with others), and "I am always learning and growing" (personal growth) are examples of such statements.

Higher scores on the PWBS indicate higher levels of psychological well-being; the total score goes from 18 to 108. In a number of populations, including clinical populations, community samples, and college students, the PWBS has demonstrated strong reliability and

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validity. The PWBS is an effective tool for researchers and clinicians to gauge a person's degree of psychological well-being and to create interventions meant to improve well-being as a crucial aspect of positive psychological functioning.

### **Brief Resilience Scale:**

An individual's level of resilience can be determined using the self-report measure known as the Brief Resilience Scale (BRS). The ability to adapt, cope, and retain positive functioning in the face of stress and challenge is referred to as resilience. The BRS consists of 6 items, each of which is assessed from 1 (strongly disagree) to 5 (strongly agree) on a 5-point Likert-type scale.

The BRS items are intended to gauge a person's capacity to overcome stress and hardship and to keep a positive attitude in the face of difficulties. Examples of such statements include "I tend to bounce back quickly after hard times" and "I can deal with whatever comes my way."

Stronger scores on the BRS indicate stronger levels of resilience. The total score on the BRS runs from 6 to 30. In a number of populations, including clinical populations, community samples, and college students, the BRS has demonstrated strong reliability and validity. The BRS is a helpful instrument for researchers and therapists to evaluate a person's level of resilience and to create interventions meant to improve resilience as a crucial element of optimal psychological functioning.

### **Procedure**

A Google form and offline form was made which included Mindfulness Attention Awareness Scale, followed by BRS, AHS, and PWB. The forms were circulated to participants on online platforms and physically and the data was collected. A sample of 100 participants was collected. The data was later analysed by Scatter Plot Graphs and Correlation Coefficient (Pearson Correlation Coefficient.)

### **Statistical Analysis**

Correlation Coefficient analysis was performed using the SPSS Software to check for the correlation between Mindfulness and Hope, Resilience and Psychological Well-Being.

## **RESULTS**

**Hypothesis 1:** There will be significant relationship between Mindfulness and Hope of young adults

**Table 1 Means, Standard Deviations and Correlations between each of the variables**

Variable	M	SD	Mindfulness	Hope
Mindfulness	3.83	.76	-	.159
Hope	53.14	13.80	.159	-

There may be small but significant relationship between mindfulness and hope. Thus, Hypothesis 1 stands rejected.

**Hypothesis 2:** There will be significant relationship between Mindfulness and resilience of young adults.

**Table 2 Mean, Standard Deviation and Correlations between each of the variables**

Variable	M	SD	Mindfulness	Resilience
Mindfulness	3.83	.76	-	-.036
Resilience	3.15	.53	-.036	-

There may be small, negative association between mindfulness and resilience. Thus, Hypothesis 2 stands rejected.

**Hypothesis 3:** There will be significant relationship between Mindfulness and Psychological Well-Being of young adults.

There may be small, positive association between mindfulness and psychological well-being. Hypothesis 3 stands accepted.

**Table 3 Mean, Standard Deviation and Correlations between each of the variables**

Variable	M	SD	Mindfulness	Psychological Well-Being
Mindfulness	3.83	.76	-	.376**
Psychological Well-Being	88.79	12.51	.376**	-

Note. \*\*. Correlation is significant at the 0.01 level (2-tailed).

## DISCUSSION

Mindfulness can be described as intentionally directing our attention to be in the present moment, acknowledging our thoughts, feelings, and actions without passing judgement or resistance. It involves engaging fully with our current experiences, embracing them with an open and accepting attitude. The word "Mindfulness" is often utilized in contrast to "Automatic Pilot," which is defined as being in a state in which decisions are made mechanically or thoughtlessly when consideration is redirected to something else. The present-moment experiences might be intrinsic to both the mind and body (sensations, thought processes, emotions, and drives), external to the mind and body (sights, sounds, smells), or they can be part of one's continuous activity. People who consistently practice mindfulness are better able to withstand life's challenges and experience happier, healthier lives.

The purpose of the study was to explore the influence of Mindfulness on Hope, Resilience, and Psychological Well-Being of young adults. To accomplish this objective, a research plan was formulated, and specific scales were selected to measure the chosen factors. The assessment conducted included the Mindfulness Attention Awareness Scale developed by Brown and Ryan, the Brief Resilience Scale by Smith et al., The Adult Hope Scale designed by Snyder et al., and the Psychological Well-Being Scale developed by Ryff. The study included a sample of 100 participants.

*The objectives that were proposed for the research:*

- There will be a significant relationship between Mindfulness and Hope of young adults
- There will be a significant relationship between Mindfulness and resilience of young adults.

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- There will be a significant relationship between Mindfulness and Psychological Well-Being of young adults.

*Hypothesis 1:* There will be a significant relationship between Mindfulness and Hope of young adults.

The first hypothesis formulated stated that there will be a significant relationship between mindfulness and hope in young adults. On analysis of both the variables, using statistical tools it was found that regarding the significance of the relationship between both the variables (mindfulness and hope), there is small positive relationship between mindfulness and hope. Therefore, since there is small relationship among the variables of mindfulness and hope, the first hypothesis stands rejected.

*Hypothesis 2:* There will be significant relationship between mindfulness and resilience in young adults.

The second hypothesis formulated stated that there will be a significant relationship between mindfulness and resilience of young adults. On analysis of both the variables, using statistical tools it was found that regarding the significance of the relationship between the variables (mindfulness and hope), there may be small negative association between mindfulness and resilience.

Therefore, since there is small negative association among the variables of mindfulness and resilience, the second hypothesis is rejected.

*Hypothesis 3:* There will be a significant relationship between Mindfulness and Psychological Well-Being of young adults.

The third hypothesis formulated stated that there will be a significant relationship between Mindfulness and Psychological Well-Being of young adults. On analysis of both the factors utilizing measurable apparatuses it was found that with respect to the importance of the relationship between the factors (mindfulness and mental well-being), there's moderate positive relationship between mindfulness and psychological well-being.

Therefore, since there's moderate positive relationship among the factors of mindfulness and psychological well-being, the third theory stands accepted.

From the results discussed above, we can infer that only Psychological Well-Being has significant relationship with Mindfulness. There is small relationship between Mindfulness and Hope. On the other hand, Resilience has negative and small correlation with Mindfulness.

Munoz et al (2016) They investigated the link between mindful meditation and reductions in stress and hope. For this study, a sample size of 46 people was used. They discovered that compared to the comparison group, the meditation group demonstrated much more hope and reduced stress.

Bostock et al (2019) They examined that whether a mindfulness contemplation program given through a smartphone application may progress mental well-being, reduce work-related push, and decrease walking blood weight amid the workday. The study was conducted on 238 members, and it was found that brief guided mindfulness reflection conveyed through smartphones and practiced different times per week can progress results related to work stretch and well-being, with possibly enduring impacts.

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There are differences in how much mindfulness the young adult's practice. Some people might not engage in mindfulness practices, while others might do so on a regular basis.

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### Conflict of Interest

The author(s) declared no conflict of interest.

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