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Mindfulness and Resilience to Foster Mental Health

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Abstract

Psychologists were always intrigued by the thoughts of how do human mind work. In the recent years, the focus of psychologists around the world is on finding sustainable solutions to the various problems faced by at individual level as well as at societal level. Numerous schools of psychological and spiritual thought have highlighted the need of consciousness for overall wellbeing. The aspect of consciousness known as mindfulness is one that significantly contributes to wellbeing. Mindfulness is the state of being alert and aware of the present. Positive mental health is facilitated by mindfulness, which enhances general well-being. Equally important is resilience which is the ability to put the mind and life into its track again even while facing challenges. The present study was an attempt to find out mindfulness and resilience of individuals of different age group-referred to as young adults and middle age adults and educational qualifications. The relationship if any, between mindfulness and resilience in general and with respect to age groups and educational qualifications has also been looked into. The researcher used descriptive research method for the present study and the tools employed were Mindful Attention Awareness Scale and a researcher made tool to assess resilience. The results indicated that there is no difference either in mindfulness or resilience of individuals with respect to age group or educational qualifications. Also there existed a strong positive correlation between mindfulness and resilience, in general and also with respect to age group and educational qualifications. The research has underlined the need to develop mindfulness techniques to develop resilience and there by fostering positive mental health

Keywords: mindfulness, resilience, young adults, middle age adults, positive mental health, positive psychology

Introduction

Human mind is a mystery box. Psychologists have long been intrigued by the how and why of its behaviour. Finding solutions to the issues faced by individuals or groups of persons has been the main focus of psychology for many centuries. Recently, psychology has turned its emphasis to establishing a framework for fostering wellness and happiness. In other words, psychology was viewed as a tool to help people live happy lives. Numerous schools of psychological and spiritual thought have underlined the need of consciousness for overall wellbeing. The aspect of consciousness known as mindfulness is one that significantly contributes to wellbeing.

Mindfulness is the state of being alert and aware of the present. It involves teaching one's mind to pay attention to what is happening right now rather than getting upset about the past or worrying about the future. Positive mental health is facilitated by mindfulness, which enhances wellbeing. Resilience is the ability to bounce back from difficulties or failures. We can develop higher resilience and a stronger resistance to stress with the aid of mindfulness.

According to Jason and Mancini (2021), who studied the relationship between resilience and mindfulness, mindfulness merits further attention in the literature and research on resilience as a hypothesis to explain how resilient behaviours develop. The relationship between mindfulness and resilience in predicting psychological wellbeing in university students was explored by Pidgeon and Keye (2014) researchers, and they found a significant positive correlation between the two. Research on resilience, mindfulness, and flourishing in middle-aged persons was conducted by Sonthalia (2020), and the findings showed a strong connection between mindfulness, resilience, and thriving. There is a dearth of literature on these three traits specifically in relation to age, so Choudhary *et.al* (2021) studied the role of mindfulness and self-efficacy in resilience among young and older people and found that it offered a welcome perspective on the subject and encouraged

further research. It highlights the opportunity to develop interventions that will help people of all ages build these good traits. The two most important factors fostering resilience are mindfulness and positive personal well-being, according to a study on mindfulness as an intervening factor for improved psychological well-being in boosting resilience by Oh *et al* (2022). The results of this experimental investigation supported past findings that mindfulness training improves millennials' personal wellbeing and resilience. The present study aims to find out the level of mindfulness and resilience and also any relationship between mindfulness and resilience in individuals.

Objectives of the study

1. To find out the level of mindfulness with respect to age group.
2. To find out the level of mindfulness with respect to educational qualification.
3. To find out the level of resilience with respect to age group.
4. To find out the level of resilience with respect to educational qualification.
5. To examine the relationship between mindfulness and resilience.
6. To examine the relationship between mindfulness and resilience with respect to age group
7. To check the relationship between mindfulness and resilience with respect to educational qualification

For finding out these null hypotheses were formulated.

Methodology.

The researcher has used descriptive method for the present study. For collection of data, the researcher used two tools.

a) Tool A-The Mindful Attention Awareness Scale (MAAS) (Brown and Ryan (2003, Carlson and Brown (2005).

The MAAS is made to assess mindful awareness. It is a 15-item scale designed to assess one of the core components of mindfulness, namely a receptive mental state where attention is controlled by a sensitive awareness of what is happening. The tool consisted of statements related to daily life experiences. In a scale of 1-6, the respondent has to indicate the frequency of their experience in each situation.

The scoring is done as below as in table 1

Table 1

Scoring of Statements of MAAS

1	2	3	4	5	6
Always	Very frequently	Frequently	Infrequently	Very infrequently	Never

b) Tool B- Questionnaire to test Resilience

The level of resilience was assessed by a researcher made questionnaire which is based on four elements of resilience (Cooper *et.al* 2013). The tool consisted of 16 statements related to self-assurance, social support, flexibility, purposefulness. The respondents were to indicate their response on a five-point scale from Disagree to Agree. To reduce ambiguous answering few statements were to be reversely scored. The scoring is given in Table 2.

Table 2

Scoring of the Questionnaire on Resilience

Type of statement	1	2	3	4	5
Positive	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Negative	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree

Both the tools were shared with the respondents through google forms and the responses were collected. Apart from the statements to measure MAAS and Resilience the researcher also collected data like age, educational qualification and employment status. To ensure complete confidentiality of the respondents and to ascertain their anonymity, the google form did not collect information like name, email id etc. This ensured that respondents responded to the statements in an honest and trust worthy manner

Sampling and Sample

The researcher used simple random sampling to select the sample. The sample size was 126 and it included adults of different age groups and with diverse educational qualifications. In the present study, the researcher has identified two age groups. The age group (20-40) was denoted as young adults whereas the age group (40-60) was designated as middle age adults.

The educational qualifications of the respondents were compiled and the respondents were categorised as graduates and post graduates. The sample distribution according to the age group and educational qualification is given below:

Figure 1

Sample Distribution According to Age Group

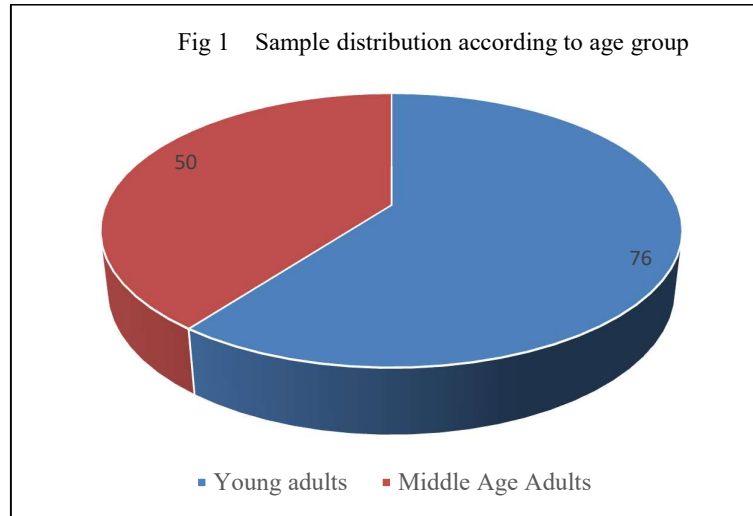
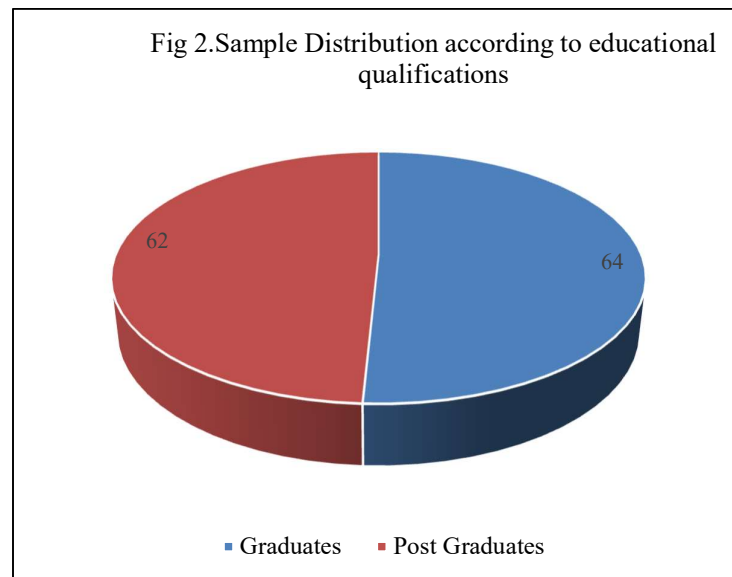


Figure 2

Sample Distribution According to Educational Qualifications



Data Analysis

The data thus collected was compiled and hypothesis testing was conducted using relevant statistical tests.

Hypothesis 1

H₀1: There is no significant difference in mean scores of mindfulness with respect to age group

Table 1

Significance of Difference in Mean Scores of Mindfulness with respect to Age Group

Age Group	N	Mean	<i>t</i> value	Accepted/Rejected
Young adults	76	51.31	0.57	Accepted
Middle Age Adults	50	52.08		

df=124

From the table 1, it was observed that difference in mean scores of mindfulness of both the age groups is 0.77. The calculated *t* value is 0.57. The table value of *t* at 0.05 level is 1.98 and at 0.01 level is 2.62. The obtained *t* value is lesser than the table value of *t* and hence the hypothesis is accepted.

Hypothesis 2

H₀2: There is no significant difference in mean scores of mindfulness with respect to educational qualifications.

Table 2

Significance of Difference in Mean Scores of Mindfulness with respect Educational Qualification

Edu.Qual.	N	Mean	<i>t</i> value	Accepted/Rejected
Graduate	64	51.14	0.74	Accepted
Post -Graduate	62	52.20		

df=124

From the table 2, it was observed that difference in mean scores of mindfulness of graduates and post graduate is 1.06. The calculated t value is 0.74 at df 124. The table value of t at 0.05 level is 1.98 and at 0.01 level is 2.62. The obtained t value is lesser than the table value of t and hence the hypothesis is accepted.

Hypothesis 3

H₀3: There is no significant difference in mean scores of resilience with respect to age group

Table 3

Significance of Difference in Mean Scores of Resilience with Respect to Age Group

Age Group	N	Mean	t value	Accepted/Rejected
Young adults	76	39.81	0.88	Accepted
Middle Age Adults	50	38.9		

$df=124$

From the table 5, it was observed that difference in mean scores of resilience of both the age groups is 0.91. The calculated t value is 0.88. The table value of t at 0.05 level is 1.98 and at 0.01 level is 2.62. The obtained t value is lesser than the table value of t and hence the hypothesis is accepted.

Hypothesis 4

H₀4: There is no significant difference in mean scores of resilience with respect to educational qualification

Table 4

Significance of Difference in Mean Scores of Resilience with respect to Educational Qualification

Edu.Qual.	N	Mean	<i>t</i> value	Accepted/Rejected
Graduate	64	39.26	1.27	Accepted
Post -graduate	62	40.62		

df=124

From the table 5, it was observed that difference in mean scores of resilience of post graduates and graduates is 1.36. The calculated *t* value is 1.27. The table value of *t* at 0.05 level is 1.98 and at 0.01 level is 2.62. The obtained *t* value is lesser than the table value of *t* and hence the hypothesis is accepted.

Hypothesis 5

H₀5: There is no significant relation between mindfulness and resilience.

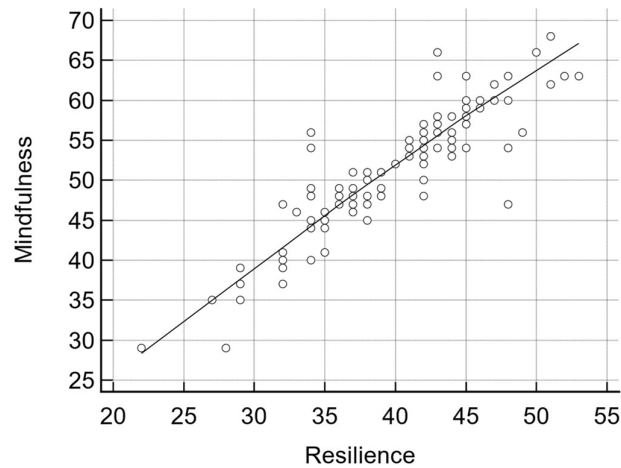
Table 5

Coefficient of Correlation between Mindfulness and Resilience

Variable	N	Mean	Coefficient of correlation	p value	Accepted/Rejected
Mindfulness (Y)	126	51.62	0.90	P<0.0001	Rejected
Resilience(X)		39.99			

Figure 3

Scattergram of Mindfulness and Resilience



From the above table it is observed that the coefficient of correlation of resilience and mindfulness is 0.90. The 95% confidence interval for r is between 0.8587 to 0.9277. This indicates there is a strong positive correlation between resilience and mindfulness. The p value < 0.001 . Hence the hypothesis is rejected.

Hypothesis 6

H₀6: There is no significant relation between mindfulness and resilience with respect to age group

Table 6

Coefficient of Correlation between Mindfulness and Resilience with respect to Age Group

Age group	N	Variable	Mean	Coefficient of correlation	p value	Accepted/Rejected
Young	76	Mindfulness	51.31	0.88	P<0.0001	Rejected
Adults		Resilience	39.81			
	50	Mindfulness	52.08	0.77	P<0.0001	Rejected

Middle	Resilience	38.9
Age		
Adults		

From the above table it is observed that the coefficient of correlation of resilience and mindfulness of the age group 20-40 is 0.88. The 95% confidence interval for r is between 0.81 to 0.92. This indicates there is a strong positive correlation between resilience and mindfulness. The p value < 0.001. Hence the hypothesis is rejected.

From the above table it is observed that the coefficient of correlation of resilience and mindfulness of the age group 40-60 is 0.77. The 95% confidence interval for r is between 0.63 to 0.86. This indicates there is a strong positive correlation between resilience and mindfulness. The p value < 0.001. Hence the hypothesis is rejected.

Figure 4

Scatter gram of Mindfulness and Resilience of Young Adults

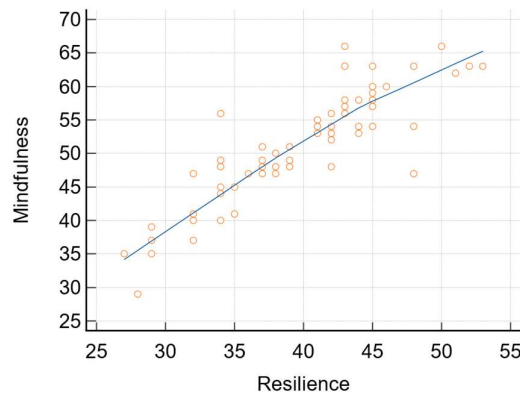
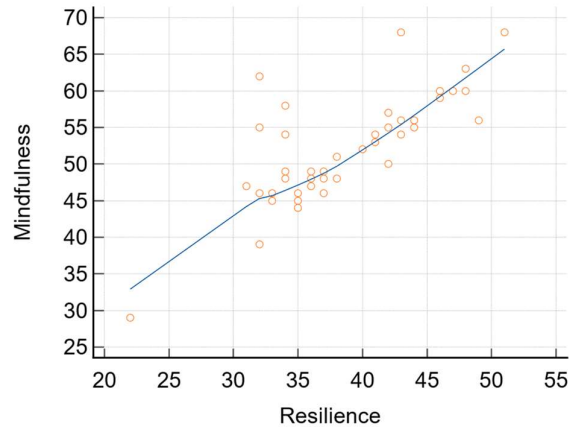


Figure 5

Scatter gram of Mindfulness and Resilience of Middle Age Adults



Hypothesis 7

H₀7: There is no significant relation between mindfulness and resilience with respect to educational qualification

Table 7

Coefficient of Correlation between Mindfulness and Resilience with respect to Educational Qualification

Edu.Qual.	N	Variable	Mean	Coefficient of correlation	p value	Accepted/Rejected
Graduate	64	Mindfulness	51.14	0.89	p<0.0001	Rejected
		Resilience	39.26			
Post Graduate	62	Mindfulness	52.20	0.91	p<0.0001	Rejected
		Resilience	40.62			

From the above table it is observed that the coefficient of correlation of resilience and mindfulness of the graduates is 0.89. The 95% confidence interval for r is between 0.83 to 0.93.

This indicates there is a strong positive correlation between resilience and mindfulness. The p value < 0.001. Hence the hypothesis is rejected.

From the above table it is observed that the coefficient of correlation of resilience and mindfulness of the post graduate is 0.91. The 95% confidence interval for r is between 0.85 to 0.94. This indicates there is a strong positive correlation between resilience and mindfulness. The p value < 0.001. Hence the hypothesis is rejected

Figure 6

Scattergram of Mindfulness and Resilience of Graduates

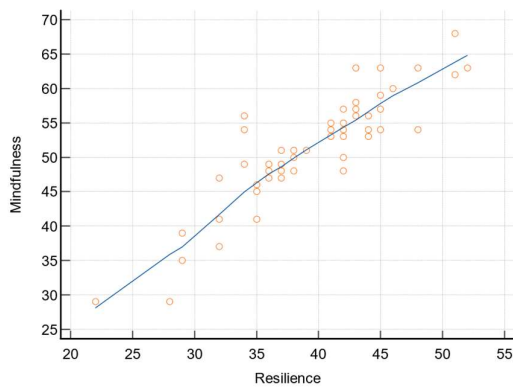
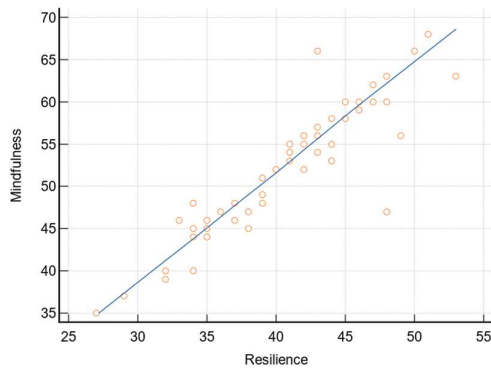


Figure 7

Scattergram of Mindfulness and Resilience of Post graduates



Findings and Conclusion

The findings of the study can be summarised as follows:

1. There is no significant difference in mindfulness of young adults and middle age adults
2. There is no significant difference in mindfulness between graduates and post graduates.
3. There is no significant difference in resilience of young adults and middle age adults.
4. There is no significant difference in resilience of graduates and post graduates
5. There is a strong positive correlation between mindfulness and resilience.
6. There is a strong positive correlation between mindfulness and resilience of both young adults and middle age adults.
7. There is a strong positive correlation between mindfulness and resilience of both graduates and post graduates.

Conclusion

The fast pace of changes that happen in world today has made it imperative for an individual to be ready to accept the various setbacks in life. The ability to handle difficulties without losing their bearings or their capacity to carry out daily chores characterizes resilient people. Resilient people are typically positive, emotionally and socially sensitive, and capable of handling challenges. Therefore, it is imperative that you build your ability to recover from setbacks when facing adversities. The recent COVID-19 pandemic and its recovery process have highlighted the importance of resilience. Resilience is frequently thought of as a trait, a process, a skill that can be learned, and an outcome to anticipate. Mindfulness a concept from Buddhist traditions urges us to be aware of each moment of our life and live life with full energy and enthusiasm. It empowers us to live rather than to simply survive.

As indicated in the results of current study, mindfulness and resilience has strong positive correlation. Hence, conscious efforts should be undertaken to cultivate mindfulness in every moment of our life. Mindfulness can cause biological changes in brain and body such as increase in immunoglobulins (Davidson *et al* 2003). Mindfulness also promotes physical health, cognitive functioning and ultimately help to foster good mental health. Resilience is crucial in improving mental health and healing from trauma, depression, anxiety, and other difficult experiences.

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