

Relationship Of Mindfulness and Meaning in Life Among College Students

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Abstract

Mindfulness techniques leads to the experience of calm mind and body which can reduce the negative effects of stress and increase student's ability to stay engaged, helping them to stay on track academically and avoid behavioral problems. On behalf of that the student's Mindfulness level is assessed without any implementation of Mindfulness Techniques. The Mindfulness level includes the increased focus, attention, self-control, classroom participation; compassion thus decreases the stress, depression, anxiety and increases the overall well-being that leads to the experience of greater meaning in life at the moment. The present study was conducted to investigate the relationship of Mindfulness and the Presence of Meaning in Life among the college students. The sample size of this study is 112 (61- Males; 51 – Females) from college around Villupuram district in Random Sampling method through Google forms. The collected data were computed by the Statistical Package for the Social Science (SPSS) of version 23. To test the Hypotheses t-test, Descriptive statistics, mean, SD and correlation tests were used. The result suggests that Mindfulness is positively correlated with the presence of meaning in life among college students. Given its popularity more research is needed to better understanding of Mindfulness and Meaning in Life (presence, search) among various populations. Further exploration of the results and practical implications are discussed as well.

Keywords: presence, search, meaning in life and college students.

Introduction

Researches and studies show that the emerging Coping Strategy or Positive technique in psychology is Mindfulness. Mindfulness is often associates with positive psychology and Lyubomirsky,2011;Fredrickson,2011;Brown&Ryan,2003;Ivtzan,Gardner& Smailova,2011).It is defined as the psychological process of bringing one's attention to the internal and experiences occurring in the present moment that can be developed through the practice of Meditation and other Trainings. Life of Individual is oriented toward the meaning. It might be present or would be in search. Meaning in Life influences the Mental Health conditions of individuals. In positive psychology, a meaning in life is a construct having to do with the

purpose, significance, fulfillment and satisfaction of life. Meaning in Life is tripartite construct (George and Park 2016, 2017; King et al. 2006; Martela and Steger 2016) defined to be emerging from the web of connections, interpretations, aspirations and evaluations that (1) makes experiences comprehensible, (2) direct efforts toward desired futures and (3) significance. The study aims to examine the impact of mindfulness on meaning in life among the college students.

Mindfulness

Mindfulness, is considered as a new-age concept, is comparable to the old-age process of cultivating awareness (everyday happenings and physiological and psychological sensations) in

Buddhist traditions and to the modern technique of improving attention in order to identify distorted thinking. Research by Langer and her Colleagues explores mindfulness as a mental mode, in an attempt to assess its outcomes in terms of cognitive functioning, psychological well being and health (Langer, 1989; 2005). The purpose of mindfulness according to Carson & Langer (2006) is to increase cognitive and behavioral control, thereby facilitating people's capacity to tolerate uncertainty, to be more flexible and less reactive and to experience a meaningful engagement with their community. According to Baer et al, Mindfulness is a psychological process that can be assessed by using five major dimensions. The five facets of Mindfulness are, observing – inclination to notice internal and external stimuli (emotions, thoughts, sights, smells or sounds). Describing – ability to explain experiences verbally. Acting with Awareness – paying attention to the present moment Nonjudging of inner experience – ability to take a nonevaluative perspective towards thoughts and emotions. Nonreactivity – capacity to allow thoughts or feelings appear and set off, without getting trapped into them.

Meaning in Life

Meaning in life is considered as the major core factor that is associated with the psychological well-being. Positive Psychology is the field of Psychology in which the Variables that enhances Human life are prioritized. On behalf of that the concept of meaning in life was developed by Martin P. Seligman. Meaning in Life is the core element and vital variables that actually came out from the Frankl's demonstration; Human Search for Meaning. Frankl proposed that finding meaning in life is a primary drive of every individual to survive. In accordance to his proposal; Logotherapy was created to assist people to find meaning in their Life. According to Socrates, Meaning in Life has the purpose that could be experienced both in personal and spiritual. So that one should focus on improving their skills in both the parts of their experiences. It has been compiled in the definition that the degree to which one's life is experienced in making sense; as directed and motivated by valuable goals and as matters in

the world. This leads to the three basic components. Comprehension – extent to which the people perceives a sense of understanding on their own lives. Purpose – extent to which people experience life is directed and motivated by valuable goals. Mattering – extent to which people feel their existence is important and valid in the world. According to Michael F. Steger, meaning in life is comprised of two major components; Presence, defined as how meaningful an individual regards his or her life to be. Search is defined as the drive to find meaning in one's life (Steger, Frazier, Oishi&Kaler, 2006)

Objectives of the study:

1. To assess the level of Mindfulness that was present among the college students without any training programme.
2. To explore the relationship between the Mindfulness and Meaning in life.
3. To find the significance between mindfulness and presence or search of meaning in life based on the demographic variables.

Methodology

The samples for the present study were collected from the college students around the Villupuram District. It was done with one hundred and twelve college students. The study was carried out to find the significant relationship between Mindfulness and Meaning in Life among the College students. The students were asked to answer all the questions approximately without any skip. The respondents were provided with different questionnaire in the present study. The tools used are Five Facet Mindfulness Questionnaire (FFMQ) with 39 items scored from 1 (never or very rarely true) to 5 (very often or always true). Out of 39items, 20 items were reverse scored developed by Ruth A. Baer. The score range from 1-65 indicates low level of Mindfulness, 66-135 indicates average mindfulness and 136-195 indicates high level of Mindfulness. The overall coefficient of Five Facet Mindfulness Questionnaire is .81 The tool used to measure the presence Meaning in life among college

students is Meaning in Life Questionnaire (MLQ) with 10 items in it and 1 item as a reverse scored developed by Michael F. Steger. The scores range from 5-35 in 7-point likert scale with 2 dimensions, from 1 (absolutely untrue) to 7 (absolutely true). The significant relationship between the two variables, Mindfulness and the presence of meaning in life is analyzed using Pearson Correlation test.

Findings and Results

Means of Mindfulness and Meaning in life among college students were compared with the demographic variables in the present study. This was employed through the Independent sample t-test. The results were discussed in detail

Table 1

Summary of t-test with gender for Mindfulness showing N, Mean, SD and t value

Variables	Sub	N	Mean	SD	df	t	p
Gender	Male	61	121.08	10.75	110	-.050	.960
	Female	51	121.19	12.89			

p>0.05 (Not significant)

In this table 1 independent sample t test indicated that there is no significance differences in the mindfulness on the basis of gender (t = -.050, p>0.05). When compare to male (Mean = 121.08, SD = 10.75) female (Mean = 121.19 SD

= 12.89) are higher in mean score. The result shows that “There will be no significant difference in Mindfulness based on gender among college students.

Table 2

Summary of t-test with age for Mindfulness showing N, Mean, SD and t-value

Variables	Sub	N	Mean	SD	df	t	p
Age	20-22	66	119.40	9.84	110	-1.781	0.79
	23-25	46	123.60	13.72			

P<0.05 (Significant)

In this table 2 independent sample t test indicated that is there is significant differences in the mindfulness on basis of age (t = -1.781p<0.05). When compare to age of 20-22(Mean = 119.40 SD = 9.84) Age of 23-25

(Mean = 123.60 SD = 13.72) are higher in mean scores. The result shows that “There will be significant difference in Mindfulness based on age among College students”.

Table 3

Summary of t-test with Locality for Mindfulness showing N, Mean, SD and t -value

Variables	Sub	N	Mean	SD	df	t	P
Locality	Rural	68	120.44	9.78	110	-.718	.475
	Urban	44	122.20	14.25			

P>0.05 (Not significant)

In this table 3 independent sample t test indicated that is there is no significance differences in the mindfulness on basis of locality (t = -.718p>0.05). When compare to rural (Mean = 120.44 SD = 9.78) urban (Mean = 122.20 SD = 14.25) are higher in mean score. The result shows that “There will be no significant difference in Mindfulness based on locality among College students”.

Table 4

Summary of t-test with gender for Meaning in life showing N, Mean, SD and t- value

Variables	Sub	N	Mean	SD	df	t	P
Gender	Male	61	50.75	9.84	110	-.422	.674
	Female	51	51.64	12.15			

p>0.05 (Not significant)

In this table 4 independent sample t test indicated that is there is no significance differences in the meaning in life on basis of gender (t = -.422, p>0.05). When compare to male (Mean = 50.75 SD = 9.84 female (Mean = 51.64 = 12.15) are higher in mean score. The result shows that “There will be no significance difference in meaning in life on the basis of gender among college students”.

Table 5

Summary of t-test with age for Meaning in Life showing N, Mean, SD and t-value

Variables	Sub	N	Mean	SD	df	t	p
	20-22	66	49.04	11.11			

Age					110	-2.565	0.12
	23-25	46	54.19	9.96			

p<0.05 (Significant)

In this table 5 independent sample t test indicated that there is a significant difference in the meaning in life on basis of age ($t = -2.565 < 0.05$). When compare to age of 20-22 (Mean = 49.04, SD = 11.11) age of 23-25 (Mean

Table 6

= 54.19 SD = 9.96 are higher in mean score. The result shows that “There will be significant difference in meaning in life based on age among College students”.

Summary of t-test with locality for meaning in life showing N, Mean, SD and t- value

Variables	Sub	N	Mean	SD	df	t	p
Locality	Rural	68	50.47	10.55	110	-.816	.417
	Urban	44	52.22	11.48			

p>0.05 (Not significant)

In this table 6 independent sample t test indicated that there is no significance differences in the meaning in life on basis of locality ($t = -.816, p > 0.05$). When compare to rural (Mean = 50.47, SD = 10.55) urban (Mean

Table 7

= 52.22 SD = 11.48) are higher in mean score. The result shows that “There will be no significant difference in meaning in life on the basis of locality among college students”.

Correlation statistics of Mindfulness and Presence of Meaning in Life

Variable	Presence
Mindfulness	.330**

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

The correlation statistics indicated a significant positive correlation between mindfulness and presence of meaning in life is .330** at the level of 0.01. Thus, the Mindfulness is positively correlated with

presence of meaning in life. A finding indicates that “There will be significant relationship between mindfulness and presence of meaning in life among college students”.

Conclusion

The present study has been explained the relationship between Mindfulness and Meaning in Life among college students. The result shows that mindfulness is positively correlated with the presence of meaning in life. It also shows that there will be no significance difference on mindfulness and meaning in life on the basis of Age and Place of Living. The gender plays a major role and it has a significant difference on Mindfulness and Meaning in Life. A mindful individual is leading a life with the presence of Meaning. The present study distinguished the relationship between Mindfulness and presence of meaning in life and this leads for the enhancement of forthcoming knowledge about Mindfulness and the benefits of presence of meaning in life

Limitations

The present study shows the positive relationship between Mindfulness and Meaning in life. The target population of the study was about 20 to 25 years. Students above and below this age were not considered as samples. This is also a non-interventional quantitative study and so the combination of intervention could be more advanced and appropriate. The respondents and the sample size could be altered for understanding further relationship between the variables

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