

A Correlational Study on Mindful Attention Awareness and Peace of Mind

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ABSTRACT

It has been suggested that the human trait of Mindful Attention Awareness has links to peace of mind and improved mental health. The researcher conducted a study to find out the level of peace of mind and mental health among young adults and how they are correlated. The present study has 79 participants from various states of India. The data was collected using google forms with the help of two questionnaires Mindful Attention Awareness Scale and Peace of mind Scale. Results showed that Mindfulness and Peace of Mind are positively correlated. It is expected that this study will provide an insight to the researchers and it will contribute to the review of literature of peace of mind and mental health

Keywords: mindful attention awareness, peace of mind, mental health.

I. INTRODUCTION

Young adulthood is a time of adjusting to new life habits and social standards. The young adult is required to take on new positions, such as spouse or parent, and to cultivate new behaviours, interests, and values to suit these new responsibilities. Because of these changes, early adulthood is both a unique and challenging time in one's life. It is particularly difficult because most males and females have had others, such as parents, teachers, friends, or others, to assist them in making the necessary changes. They are now supposed to make these changes for themselves as adults. To prevent being labelled as inexperienced, they are unable to seek guidance and assistance from others when they find the modifications too difficult to manage effectively on their own (Srivastava and Agarwal, 2013).

Mindfulness is the term given to a psychological process that brings one's attention to the current or present moment. Essentially, it is the state of being conscious about the here-and-now. One way this state could be achieved is through

meditation. Mindfulness is defined as non-judgmental awareness in the present moment (Kabat-Zinn, 1990).

Mindfulness is characterised as a non-judgmental knowledge of one's current lived experience. Researchers discovered that mindfulness training has advantages such as increased positive emotions, decreased stress, and improved well-being (Ramasubramanian, 2016).

Mindful meditation has been practiced for thousands of years, and psychology and neuroscience are increasingly showing interest in its ability to ameliorate various problems, which may include stress, anxiety, chronic pain, eating disorders, nicotine dependence, and sleep disorders. Fruitful mindful meditation enables us to relate our thoughts to mental experiences. It derives from ancient Theravada Buddhist philosophy and Indian yoga practises of samaadhi as a method of gaining personal insight into the essence of life, the true nature of creation, and achieving long-term happiness.

This is where the term mindful attention has been coined. Researchers have defined this term as our ability to use thought processes as means to manage our own behaviour. Mindfulness is described as maintaining moment-to-moment awareness of our thoughts, emotions, bodily sensations, and surroundings through a gentle, nurturing lens.

Mindfulness also entails acceptance, which means paying attention to our thoughts and emotions without evaluating them—for example, without thinking that there is a "right" or "wrong" way to think or feel in a given moment.

MINDFULNESS AND MENTAL HEALTH

Several studies have found mindfulness to be effective in minimising negative health effects and a wide variety of mental and physical health symptoms. For instance, a mindfulness-based stress reduction programme on mood disorder and stress

symptoms in cancer patients resulted in lower mood disturbances and stress symptoms in both male and female patients with a wide range of cancer diagnoses. (Mandal, Arya and Pandey, 2012).

A mindfulness-based stress reduction programme has been shown to be successful in reducing symptoms associated with physical, psychosomatic, and psychological or psychiatric disorders (Mandal, Arya and Pandey, 2012).

Several other studies show that the mindfulness trait, as well as training programmes, are very effective in reducing symptoms linked to chronic pain generalised anxiety and panic disorders, fibromyalgia, and cancer (Mandal, Arya and Pandey, 2012).

Aside from symptom and anxiety reduction, the mindfulness characteristic and related behaviours have been linked to improved mental health, positive affect, and life satisfaction (Mandal, Arya and Pandey, 2012).

II. PEACE OF MIND

A state of mental and emotional balance and calm, free of worries, fears, or tension, is known as peace of mind. The mind is quiet in this state, and you feel a gentle sense of peace and independence. Such tranquil moments are not as uncommon as you would believe, "integrating body and mind is the only way to be fully alive in each moment, without getting lost in our thoughts while walking, cooking, driving, and going about our everyday lives." (Thich Nhat Hanh, 2013). Only by cultivating a mindful body and an embodied mind can we be fully alive. Bringing together ancient wisdom and contemporary thinking, Thich Nhat Hanh says it is like hardware and software—if you don't have both, you cannot do anything. Peace of Mind provides a foundation for beginning mindfulness practices and understanding the principles of mind/body awareness. By learning how our physical body and mind are inseparable in creating our own perceptions and experiences we can begin to trust and nourish our ability to create well-being.

There is so much heartache, anguish, and misery across the world in these times of growing confusion that could be prevented by knowing and applying reality. "To have peace and joy and inner freedom, you need to learn how to let go of your sorrows and worries, the elements that create unhappiness. First of all, notice that this world contains all the wonders you could expect to find in the Buddha Land. It is only because of our veil of sorrows and worries that we cannot always see these wonders."(Thich Nhat Hanh, 1985).

Peace is always accessible, and it takes effort, much like any other desirable state of mind, even if that effort means deliberately choosing to be still. Sure, our circumstances have an impact on our mental health, but they don't have to. Not if we make individual choices to improve our well-being. There are numerous things we can do to integrate peace of mind into our lives, both in response to the situation and on a daily basis.

Importance of peace of mind

"Anxiety and depression rank among the most serious medical disorders today. According to the World Health Organization, depression causes more disabilities than any other condition. Yet 80 percent of the 38 million Americans suffering from anxiety and depression receive inadequate treatment."(Dennis Charney, Charles Nemeroff, 2006) The lack of emotional anxiety or stress." These descriptions highlight the significance of mental peace in preventing stress and anxiety. It is, in reality, the antidote to anxiety and stress. Discomfort, anxiety, distress, and fears are eliminated when the mind is peaceful and relaxed, and inner strength and trust are awakened. Positive self-esteem, as well as the presence or absence of a mental state of mind known as peace of mind. (Anne Nyström, Kerstin Andersson- Segesten, 1990) Inner peace, without a doubt, makes you a happier person in general, and when you enjoy peace within yourself, you feel motivated to give back and help others feel good as well.

III. MATERIALS AND METHOD

The primary purpose of this research was to correlate young adults on the variables - mindful attention awareness and peace of mind. The research was designed keeping in mind that there may be a significant correlation between mindful attention awareness and peace of mind. The present research is based on non-experimental, cross-sectional and correlation research design. The study is an empirical type study which is quantitative in nature. Data was collected from 79 participants recruited from different states of India through purposive and snowball sampling techniques. Only the young adults who fall in the desired age range of 18 to 30 years were included in the study and above and below that were excluded in the study.

Tools: The following tools were used in this study were:-

Mindful attention Awareness Scale (MAAS)- Designed by Kirk Brown and Richard Ryan. MAAS is a 15-item scale designed to assess a core characteristic of mindfulness, namely, a receptive state of mind in which attention, informed by a

sensitive awareness of what is occurring in the present, simply observes what is taking place. The scale shows strong psychometric properties and has been validated with college, community, and cancer patient samples. The MAAS assesses individual differences in the frequency of mindful states over time. The scale is a 15-item (1-6 Likert scale) questionnaire to assess dispositional (or trait) mindfulness. The measurements from the MAAS tap consciousness related to self-regulation and various areas of well-being.

This scale intentionally excludes mood, attitude, and motivation to keep dispositional mindfulness neutral as a construct. The MAAS measures one's tendency toward mindfulness or mindlessness. Scores of the MAAS strongly correlate with self-consciousness, rumination, and self-reflection. Those scoring higher in mindfulness tend to report higher levels of pleasant affect, higher self-esteem, optimism, and self-actualization. Also, lower levels of neuroticism, anxiety, depression, and unpleasant affect are reported in those scoring higher in mindfulness.

Peace of Mind Scale (PoM)- The Peace of Mind scale was created by Lee et al. (2013). (PoM). For evaluating affective well-being, this 7-item self-report measure has shown strong reliability and validity. The item-total correlations ranged from .76 to .85, with an average value of 0.81. The scale's alpha reliability coefficient was 0.91. The scale contains 7 items rated on a 5-point Likert scale ranging from 1 (not at all) to 5 (all the time).

Procedure: The Google forms were made after compiling the questionnaires. The participants were contacted via phone and briefed about the study and their consent was taken, the participants were also ensured about the confidentiality of the study that it will be used only for research purpose. And then the link was sent to them and they were asked to notify the researcher once they submit the form and were requested to forward the same to their friends as well. The researcher duly thanked all the participants for being a part of this research and for their co-operation.

IV. RESULT AND DISCUSSION

The purpose of this study was to correlate mindful attention awareness and peace of mind among young adults.

	N	MINIMUM	MAXIMUM	MEAN	SD
MAAS	79	45	88	4.204	0.797
POMS	79	14	35	3.372	0.77

Table 1 : Descriptive statistics among youth

VARIABLE		MAAS	POMS
MINDFULNESS	Pearson Correlation (r)	1	.561**
PEACE OF MIND	Pearson Correlation (r)	.561**	1

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

Table 2 : Correlation between Mindful Attention Awareness and Peace of Mind

According to table 2, the Pearson correlation value between Mindful Attention Awareness and Peace of mind came out to be $r = 0.561$ (significant at 0.01 level) which shows a positive correlation between the two that means if one variable increases or decreases so does the other. A previous research has linked increased mindfulness to improved subjective well-being and self- (psychotherapy across a wide spectrum of disorders and populations. Peace of mind (POM) is a subset of subjective well-being that is particularly significant in a traditional Chinese cultural sense.

The aim of this study was to investigate the mediating effects of self-acceptance on the relationship between mindfulness and peace of mind. The findings revealed that mindfulness was substantially positively associated with peace of mind, and that this positive correlation was mediated by self-acceptance. Limitations, clinical effects, and possible research directions are addressed,

V. CONCLUSION

The aim of the present study was to find correlation between Mindful Attention Awareness, and Peace of mind in young adults (18-30 years). For investigating mindfulness, Mindful Attention Awareness Scale (MAAS) was used. To measure the inner peace of the individual, Peace of Mind scale (PoM) was used. The findings of this study showed that Mindfulness and peace of mind have a strong positive correlation and mindfulness could be used a treatment method for a variety of mental health issues as there is a dire need of prevention. Many methods of preventions can be taken into consideration including yoga, mindfulness practices. Present study has some limitations that need to be eliminated in future studies. To begin with, the sample size used in this analysis is limited due to geographic constraints because of which the significance of the result may have been affected by the sample size of the study. The sample can be expanded to increase the reliability of the results. Second, the questionnaire used in the survey was not created by Indian authors. Finally, since it was impossible to contact individuals to have questionnaires filled in person due to the pandemic, google forms were sent out, which could have resulted in people not filling out the questionnaire honestly. The study is dependent completely on the respondent's subjective interpretation and this could also lead to response bias on the part of respondents. This bias could be in the form of denial, for social desirability, fantasy and so forth.

FUTURE IMPLICATIONS

The current study can help scholars and practitioners to understand not only how mindfulness, peace of mind and decision making are interrelated but also their relationship with mental health and psychological distress. As a suggestion for prospective researchers, a larger sample size could be used for the analysis to be more precise. It is recommended to use a questionnaire created by an Indian author.

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