

## **The Influence of Mindfulness On Students Psychological Well-Being**

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### **ABSTRACT**

The aim of this research is to find out whether Mindfulness has an influence on a person's psychological well-being. The research was conducted on psychology students at UIN Raden Fatah Palembang. This research method is a quantitative type of regression. The number of respondents resulting from the survey was 55 respondents. The data collection technique was carried out using an online survey via Google Form, using 2 scales, namely FFMQ-15: 15 item Five-Facet Mindfulness Questionnaire and Psychological well being scale. The data analysis method for hypothesis testing uses a simple linear regression method with significant data results of  $0.025 < 0.05$ , which means there is an influence of mindfulness on a person's psychological well-being.

### **Introduction**

Research on mindfulness and psychological well-being has a closely related background and objectives, because mindfulness is considered a practice that can help improve a person's psychological well-being. Psychological well-being is considered a condition in which a person has a healthy and positive emotional and mental state. Good psychological well-being can have a positive impact on physical health, interpersonal relationships, and academic and professional achievement. Previous research has shown that mindfulness practices can help improve a person's psychological well-being by reducing stress, anxiety, and depression. However, there are still many unanswered questions about the mechanisms by which mindfulness can improve psychological well-being, as well as the factors that influence the effectiveness of mindfulness.

This study aims to assess the relationship between mindfulness and psychological well-being, including dimensions of well-being such as happiness, life satisfaction, and quality of interpersonal relationships. Studying the

mechanisms of how mindfulness can influence a person's psychological well-being, such as its effect on emotional regulation and cognition. Assessing the effectiveness of various types of mindfulness interventions in improving psychological well-being, including mindfulness training programs and mindfulness-based therapies. Assessing differences in the effectiveness of mindfulness depends on factors such as age, gender, stress level, and type of psychological disorder. Help develop mindfulness intervention programs that are more effective and tailored to individual needs in improving psychological well-being.

Mindfulness is the ability to focus on current experiences with non-judgmental acceptance and without responding impulsively. There are several phenomena associated with mindfulness, including: Awareness of sensations: A person's ability to pay attention to physical sensations such as breath, body movements, or sensations on the skin with non-judgmental acceptance and without responding impulsively. Non-judgmental attitude: A person's ability to pay attention to current experiences with an open and non-judgmental attitude, thereby reducing stress and increasing emotional well-being. Acceptance: A person's ability to accept current experiences with an open attitude and without judgment, thereby increasing emotional well-being and reducing tension. Presence: A person's ability to be in the present moment fully aware and without being distracted by destructive thoughts or feelings. Observing thoughts and feelings: A person's ability to observe their thoughts and feelings with healthy distance and engagement, so they can deal with destructive feelings more effectively. Emotional regulation: A person's ability to regulate their emotions more effectively by paying attention to current experiences and accepting these experiences with full awareness. Non-reactivity: A person's ability not to react impulsively to thoughts and feelings that arise, which can help them manage destructive feelings more effectively. By practicing mindfulness, a person can increase awareness of current experiences and develop the ability to regulate emotions and improve mental well-being.

## **Method**

This research uses a quantitative regression type method. The sample obtained was 55 people aged 18-22 years who came from psychology study program students at UIN RADEN FATAH PALEMBANG class of 2021. The sample data collection technique used a questionnaire/gform which was distributed online, using 2 scales, namely FFMQ-15: 15 items Five- The Facet Mindfulness Questionnaire and Psychological Well Being Scale were used to see whether there

was an influence of mindfulness on student well-being. The data analysis technique uses hypothesis testing with a simple linear regression method. The results of this data will be used to consider whether there is an influence of mindfulness as variable X with the level of well-being as variable Y which is analyzed and calculated using the simple linear regression method.

### **Results and Discussion**

Adolescence is a period of developmental transition from childhood to adulthood. Adolescence occurs when a person is 11 – 20 years old. During adolescence, psychological and physical changes occur from childhood to adulthood. Psychological changes that occur in adolescents include intellectual, emotional and social life. Physical changes include the sexual organs, namely the reproductive organs that have reached maturity and begun to function properly. According to Syamsu, to fulfill developmental tasks, adolescents must be able to achieve emotional independence, be able to develop interpersonal communication, learn to get along with peers, have social responsibility, and be able to control themselves. Mental well-being refers to the state of a person who is not only free from stress and mental health problems, but is in a state of mind that is considered healthy. According to Ryff and Keyes (1995) psychological well-being is a term that describes the fulfillment of the criteria for positive psychological functioning.

A study conducted by Ryff and Keyes (1995) categorized psychological well-being into six main dimensions. This means the extent to which an individual has the quality of positive relationships with other people, the individual's ability to accept himself, and the ability to have and carry out life goals. In this way, you can grow personally, control your environment effectively, and become an independent person (autonomy). At the level of self- acceptance, people with high psychological well-being have a positive attitude towards themselves, recognize and accept various positive and negative aspects of themselves, and have positive feelings about past lives. Many theories emphasize the importance of warm and trusting interpersonal relationships with others. The ability to love is considered an important part of mental health (Ryff and Keyes, 1995).

According to Ericsson (1950, 1968), Miller (2011) argued that people face different problems at each stage of life development and expect their perspectives to change as they progress from stage to stage. The transition from adolescence

to adulthood is a critical period for individuals. This is because at this time individuals begin to explore themselves, live independently from their parents, develop values, and build. The transition period between adolescence and adulthood is often called emerging adulthood. Emerging adulthood is the transition from adolescence to adulthood that occurs between the ages of 18 and 25 years. Adulthood is a transitional period when you feel like an adult, even though you are not. During this transition period, people develop the abilities, skills, and personality traits that their culture considers necessary to complete the transition to adulthood. Each has a different approach to mindfulness, but all teach that by attending to present experiences with attention and without judgment, we can increase our well-being and gain a deeper awareness of ourselves and the world around us.

According to Ryff (1989), psychological well-being is the result of individuals' evaluation and assessment of themselves, influenced by their current life experiences and expectations, and is based on the realization of positive psychological functioning. Used to describe health. Mental well-being measures the extent to which an individual forms positive relationships with others, the individual's ability to accept themselves (self-acceptance), their ability to have meaning in their life, and the six main dimensions of personal well-being. classified into . These are the ability to grow within it (personal growth), the ability to control the environment (environmental dominance), and the ability to become an independent human being (autonomy) (Ryff, 1989).

Each aspect of mental health poses different challenges for individuals seeking to function optimally. Considering that individuals have different mental health conditions, it is necessary to pay attention to the factors that influence individual mental health. There are several factors that influence mental health. These are age, gender, life goals (Ryff, 1995), personality, and cultural differences. However, several studies over the past decade have found that some studies of mindfulness affect a person's psychological well-being.

Mindfulness or awareness is a state of active, non-judgmental attention in the present moment. This involves bringing your full attention to the present experience on a moment- to-moment basis, without judgment or distraction. Mindfulness practices have become increasingly popular in recent years, as more people become interested in improving their mental health and well-being. Mindfulness-based interventions have been shown to be effective in reducing stress, anxiety, depression, and chronic pain, among others. There are many

different ways to practice mindfulness, including meditation, yoga, and other forms of mindful movement. Mindfulness can also be integrated into daily activities, such as eating, walking, and even brushing your teeth. Some key benefits of mindfulness include increased self-awareness, improved emotional regulation, and greater resilience to stress. By focusing on the present moment and cultivating a non-judgmental attitude, mindfulness can help individuals develop more inner peace and calm, even in the midst of challenging situations.

Tabel 1 (Model Summary)

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	,301a	,091	,074	6.35652

The model summary table explains the magnitude of the correlation/relationship value (R), which is 0.301. From this output, a coefficient of determination (R Square) of 0.091 was obtained, this explains that the influence of the independent variable (mindfulness) on the dependent variable (psychological well-being) is 9.1%.

Table 2 (Analisis of varians)

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	213,899	1	213,899	5,294	,025b
	Residual	2141,483	53	40,405		
	Total	2355,382	54			

From the output of the ANOVA table, it is known that the calculated F value = 5.294 with a significance level of  $0.025 < 0.05$ . So the regression model can be used to predict psychological well-being variables or in other words there is an influence of the mindfulness variable (X) on the psychological well-being variable (Y).

Table 3 (Coefficients)

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	54,793	6,140		8,924	,000
	Mindfulness	,253	,110	,301	2,301	,025

## Conclusion

Based on the results of the study which aims to see whether there is an influence between learning motivation on increasing learning achievement of psychology students in semester 4 of Raden Fatah State Islamic University Palembang. It can be seen from the significant value in the data above in the form of 0.000 which tends to be lower than the significant level of 0.05. So, we can conclude that the learning motivation variable influences the learning achievement improvement variable. So, it can be concluded that the learning motivation variable has an influence on the learning achievement improvement variable or it can be called influential and thus  $H_0$  is rejected or in other words there is influence.

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