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A STUDY ON MINDFULNESS AND ANXIETY AMONG YOUNG ADULTS

Submitted as Master's Project Work in

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DAV College, Sector 10

Chandigarh

Submitted by:

Komal Rani

62873

Supervisor:

Dr. Shruti Shourie

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DECLARATION

I declare that the Dissertation entitled: "A study on Mindfulness and Anxiety among Young Adults" has been prepared by me under the guidance of Dr. Shruti Shourie, Associate Professor of Department of Psychology, D.A.V. College, Sector 10, Chandigarh, India. No part of this report has formed the basis for the award of any degree or fellowship previously.

Komal Rani

Roll No. 62873

M.A. 4th Semester

Department of Psychology

D.A.V. College, Sector 10

Chandigarh, India.

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CERTIFICATE

I certify that Komal Rani has prepared her project report entitled: "A study on Mindfulness and Anxiety among Young Adults" for the award of Masters in Psychology degree of the Panjab University, under my guidance. She has carried out the work at the Department of Psychology, D.A.V. College, Sector 10, Chandigarh, India.

Dr. Shruti Shourie

Associate Professor

Department of Psychology

D.A.V. College, Sector 10

Chandigarh,

India.

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I am honored to have had the opportunity to work with you and will always remember your contributions with gratitude.

Sincerely,

Komal Rani

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ABSTRACT

Mindfulness is the practice of purposely bringing one's attention to the present-moment experience without evaluation, a skill one develops through meditation or other training. Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. Mindfulness also involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them. When an individual practices mindfulness, our thoughts tune into what we're sensing in the present moment rather than the past or imagining the future. Anxiety is a feeling of fear, dread and uneasiness. It might cause you to sweat, feel restless and tense and have a rapid heartbeat. The cause of anxiety is unknown. Factors such as genetics, brain biology and chemistry, stress and your environment may play a role. Different types of anxiety disorders can have different symptoms. But they have a combination of anxious thoughts or beliefs that are hard to control. They make you feel restless and tense and interfere with your daily life physical symptoms, such as a pounding or rapid heartbeat, unexplained aches and pains, dizziness and shortness of breath and also change in behavior, such as avoiding everyday activities you used to do. Anxiety disorders are the most common of mental disorders and affect nearly 30% of adults at some point in their lives. The research aimed to study on mindfulness and anxiety among young males and females standardized tools were used to measure anxiety and mindfulness among young adults. A total sample of 50 (males) and 50(females) in the 18to 25 age group were collected. The results revealed that there is significant negative correlation among anxiety and mindfulness. Results also showed that there is no significant gender difference among the variables. One should paying attention to the present moment without judgement and focusing on one's breath, body sensations, or surroundings to cultivate mindfulness and reducing anxiety. Consistent practice can aid in enhancing awareness and diminishing the impact of apprehensive thoughts.

Key words: Anxiety, Mindfulness, Gender differences, Young adults.

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CHAPTER 1

INTRODUCTION

"Anxiety is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained."

— Arthur Somers Roche

Anxiety is a very real and normal emotion that a person feels in a stressful situation. It related to fear and worry. Anxiety is also an alerting signal and warns about danger and enables a person to take measure to deal with threat. Everyone experiences anxiety, it can be mild or severe which is depend upon the situation. Anxiety is a natural response to stress that involves feelings of fear, nervousness, or apprehension. It is a common human emotion that can range from mild feelings of unease to more intense feelings of panic or dread. Anxiety can be triggered by a variety of stressors, such as social situations, work-related stress, or health concerns. It can also be a symptom of a larger mental health condition, such as generalized anxiety disorder, panic disorder, or post-traumatic stress disorder. The physical symptoms of anxiety can include a rapid heartbeat, shortness of breath, sweating, trembling, and muscle tension. In addition, anxiety can cause psychological symptoms such as excessive worry, restlessness, difficulty concentrating, and sleep disturbances. Anxiety is a natural and adaptive response to stress that can help us to deal with challenging situations. For example, it can help us to focus our attention and prepare for an important exam or presentation. However, when anxiety becomes excessive or chronic, it can interfere with our ability to function in daily life.

Anxiety is a natural response to stress, and it is a normal part of life. However, when anxiety becomes excessive or chronic, it can interfere with daily activities and quality of life. Anxiety disorders are among the most common mental health disorders, affecting millions of people worldwide.

Anxiety can manifest in different ways, including physical, emotional, and cognitive symptoms. Some of the most common physical symptoms of anxiety include: Rapid

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heartbeat, Sweating, Trembling or shaking, Shortness of breath, Muscle tension or stiffness, Headaches, Nausea or stomach upset.

Emotional symptoms of anxiety may include: feeling nervous or restless, irritability or impatience, feeling on edge or easily startled, difficulty concentrating, sleep disturbances. Cognitive symptoms of anxiety may include: excessive worry or fear about everyday events or situations, catastrophic thinking or imagining worst-case scenarios, difficulty making decisions or taking action due to fear or uncertainty, perfectionism or fear of failure

Anxiety can also be categorized into different types of disorders, including generalized anxiety disorder, panic disorder, social anxiety disorder, specific phobias, and obsessive-compulsive disorder (OCD).

Generalized anxiety disorder is characterized by excessive and persistent worry or fear about everyday events or situations. Panic disorder involves sudden and intense periods of fear or discomfort, known as panic attacks, accompanied by physical symptoms. Social anxiety disorder involves an intense fear of social situations or performance situations. Specific phobias involve an irrational fear or avoidance of specific objects, situations, or activities. OCD involves obsessive and compulsive behaviour that interfere with daily life.

The causes of anxiety disorders are not fully understood but can be attributed to a combination of genetic, environmental, and psychological factors. Treatment for anxiety disorders can include medication, psychotherapy, or a combination of both. Lifestyle changes, such as exercise, stress management, and relaxation techniques, may also be helpful in reducing anxiety symptoms.

In conclusion, anxiety is a common response to stress and can be managed with proper treatment and lifestyle changes. If you are experiencing symptoms of anxiety, it is important to seek help from a mental health professional

The exact causes of anxiety are not fully understood, but it is believed that a combination of genetic, environmental, and psychological factors can contribute to

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the development of anxiety disorders. Here are some of the most common causes of anxiety:

Genetics: There is evidence to suggest that anxiety disorders may run in families. Certain genes may increase the risk of developing anxiety disorders.

Brain chemistry: Imbalances in certain chemicals in the brain, such as serotonin and dopamine, may contribute to anxiety disorders.

Environmental factors: Trauma, abuse, neglect, and other stressful life events can increase the risk of developing anxiety disorders.

Medical conditions: Certain medical conditions, such as thyroid disorders, heart disease, and chronic pain, can contribute to anxiety symptoms.

Substance abuse: Alcohol, drugs, and other substances can exacerbate anxiety symptoms or trigger anxiety disorders.

Personality: People who are naturally anxious or highly sensitive may be more prone to developing anxiety disorders.

Life stressors: Significant life changes, such as moving, starting a new job, or going through a breakup, can increase the risk of developing anxiety symptoms.

It is important to note that anxiety can be a normal and adaptive response to stress, and not everyone who experiences anxiety symptoms has an anxiety disorder. However, if anxiety symptoms interfere with daily activities or quality of life, it is important to seek help from a mental health professional.

Anxiety is a common mental health issue among young adults. According to the National Institute of Mental Health, approximately 31% of adults in the United States experience an anxiety disorder at some point in their lives, and anxiety disorders often first manifest during the teenage years or early adulthood.

There are many reasons why young adults may experience anxiety. Here are some of the most common:

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Academic pressure: Young adults may feel overwhelmed by the demands of school, such as exams, assignments, and deadlines.

Social pressure: Young adults may feel pressure to fit in with their peers and may experience anxiety about social situations and relationships.

Financial pressure: Young adults may be facing financial challenges, such as student loans, finding a job, or paying bills, which can cause anxiety.

Career pressure: Young adults may feel anxious about their career prospects, finding a job, and making the right career choices.

Family expectations: Young adults may feel pressure to meet the expectations of their parents or other family members, which can cause anxiety.

Uncertainty about the future: Young adults may feel anxious about the future, such as uncertainty about their career, relationships, or personal goals.

Trauma: Young adults who have experienced trauma, such as abuse, neglect, or violence, may be more prone to anxiety disorders.

Anxiety among young adults can manifest in different ways, including physical, emotional, and cognitive symptoms. Some of the most common symptoms of anxiety among young adults include: Nervousness, restlessness, or irritability, Difficulty concentrating, Sleep disturbances, Muscle tension or stiffness, Sweating, trembling, or shaking, Panic attacks, Avoidance of social situations or activities

It is important for young adults who are experiencing anxiety symptoms to seek help from a mental health professional. Treatment for anxiety may include medication, psychotherapy, or a combination of both. Lifestyle changes, such as exercise, stress management, and relaxation techniques, may also be helpful in reducing anxiety symptoms. Early intervention and treatment can help young adults manage their anxiety and improve their overall well-being.

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"All you really need to do is accept this moment fully. You are then at ease in the here and now and at ease with yourself."

– Eckhart Tolle

Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. It is a practice that has its roots in Buddhist meditation but has gained widespread popularity in recent years as a tool for improving mental health and overall well-being.

Practicing mindfulness involves bringing one's attention to the present moment without judgment, criticism, or distraction. It involves intentionally focusing one's awareness on the present moment, observing one's thoughts, feelings, and bodily sensations, and accepting them without resistance.

Research has shown that mindfulness can have numerous benefits for mental and physical health, including:

Reduced stress and anxiety: Mindfulness has been shown to reduce symptoms of stress and anxiety, as it helps individuals cultivate a greater sense of calm and perspective in the face of stressful situations.

Improved mood: Mindfulness can improve mood and reduce symptoms of depression by helping individuals develop a more positive and accepting attitude towards their thoughts and feelings.

Better cognitive function: Mindfulness has been shown to improve attention, memory, and cognitive flexibility, as it helps individuals cultivate a greater awareness of their thoughts and emotions.

Improved physical health: Mindfulness has been shown to have a range of physical health benefits, including improved immune function, better sleep, and reduced inflammation.

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There are many different ways to practice mindfulness, including:

Meditation: Meditation involves sitting quietly and focusing on the present moment, usually by paying attention to the breath or a mantra.

Mindful breathing: Mindful breathing involves focusing one's attention on the sensation of breathing, usually by counting breaths or observing the sensation of air moving in and out of the body.

Mindful movement: Mindful movement involves focusing one's attention on the physical sensations of movement, such as walking, yoga, or tai chi.

Mindful eating: Mindful eating involves focusing one's attention on the sensations of eating, such as the taste, texture, and smell of food, without distraction.

Overall, mindfulness is a practice that can help individuals cultivate a greater sense of presence, awareness, and acceptance in their lives, leading to improved mental and physical health and overall well-being.

Mindfulness is becoming an increasingly popular tool for young adults to manage stress, anxiety, and other mental health issues. Here are some ways in which mindfulness can be particularly beneficial for young adults:

Academic and career stress: Young adults often experience stress related to academics and career goals. Mindfulness can help young adults manage this stress by helping them stay focused and calm, even during high-pressure situations like exams or job interviews.

Social anxiety: Young adults may experience anxiety related to social situations and peer relationships. Mindfulness can help young adults develop a greater sense of self-awareness and self-compassion, which can help them feel more comfortable in social situations.

Technology overload: Young adults are often exposed to a constant stream of information and stimulation through social media and other digital technologies.

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Mindfulness can help young adults develop a greater sense of focus and attention, which can help them manage this overload and reduce the negative impact it can have on their mental health.

Developing emotional regulation: Young adults are still developing their emotional regulation skills, and mindfulness can help them develop a greater sense of awareness and control over their emotions. This can help them manage difficult emotions like anger, sadness, or anxiety, and cultivate more positive emotions like joy and gratitude.

Building resilience: Young adults may experience significant life changes and transitions, such as leaving home, starting college or a new job, or dealing with relationship changes. Mindfulness can help young adults develop resilience and adaptability, allowing them to navigate these changes with greater ease and confidence.

Overall, mindfulness can be a powerful tool for young adults to manage stress, anxiety, and other mental health issues, while also building important life skills like focus, resilience, and emotional regulation.

Mindfulness has numerous benefits for both mental and physical health. Here are some of the key benefits of mindfulness:

Reduced stress and anxiety: Mindfulness has been shown to reduce symptoms of stress and anxiety by helping individuals cultivate a greater sense of calm and perspective in the face of stressful situations. Mindfulness helps individuals to be more present in the moment, reducing worries about the future or regrets about the past.

Improved mood: Mindfulness can improve mood and reduce symptoms of depression by helping individuals develop a more positive and accepting attitude towards their thoughts and feelings. Mindfulness also helps individuals to be more aware of their emotional states, allowing them to better regulate their moods.

Better cognitive function: Mindfulness has been shown to improve attention, memory, and cognitive flexibility by helping individuals cultivate a greater awareness of their

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thoughts and emotions. Mindfulness also helps to improve cognitive control and executive functioning, leading to better decision-making abilities.

Improved physical health: Mindfulness has been shown to have a range of physical health benefits, including improved immune function, better sleep, and reduced inflammation. Mindfulness has also been shown to help individuals manage chronic pain.

Improved relationships: Mindfulness can improve relationships by helping individuals develop greater empathy and compassion towards others. Mindfulness also helps individuals to communicate more effectively and to be more present with others.

Increased self-awareness: Mindfulness helps individuals to become more aware of their thoughts, emotions, and physical sensations. This increased self-awareness can lead to greater insight into one's own behaviours and thought patterns, leading to greater personal growth and self-improvement.

Better stress management: Mindfulness helps individuals to manage stress by helping them to develop a greater sense of control over their thoughts and emotions. Mindfulness also helps individuals to better cope with difficult situations and to develop more effective coping strategies.

Overall, mindfulness is a powerful tool for improving both mental and physical health, as well as for developing important life skills like self-awareness, empathy, and stress management.

Mindfulness is the practice of devoting non-judgmental attention to the present moment with an attitude of openness and curiosity. Meditation is a technique for training our minds to be more aware of our thoughts, emotions and physical sensations and to be more present in our lives. Meditation, yoga, or simply meditations on one’s breath are all examples of mindfulness practices. The purpose of mindfulness is to return one’s focus to the present moment, rather than dwelling on the past or the future. Non-judgmental awareness is one of the main components of mindfulness. This involves observing your thoughts, emotions, and physical

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sensations without evaluating them as good, poor, or correct. Instead, you merely acknowledge them and permit them to exist as they are, without becoming involved in them. Acceptance is another essential aspect of mindfulness. You learn to respect your thoughts and emotions as they are, recognising that they are a natural aspect of being human. Mindfulness can be practiced in a variety of methods, but meditation is a common practice. Meditation consists of sitting in a silent place, concentrating on your breath, and allowing your thoughts to come and go without becoming attached to them. There are numerous varieties of meditation, such as mindfulness meditation, loving-kindness meditation, and body scan meditation. In addition to formal meditation, mindfulness can be practiced throughout the day informally. This may involve bringing awareness to mundane activities such as dining, walking, and dishwashing. You can help to cultivate mindfulness in your daily life by bringing a sense of presence and awareness to these activities.

Anxiety and mindfulness are closely related because mindfulness practices can effectively alleviate anxiety symptoms. Anxiety is frequently characterized by excessive concern and preoccupation with the future, along with physical symptoms such as a rapid heartbeat, shortness of breath, and muscle tension. Negative thoughts and emotions and a lack of awareness can exacerbate these symptoms. In contrast, mindfulness involves bringing one's awareness to the present moment without judgment or attachment. You can learn to observe your thoughts and emotions without becoming wrapped up in them by focusing on the present moment. This can help reduce anxiety by allowing you to develop a greater sense of calm and equanimity and worrying.

Mindfulness

According to Kabat-Zinn (1994), mindfulness has been described as “the awareness that emerges through paying attention on purpose, in the present moment, and nonjudgmental to the unfolding of experience moment by moment”. Mindfulness is defined as “waking up to the full spectrum of our experience in the present moment” (Kabat-Zinn, 2003).

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According to Shapiro (2009), mindfulness is a term stemming from the Pali language, whereby sati is combined with Sampajanna, and this term is translated to mean awareness, circumspection, discernment, and retention. Further the researcher stated that mindfulness is defined simply how an individual pays attention to what is occurring in one's immediate experience with care and discernment. Brown and Ryan (2003) state that mindfulness is based in Buddhist psychology, ancient Greek philosophy, existentialism, idealism, liberalism, and materialism, respectively.

According to Goldberg (1972), "mindfulness is often self-administered and is based on respondents' perceptions of their current mental state in comparison to their usual or normal condition"

History of Mindfulness

The application of mindfulness in psychology dates back to the 1970s, when molecular biologist and psychologist Jon Kabat-Zinn created Mindfulness-Based Stress Reduction (MBSR). Kabat-Zinn combined his personal experience with Zen meditation with modern Western scientific thought to develop a secular mindfulness-based approach to reduce tension and promote well-being.

The goal of Kabat-Zinn's MBSR program was to help individuals develop a nonjudgmental awareness of their thoughts, emotions, and bodily sensations through practices such as body scans, mindful breathing, and mindful movement. It soon became apparent that the program could also be used to assist individuals with a broad range of psychological issues, such as anxiety, depression, and trauma, in addition to those experiencing chronic pain.

Throughout the 1980s and 1990s, the prevalence of MBSR and mindfulness-based interventions increased, and additional mindfulness-based interventions, such as Mindfulness-Based Cognitive Therapy (MBCT) and Acceptance and Commitment Therapy (ACT), were developed.

By integrating cognitive-behavioral therapy with mindfulness practices, Zindel Segal, Mark Williams, and John Teasdale specifically designed MBCT to prevent relapse in

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depressed individuals. Steven Hayes created ACT to help individuals develop psychological flexibility through the use of acceptance- and mindfulness-based practices.

Since then, mindfulness-based interventions have continued to gain prominence and have been found to be effective in treating a variety of psychological conditions, such as anxiety, depression, substance abuse, and chronic pain. In addition, mindfulness has been incorporated into numerous other branches of psychology, such as positive psychology, neuroscience, and organizational psychology.

Incorporating mindfulness practices into schools, workplaces, and communities, the practice of mindfulness has gained popularity in mainstream society over the past decade. Numerous studies have demonstrated the effectiveness of mindfulness in promoting well-being and reducing psychological distress, establishing it as a well-established method in psychology.

Mindfulness in 21st Century

In the 21st century, mindfulness has continued to acquire popularity, as more research has been conducted and more applications have been developed. In the 21st century, mindfulness has evolved in the following significant ways:

The use of technology has made mindfulness more accessible than ever before in the twenty-first century. There are currently numerous applications, websites, and other digital resources that provide guided meditations, mindfulness exercises, and other tools to help individuals develop their mindfulness abilities. This has made it easier for individuals to incorporate mindfulness into their daily activities, regardless of location or schedule.

Mindfulness has become increasingly integrated into healthcare settings, where mindfulness-based interventions are used to manage a variety of health conditions, such as chronic pain, anxiety, and depression. In addition, mindfulness-based interventions have been shown to be effective in reducing stress and exhaustion among healthcare providers, which can contribute to improved patient outcomes.

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Mindfulness has also been incorporated into educational settings, where mindfulness-based interventions are used to promote students' well-being and academic performance. It has been found that mindfulness-based interventions enhance students' attention, reduce stress and anxiety, and improve their overall mental health.

Mindfulness has become increasingly incorporated into the workplace, where mindfulness-based interventions are used to reduce stress, enhance productivity, and promote employee well-being. It has been determined that mindfulness-based interventions are effective in reducing employee absenteeism, attrition, and healthcare costs.

The creation of innovative mindfulness-based interventions: New mindfulness-based interventions, such as Mindfulness-Based Compassionate Living (MBCL), Mindfulness-Based Strengths Practice (MBSP), and Mindfulness-Based Mind Fitness Training (MMFT), have been devised in the 21st century. By combining mindfulness with other practices like compassion, positive psychology, and cognitive-behavioral therapy, these interventions seek to promote well-being and resiliency.

Overall, mindfulness has continued to evolve in the 21st century, with the development of new applications and increased research. Mindfulness will likely continue to be an important instrument for promoting well-being and reducing psychological distress in the years to come, given its growing popularity and accessibility.

THEORITICAL FRAMEWORK

Mindfulness is a form of Buddhist meditation that has been adapted and implemented in various contexts, including mental health treatment, workplace environments, and schools. The theoretical framework for mindfulness draws from diverse psychological and philosophical perspectives, including Buddhist philosophy, cognitive psychology, positive psychology, and neuroscience. Mindfulness entails focusing on the present moment and

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objective is to cultivate a nonreactive, nonjudgmental awareness of one's inner and outer experiences, which can lead to increased acceptance, self-compassion, and emotional regulation.

Buddhist Philosophy: The theoretical underpinnings of mindfulness are derived from Buddhist philosophy, specifically the teachings of the Four Noble Truths and the Eightfold Path. These teachings emphasize the significance of grasping the role of craving and attachment in perpetuating suffering as a fundamental aspect of human existence. The Eightfold Path encompasses practices such as right mindfulness, right intention, and right action. By cultivating a clear and focused awareness of one's present-moment experiences, individuals can develop a more balanced and compassionate outlook on their lives, which can contribute to greater emotional regulation and well-being.

***Cognitive Psychology*:** Cognitive psychology, which emphasizes the role of thoughts and beliefs in shaping our emotions and behaviors, also contributes to the theoretical framework of mindfulness. This perspective posits that negative patterns of thought and belief can contribute to emotional distress and maladaptive behavior. Mindfulness can assist individuals in becoming more conscious of these patterns and in developing a more balanced and adaptable perspective on their experiences. Individuals may become more conscious of negative self-talk or automatic impulses that contribute to anxiety or depression. They can learn to observe these thoughts without judgement and cultivate a more compassionate and constructive attitude towards their interior experiences by practicing mindfulness.

***Neuroscience*:** Mindfulness has been shown to have positive effects on the brain and the body, which are reflected in the theoretical framework for mindfulness. Mindfulness can increase activity in the prefrontal cortex, which is responsible for executive functions such as attention, planning, and decision-making, according to studies. It can also reduce activity in the amygdala, which controls the fight-or-flight response to tension and negative emotions. These alterations in brain activity may result in enhanced cognitive flexibility, emotional control, and resiliency. In addition,

mindfulness has been shown to have beneficial effects on the body, such as reducing inflammation and bolstering the immune system.

***Positive Psychology*:** The theoretical underpinnings of mindfulness are derived from positive psychology, which emphasizes promoting well-being and flourishing rather than merely reducing negative symptoms. Mindfulness is considered a positive psychology intervention because it can aid in the development of a greater sense of purpose, meaning, and connection to others. It can also increase positive emotions such as happiness, gratitude, and compassion, which can, over time, contribute to greater resilience and well-being. Individuals can learn to appreciate the positive aspects of their lives and develop greater resilience in the face of adversity by focusing on the present moment and cultivating a receptive and non-judgmental attitude towards their experiences.

In conclusion, the theoretical framework for mindfulness draws from various philosophical, psychological, and neuroscientific perspectives to explain how mindfulness can help individuals cultivate a greater sense of awareness, acceptance, and well-being in their daily lives. By focusing on the present moment and cultivating a nonreactive and non-judgmental attitude towards one's experiences, individuals can learn to navigate difficult emotions, develop resilience, and discover greater meaning and purpose in their lives.

Anxiety

Hall (1966) states that, “anxiety is one of the most important concepts in psychoanalytic theory and plays an important role in the development of personality as well as in the dynamics of personality functioning.”

According to Oxford Dictionary (2000), anxiety is defined “as the painful uneasiness of mind concerning impending or anticipated it”.

According to Sullivan (1953), anxiety is an intensely unpleasant state of tension, arising from experiencing disapproval in interpersonal relations.

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According to Drever (1958) anxiety as, "a chronic complex emotional state with apprehensiveness or dread as its most prominent component characteristic of various nervous and mental disorders."

According to Skinner (1968) "anxiety is a pain and unpleasantness of mind concerning impending or anticipated in." Symond (1966) states that the dynamics of human adjustment is a good illustration of modern acceptance of anxiety as a fundamental factor in psychology of adjustment.

Watson and Clark (1984) defined anxiety as "a tendency to feel several negative emotions in many situations, even when there is no objective stressor".

According to Shin and Liber- Zon (2012), anxiety is known to be mediated by the circuitry involving the amygdala and hippocampus and some parts of the prefrontal cortex. Animals and humans show similar fear circuitry that is useful for survival. However, anxiety seems unique to human beings as it sometimes occurs without a stimulus.

According to Mathews (1990) anxious individuals selectively attend to threating information, and interpret even ambiguous events in a threatening manner.

Theoretical Framework Anxiety

Anxiety is a complex emotional and cognitive state characterized by feelings of apprehension, fear, or worry, as well as physiological responses such as increased heart rate and sweating. Anxiety disorders are among the most prevalent mental health disorders, affecting millions of people worldwide.

Cognitive Model: According to the cognitive model of anxiety, anxiety is brought on by negative thoughts and beliefs about oneself, the world, and the future. According to this model, anxiety arises when a person perceives a threat or danger in their environment, which initiates negative thoughts and beliefs that amplify the emotional response. These negative thoughts and beliefs may include irrational or distorted patterns of thought, such as catastrophizing, black-and-white reasoning, and overgeneralization. Individuals can reduce their anxiety and enhance their emotional

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well-being, according to the cognitive model, by identifying and challenging these negative thoughts and beliefs.

Neurobiological Model: According to the neurobiological paradigm of anxiety, anxiety is caused by dysregulation in the fear and stress response systems of the brain. According to this hypothesis, anxiety is associated with increased activity in the amygdala, a brain region that processes fear and threat-related emotions. This increased activity may activate the body's stress response system, resulting in physiological responses such as a faster pulse rate and increased perspiration. Additionally, the neurobiological model suggests that genetic and environmental factors may contribute to the development of anxiety disorders.

Behavioral Model: According to the behavioral model of anxiety, anxiety is a learned response that is reinforced by avoidance or flight behaviors. According to this model, anxiety develops when a person perceives a threat or peril in their environment, which leads to avoidance or escape behaviors that temporarily alleviate their anxiety. On the other hand, these avoidance and evasion behavior can reinforce the anxiety response over time, resulting in the development of anxiety disorders. By progressively exposing individuals to the feared stimulus and preventing them from engaging in avoidance or escape behavior, the behavioral model suggests that they can learn to tolerate their anxiety and reduce their symptoms over time.

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CHAPTER 2

REVIEW OF LITERATURE

This chapter will include the relevant research carried out on mindfulness and forgiveness, in order to highlight the research gaps and frame objective of the present study.

Anxiety

A longitudinal study was conducted to analyse the prevalence of anxiety among young adults residing in the US from 2008 to 2018. The data was gathered using the National Survey on Drug Use and Health (NSDUH) which is an annual report of drug abuse and mental health in the US. The prevalence of anxiety from 2008 to 2019 was estimated using a logistic regression method. The result found that the level of anxiety among young American adults rose from 5.13% in 2008 to 6.68%in 2018. Furthermore, it has been seen that respondents whose age ranging from 18-25 years old has a rapid increase in anxiety level from 7.97 to 14.66% compared with the respondents age ranging between 26 to 49 years old (Goodwin et al., 2020).

A qualitative study was carried out by Trembath et al. (2012) in order to provide an elaborative description of the anxiety experienced by young people with autism spectrum disorder (ASD). The study was conducted by forming two focus groups involving 11 young adults with Autism Spectrum Disorder and 10 rest were parents and professionals. The participants were asked to address their triggers for anxiety, consequences of anxiety and what strategies they use to cope with the anxiety attack. From this study, it has been found that the participants may have multiple personal and environmental sources of anxiety, and it has a drastic impact on their everyday lives at home, work, etc.

A study was conducted by Caldwell et al. (2002) to investigate the relationship between alcohol consumption with the level of affect, anxiety and depression among young adults. A total of 2404 young adults from Canberra region participated in this research study, The samples were measured with the Goldberg Depression and

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Anxiety scales, the Positive and Negative Affect Schedule, and the Alcohol Use Disorders Identification Test. The findings revealed that for both non/occasional drinkers and harmful drinkers were largely associated with negative affect and higher levels of anxiety and depression whereas for females, only harmful drinkers were related with higher level of anxiety and depression followed by negative affect.

A longitudinal study was conducted by Benjamin et al. (2013) with an aim to examine whether anxiety or related outcomes are shown in young adults who received treatment for child anxiety in childhood and to investigate the long-term effects of CBT for anxiety. A sample of 66 young adults aged between 18-32 years participated in this current research study. The participants were diagnosed with anxiety disorder in childhood and were given Cognitive Behavioural Therapy for treatment. The result showed that participants who were less responsive towards CBT in childhood tend to have severe anxiety disorder and higher rate of substance abuse problem in adults in comparison to the participants who successfully received CBT treatment for childhood anxiety. However, some participants were potentially found at the risk of having generalized anxiety disorder and substance disorder irrespective of their prior treatment.

Mindfulness

A study was done by Chi et al. (2018) to investigate the effects of mindfulness based stress reduction (MBSR) in the treatment of depression among adolescents and young adults. A total of 2,042 participants took part in this research study. Randomized controlled trials were used to report the effectiveness of MBSR and depressive symptoms among young adults age ranging from 12 to 25 years. The results revealed that MBSR has a moderate effect in reducing stress and depressive symptoms in young adults.

A study was conducted with an aim to find out the five factors of mindfulness as a mediator between social media engagement and depression. A total of 371 participants ranging between 17 to 24 years old participated in this research study. The participants were administered with Five Factor Mindfulness Questionnaire

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(FFMQ), the Social Media Engagement Scale for Adolescents (SMES-A), and the Patient Health Questionnaire (PHQ-8). The findings revealed that mindfulness is significantly mediated with the association between social media engagement and depression. Hence, it can be suggested that mindfulness can be used as an effective technique to help teach how to use social media positively (Jones et al., 2022).

A study done to understand the role of mindfulness skill in controlling the symptoms of panic psychopathology among young adults with asthma. A total of 56 young adults with asthma participated in this research study. The data was gathered using online self-report measure and it has been found that the greater use of mindfulness skill especially acting with awareness significantly predicts the panic symptoms and decreases the level of anxiety symptoms among young adults suffering from asthma (Kraemer et al., 2015).

A study was conducted by Petering et al. (2021) to determine the effect of peer-based mindfulness and yoga intervention to reduce interpersonal violence among young adults experiencing homelessness. A sample of 58 young homeless adults from Los Angeles participated in this research programme. They were administered with a self-report questionnaire and were introduced with mindfulness and Yoga practice in order to learn to regulate their emotions and reduce impulsivity. After 2 months of training, the results showed that increased mindfulness and yoga practice can reduce the violence engagement behaviour in young adults experiencing homelessness

Anxiety and Mindfulness

A study was done by Strohmaier et al. (2021) to find out which length of mindfulness practice has a positive effect on depression, anxiety, and stress. A sample of 71 participants participated in this research study. The study was conducted using experimental design, where participants were divided into three groups i.e., four longer (20-min) mindfulness practice, four shorter (5-min) mindfulness practice and audiobook control group. The results revealed that both longer and shorter mindfulness practices significantly improve the level of depression, anxiety and stress. Moreover, it has been found that shorter practices of mindfulness had a

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significant effect on stress whereas longer practice is beneficial for depression and anxiety.

A meta-analysis was conducted by Hofmann et al. (2010) to investigate the effect of mindfulness based therapy on anxiety and depression. The analysis was done on the basis of 39 studies, with the total of 1,140 participants receiving mindfulness based therapy. The results found that mindfulness based therapy was moderately effective for improving the anxiety and mood symptoms. Furthermore, it also suggests that using mindfulness-based therapy is an excellent intervention for treating anxiety and mood disorder in the clinical population.

A study was done by Gallego et al. (2014) with an aim to determine whether mindfulness training can reduce the distressing effect of depression, anxiety, and stress in university students. A total of 125 students from the Bachelor of Education program participated in this research study. The participants were compared with other students who were undergoing a physical activity program. The participants were administered with Abbreviated Scale of Depression, Anxiety and Stress (DASS-21). The findings revealed that the participants receiving mindfulness training were found to be reducing high levels of depression, anxiety and stress, in comparison to other participants. It is suggested that using a combination of mindfulness exercise with relaxing physical exercise could be beneficial to reduce the manifestation of stress and anxiety among students

A study was conducted with an aim to identify the effect of mindfulness based stress reduction for patients with anxiety disorder. A total of 76 self-referred patients participated in this study and they were administered with 8-weeks of MSBR intervention treatment. The results showed that participants who were having symptoms of anxiety and depression were highly benefited from the 8-weeks MSBR intervention. However, participants who were having trait anxiety and worry achieved lower recovery status. From the result, it can be concluded that mindfulness treatment can reduce the level of acute anxiety symptoms and partially change worry and trait anxiety (Vøllestad et al., 2011).

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A research study was done by Boettcher et al. (2014) to analyse the effect of Internet based mindfulness treatment for anxiety. A sample of 91 participants who were diagnosed with social anxiety disorder, generalized anxiety disorder, panic disorder took part in this research study. The samples were administered with online mindfulness treatment which consists of 96 audio instructions for various mindfulness meditation exercises. After 6 months, the results revealed that participants had a huge decrease of symptoms in anxiety, depression and insomnia and also it improved their quality of life. Hence, the study supported internet based mindfulness methods as an effective treatment for primary anxiety disorder.

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CHAPTER 3

OVERVIEW, AIMS, OBJECTIVES, HYPOTHESES

Overview

- Anxiety is a common human emotion that can range from mild feelings of unease to more intense feelings of panic or dread. Anxiety can be triggered by a variety of stressors, such as social situations, work-related stress, or health concerns. It can also be a symptom of a larger mental health condition, such as generalized anxiety disorder, panic disorder, or post-traumatic stress disorder. The physical symptoms of anxiety can include a rapid heartbeat, shortness of breath, sweating, trembling, and muscle tension.

- The physical symptoms of anxiety can include a rapid heartbeat, shortness of breath, sweating, trembling, and muscle tension. In addition, anxiety can cause psychological symptoms such as excessive worry, restlessness, difficulty concentrating, and sleep disturbances. Anxiety is a natural and adaptive response to stress that can help us to deal with challenging situations. For example, it can help us to focus our attention and prepare for an important exam or presentation. However, when anxiety becomes excessive or chronic, it can interfere with our ability to function in daily life.

- The data was gathered using the National Survey on Drug Use and Health (NSDUH) which is an annual report of drug abuse and mental health in the US. The prevalence of anxiety from 2008 to 2019 was estimated using a logistic regression method. The result found that the level of anxiety among young American adults rose from 5.13% in 2008 to 6.68%in 2018. Furthermore, it has been seen that respondents whose age ranging from 18-25 years old has a rapid increase in anxiety level from 7.97 to 14.66% compared with the respondents age ranging between 26 to 49 years old (Goodwin et al., 2020).

- Trembath et al. (2012) in order to provide an elaborative description of the anxiety experienced by young people with autism spectrum disorder (ASD). The study

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was conducted by forming two focus groups involving 11 young adults with Autism Spectrum Disorder and 10 rest were parents and professionals. The participants were asked to address their triggers for anxiety, consequences of anxiety and what strategies they use to cope with the anxiety attack. From this study, it has been found that the participants may have multiple personal and environmental sources of anxiety, and it has a drastic impact on their everyday lives at home, work, etc.

- Caldwell et al. (2002) to investigate the relationship between alcohol consumption with the level of affect, anxiety and depression among young adults. A total of 2404 young adults from Canberra region participated in this research study, The samples were measured with the Goldberg Depression and Anxiety scales, the Positive and Negative Affect Schedule, and the Alcohol Use Disorders Identification Test. The findings revealed that for both non/occasional drinkers and harmful drinkers were largely associated with negative affect and higher levels of anxiety and depression whereas for females, only harmful drinkers were related with higher level of anxiety and depression followed by negative affect.

- Mindfulness is the practice of devoting non-judgmental attention to the present moment with an attitude of openness and curiosity. Meditation is a technique for training our minds to be more aware of our thoughts, emotions and physical sensations and to be more present in our lives. Meditation, yoga, or simply meditations on one's breath are all examples of mindfulness practices.

- Mindfulness can be practiced in a variety of methods, but meditation is a common practice. Meditation consists of sitting in a silent place, concentrating on your breath, and allowing your thoughts to come and go without becoming attached to them. There are numerous varieties of meditation, such as mindfulness meditation, loving-kindness meditation, and body scan meditation. In addition to formal meditation, mindfulness can be practiced throughout the day informally. This may involve bringing awareness to mundane activities such as dining, walking, and dishwashing. You can help to cultivate mindfulness in your daily life by bringing a sense of presence and awareness to these activities.

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- A study was conducted by Chi et al. (2018) to investigate the effects of mindfulness based stress reduction (MBSR) in the treatment of depression among adolescents and young adults. A total of 2,042 participants took part in this research study. Randomized controlled trials were used to report the effectiveness of MBSR and depressive symptoms among young adults age ranging from 12 to 25 years. The results revealed that MBSR has a moderate effect in reducing stress and depressive symptoms in young adults.

- A study was conducted with an aim to find out the five factors of mindfulness as a mediator between social media engagement and depression. A total of 371 participants ranging between 17 to 24 years old participated in this research study. The participants were administered with Five Factor Mindfulness Questionnaire (FFMQ), the Social Media Engagement Scale for Adolescents (SMES-A), and the Patient Health Questionnaire (PHQ-8). The findings revealed that mindfulness is significantly mediated with the association between social media engagement and depression. Hence, it can be suggested that mindfulness can be used as an effective technique to help teach how to use social media positively (Jones et al., 2022).

- A total of 56 young adults with asthma participated in this research study. The data was gathered using online self-report measure and it has been found that the greater use of mindfulness skill especially acting with awareness significantly predicts the panic symptoms and decreases the level of anxiety symptoms among young adults suffering from asthma (Kraemer et al.,2015).

Research Gaps

Literature review identifies research voids in this subject area. In India and the West, the variables of anxiety and mindfulness have been less studied. Almost no research has been conducted on gender differences. Keeping this in mind, the investigation's primary objective is to examine anxiety and mindfulness among young adults. This investigation will attempt to close this disparity.

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Aim

The present investigation aims to study the anxiety and mindfulness among young adults.

Need of study

There are millions of people all around the world that suffer from anxiety. It's characterized by feelings of anxiety, concern, and apprehension that are excessive and persistent enough to get in the way of regular life. Various causes, including stress, trauma, genetics, and the environment, can set off anxiety in varying degrees of severity.

The study of anxiety is significant for a number of reasons. To begin, it's important to recognize the prevalence of anxiety disorders and the substantial toll they may have on one's quality of life. In addition to emotional symptoms like anger, restlessness, and difficulty concentrating, people with anxiety may also have physical symptoms including headaches, exhaustion, and muscle strain. Suicide, social withdrawal, and panic attacks are all possible outcomes of acute anxiety.

Second, researching anxiety can reveal what helps and what hinders the onset and maintenance of anxiety disorders. The prevalence and intensity of anxiety can be reduced with the use of this information, which can be used to create effective preventative and intervention programs.

Third, studying anxiety can help us learn more about the neural circuits and brain mechanisms that play a role in this common human experience. By understanding these underlying mechanisms and circuits, we can create more effective therapeutics. Finally, research into anxiety can aid in correcting common misconceptions about mental illness. More people knowing about anxiety disorders means more people will be able to help those who suffer from anxiety with compassion and efficiency.

Mindfulness is the act of focusing on and accepting one's current experience without attaching meaning to it. Numerous studies have demonstrated its positive effects on

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mental and physical health, including alleviation of stress, anxiety, and depression; enhancement of cognitive performance; and general improvement in well-being.

The study of mindfulness is significant because it has been shown to have positive effects on physical and mental health, on stress levels, on happiness, and on brain function. Research on the advantages of mindfulness can help us create more successful programs to spread the word.

Research Questions

- Is there a relationship between anxiety and mindfulness?
- Are there any gender differences on anxiety and mindfulness?

Research Objectives

- This research aims to assess the relationship between Anxiety and Mindfulness.
- This research aims to assess the gender differences on Anxiety and Mindfulness.

Hypotheses

Based on the review of literature, following hypotheses were formulated,

- Anxiety is expected to be negatively related to Mindfulness.
- No gender differences are expected on Anxiety and Mindfulness.

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CHAPTER 4

METHODOLOGY

The chapter clarifies the research methodology to answer the hypotheses in order to acquire systematic information. The aim of the present study was to identify the gender variations in anxiety and mindfulness in addition to determining the correlates of these characteristics. For this purpose 100 subjects, 50 males and 50 females, in the age between 18 to 25 years were selected for the study.

Research Design

For the present study, a quantitative approach was used. Researchers use the quantitative research method when the purpose of the research is to obtain primary data, that is, data gathered and assembled particularly for the study, in contrast to secondary data. The present study follows the quantitative research design intended to examine the correlation and group differences among the variables used in the study.

Sample

The sample consisted of young adults in the age range of 18-25 years. The sample was collected from Tri-city (Chandigarh, Panchkula & Mohali)

Inclusion Criteria

- The age of the respondents was 18-25.
- Only respondents who gave consent were considered.
- Both males and females were included.
- Only respondents from urban area were collected.

Exclusion Criteria

- Those suffering from any psychopathology or undergoing treatment for psychological problems were excluded from the sample.

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- Those suffering from any other chronic illness were excluded.
- Those residing in rural areas were not selected.
- Illiterate or those having studied less 10^{th} standard was not included in the sample.

Ethical Considerations

The following ethical guidelines were put into place for the research period.

- Confidentiality of the responses and identity was assured.
- Participants were briefed about the purpose of the study.
- Informed consent was obtained.
- The dignity and well-being of the respondent was protected all the time.
- The research data remained confidential throughout the study and the researcher obtained the respondents permission.

Tests and Tools

The following standardized tests and tools were used:

- Hamilton anxiety rating scale (HAM-A) (Hamilton,1959)
- The Mindful Attention Awareness scale (MAAS) (Carlson, & Brown, 2005)

All the tests used were standardized and had established reliability and validity. The scales administered were available in English. A semi structured interview schedule was also administered to the participants in order to seek detailed information about their critical social and demographic aspects such as age, city, name, and gender and education qualification.

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Brief description of the tests & tool used:

The following standardized tests and tools were used:

Hamilton Anxiety Rating Scale (HAM-A): The HAM-A as developed by (Hamilton, 1959) was one of the first rating scales developed to measure the severity of anxiety symptoms and is still widely used today in both clinical and research settings. The scale consists of 14 items, each defined by a series of symptoms, and measures both psychic anxiety (mental agitation and psychological distress) and somatic anxiety (physical complaints related to anxiety). Although the HAM-A remains widely used as an outcome measure in clinical trials, it has been criticized for its sometime poor ability to discriminate between anxiolytic and antidepressant effects, and somatic anxiety versus somatic side effects. The HAM-A does not provide any standardized probe questions. Despite this, the reported levels of inter-rater reliability for the scale appear to be acceptable. The reliability of the HAM-A has been evaluated in several studies, and the results have consistently shown that the scale has good to excellent reliability. The inter-rater reliability of The HAM-A has been found to be high, indicating that different respondents tend to obtain similar scores when rating the same patient. Test-retest reliability, which refers to the consistency of scores obtained from the same patient on different occasions, has also been found to be good. The internal consistency of the HAM-A has been found to be high, with Cronbach's alpha coefficients ranging from 0.74 to 0.93, indicating good to excellent reliability. Inter-rater reliability refers to the degree of agreement among different raters who score the same test. Studies have found inter-rater reliability coefficients for the HAM-A ranging from 0.76 to 0.97, indicating good to excellent reliability.

Following instructions were given for Hamilton anxiety rating scale:

"Please read the statements given below carefully and try to answer the questions with utmost honesty. There is no right or wrong questions as we just want to know your opinion. Your results will be kept confidential. Below is a list of phrases that describe certain feelings that people have. Rate the patients by finding the answer

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which best describes the extent to which she/he has these conditions. Select one of the five responses for each of the fourteen questions 0 = not present, 1 = mild, 2 = moderate, 3 = severe, 4 = very severe".

The Mindful Attention Awareness Scale (MAAS): The trait MAAS as developed by 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. Internal consistency: The MAAS has demonstrated high internal consistency, with Cronbach's alpha coefficients ranging from 0.80 to 0.91 in various studies.

Test-retest reliability: The MAAS has also shown good test-retest reliability, with correlation coefficients ranging from 0.65 to 0.81 over a period of 2 to 8 weeks. Convergent validity: The MAAS has been found to be positively correlated with other measures of mindfulness, such as the Five Facet Mindfulness Questionnaire (FFMQ) and the Kentucky Inventory of Mindfulness Skills (KIMS).

Discriminant validity: The MAAS has also been found to have discriminant validity, as it is not strongly correlated with measures of unrelated constructs, such as extraversion or neuroticism.

Predictive validity: The MAAS has been shown to be predictive of various health and psychological outcomes, such as lower levels of stress, anxiety, and depression, and higher levels of well-being and positive affect.

Following instructions were given for The Mindful Attention Awareness Scale:

"*Below is a collection of statements about your everyday experience. Using the 1-6 scale below, please indicate how frequently you currently have each experience. Please answer according to what really reflects your experience rather than what you think your experience should be. Please treat each item separately from every other item".*

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Procedure

Keeping in view the objectives and ethical considerations, following procedures was executed by the researcher:

To study the relationship between anxiety and mindfulness among young adults, the research was initiated. Literature review was collected, and the various researches were studied. The tools for data collection for all the variables were gathered. Next, the hypotheses were formulated, and the expected outcomes were identified. The sample of young adults i.e. age group from 18 to 25 years identified and approached for data collection. The purpose of the present study was explained in brief to all the participants and their doubts related to the questionnaire were cleared. The participants were both males and females. Upon giving the instructions to the participants, data was collected. Prior to completing the questionnaires, participants were informed of their option to participate or not as participation are voluntary. Informed consent was obtained from the study participants of the data collection process. Participants who declined the informed consent were thanked for their interest. The data was collected be online google forms. The elements formed part of the data collection process:

a) informed consent

b) Demographic information

c) Scales were used;

- Mindful Attention Awareness Scale (MASS)
- Hamilton Anxiety Rating Scale (HAM-A)

Participants were required to read and give their consent before they move forward to answer the survey questionnaires. The informed consent described the study, including the purpose of the study, voluntary nature of participation, confidentiality and anonymity and the right of participants to opt-out of the study at any time without penalty. The demographic information contains name, age, gender, education

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qualification, city and contact details. Once the desired response was gathered, participants were thanked for their valuable response and time. The scores were compiled in excel sheets for each variable and participant.

For the analysis of raw scores, the help of SPSS was taken. Prior to the scoring and calculation, data were checked for entry errors using frequency analysis and ensure any and all discrepancies were removed. The Mean, SD for Mindfulness and Anxiety. Correlation and t-ratio was computed using SPSS. Further, the limitations of the study, implications of the study and recommendations for future research in the field were written.

Scoring and Statistical Analysis

Scoring for all the given tests was done as per the instructions given in the manuals. The raw scores were tabulated and subjected to various statistical analysis by using Statistical Product and Service Solutions (SPSS) Package. Keeping in view the objectives of the study, statistical analysis was conducted. Mean, Standard Deviations, Correlation Analysis, t-ratio were carried out. The t-ratio was taken out to see the significant differences between the groups. Correlations analysis was carried out to test the relationship between the two variables.

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CHAPTER 5

RESULT

Table 1

N, Mean and Standard Deviation scores of 100 males and females

	Gender	Anxiety	Mindfulness
N	Female	50	50
	Male	50	50
Mean	Female	18.1	3.61
	Male	20.1	3.47
Standard deviation	Female	11.9	0.865
	Male	10.7	0.793

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Table 2:

T ratio for males and females

Variables	Females (N=50)		Males (N=50)		t-ratio
	Mean	SD	Mean	SD	
Anxiety	18.08	11.945	20.14	10.690	-0.909
Mindfulness	3.61	0.865	3.47	0.793	0.832

Note. * p < .05, ** p < .01, *** p < .001

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Table 3

Intercorrelation matrix for females (N=50)

	Anxiety	Mindfulness
Anxiety	—	
Mindfulness	-0.545***	—

Note. * p < .05, ** p < .01, *** p < .001

***Correlation is significant at the 0.001 level

**Correlation is significant at the 0.01 level

*Correlation is significant at the 0.05 level

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Table 4

Intercorrelation Matrix for males (N=50)

	Anxiety	Mindfulness
Anxiety	—	
Mindfulness	-0.172	—

Note. * p < .05, ** p < .01, *** p < .001

***Correlation is significant at the 0.001 level

**Correlation is significant at the 0.01 level

*Correlation is significant at the 0.05 level

Table 5

Correlation Matrix for total sample (N=100)

	Anxiety	Mindfulness
Anxiety	—	
Mindfulness	-0.382 ***	—

Note. * p < .05, ** p < .01, *** p < .001

***Correlation is significant at the 0.001 level

**Correlation is significant at the 0.01 level

*Correlation is significant at the 0.05 level

Significant negative correlation we found between Anxiety and Mindfulness (r= -0.382, p<0.001).

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CHAPTER 6

DISCUSSION, SUMMARY AND IMPLICATIONS

The aim of the present study is to compare male and female young adults on the basis of two variables. The first variable is Anxiety and second variable is Mindfulness. For this purpose, sample of the 100 young adults was collected from tri-city, in which is 50 male and 50 female young adults within the age range of 18-25 years were included.

In the Table 1, Descriptive are statistics i.e. N, Mean and Standard Deviation of 100 young adults (50 male and 50 female) with variables Anxiety and Mindfulness

In Table 2, t-ratio for males and females on the basis of two variables anxiety and mindfulness are shown. There is significant gender difference came to be on anxiety. The mean value of anxiety for females is 18.08 and males are 20.14. Hence, our hypotheses got rejected that there will be no gender difference in anxiety. The mean value of mindfulness of females is 3.16 and males are 3.47. However, no significant gender difference was found when it came to mindfulness. Though, our hypotheses was accepted that there will be no gender difference in mindfulness.

In Table 3, Intercorrelation matrix of females (N = 50) is depicted where anxiety and mindfulness are significantly negatively correlated

In Table 4, Intercorrelation matrix of males (N = 50) is depicted there is no correlation among anxiety and mindfulness in males.

In Table 5, Intercorrelation matrix of total sample (N = 100) there is a significant negative correlation among Anxiety and Mindfulness ($r = -0.382$, $p<0.001$) is found.

The relationship between mindfulness and anxiety has been extensively researched in the literature. Several studies have shown that mindfulness practices, such as meditation, can reduce symptoms of anxiety and stress.

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A review of 39 studies found that mindfulness-based interventions were effective in reducing symptoms of anxiety across different populations, including adults, children, and adolescents (Hofmann et al., 2010).

Another study found that mindfulness-based cognitive therapy was effective in reducing symptoms of anxiety and depression in patients with generalized anxiety disorder (Evans et al., 2008).

However, some studies have also suggested that mindfulness practices may not be beneficial for everyone. For example, one study found that individuals with a history of trauma may experience an increase in anxiety symptoms when practicing mindfulness (van der Kolk et al., 2014).

Overall, the literature suggests that mindfulness practices can be effective in reducing symptoms of anxiety for many individuals. However, it is important to consider individual differences and potential contraindications when recommending mindfulness interventions for anxiety reduction.

SUMMARY

The aim of this investigation was to study mindfulness and anxiety among young adults. Mindfulness is the practice of purposely bringing one's attention to the present-moment experience without evaluation, a skill one develops through meditation or other training. Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. Mindfulness also involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them. When an individual practiced mindfulness, our thoughts tune into what we're sensing in the present moment rather than the past or imagining the future. Anxiety is a feeling of fear, dread and uneasiness. The cause of anxiety is unknown. Factors such as genetics, brain biology and chemistry, stress and your environment may play a role. Different types of anxiety disorders can have different symptoms. But they have a combination of anxious thoughts or beliefs that are hard to control. They make one feel restless and tense and interfere with one's daily life, physical symptoms, such as a

pounding or rapid heartbeat, unexplained aches and pains, dizziness and shortness of breath and also change in behavior, such as avoiding everyday activities one used to do. Anxiety disorders are the most common of mental disorders and affect nearly 30% of adults at some point in their lives. The research aimed to study the effect of anxiety on mindfulness among young males and females standardized tools were used to measure anxiety and mindfulness among young adults. A total sample of 50 (males) and 50(females) in the 18to 25 years age group were collected. The results revealed that there was significant negative correlation among anxiety and mindfulness. And also, no significant gender difference was on anxiety and mindfulness.

Implications and suggestions

Mindfulness is the practice of devoting conscious attention to the present moment with nonjudgmental curiosity. Here are some tips for improving one's mindfulness:

There are numerous formal mindfulness practices, such as meditation and body scan, that can aid in the development of mindfulness abilities. These practices can be performed in as little as a few minutes per day and entail consciously focusing attention on the present moment.

One should be mindful in everyday activities. Mindfulness practice is not limited to formal practices. People should try to be more present during mundane activities such as dining, walking, and even tooth brushing. Focus on the sensations, odors, and flavors associated with these activities.

The practice of mindful breathing is a simple yet effective method for cultivating mindfulness. People focus on the sensations of the breath as it enters and departs the body after a few deep breaths.

One should be nonjudgmental: Being mindful requires one to be nonjudgmental about their experiences. One should observe one's thoughts, emotions, and physical sensations without assigning them positive or negative labels.

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People should take pauses from technology. One's constant connection to technology can impair one's ability to be mindful. People should try taking a designated vacation from technology each day and focusing instead on being present in the present.

Cultivate a mindful mindset: Instead of striving for perfection or expecting specific results, one should approach mindfulness with an attitude of curiosity and openness.

One should remember that developing mindfulness is a skill that requires time and practice. By incorporating these suggestions into daily routine, people can increase their mindfulness and live a more present and conscious existence and decrease anxiety.

In general, anxiety is a prevalent mental health issue that can be brought on by a variety of factors, including stress, trauma, and heredity. Here are some recommendations for reducing anxiety:

Deep breathing, meditation, progressive muscle relaxation, and yoga are all relaxation techniques that can aid in calming the mind and reducing anxiety.

Regular exercise releases neurotransmitters, which can aid in mood improvement and anxiety reduction.

Lack of sleep can increase anxiety, so it is essential for one to get sufficient sleep each night.

Mindfulness is a technique that entails being present in the moment and focusing without judgement on one's thoughts and feelings. This can help person to reduce anxiety and enhance well-being overall.

Caffeine and alcohol can both increase anxiety, so it is best to avoid them or consume them in moderation.

Speaking with a trusted friend, family member, or mental health professional can help a person overcome his anxiety and discover ways to manage it.

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Eating a nutritious diet can help improve a person's overall physical and mental health, which in turn can reduce anxiety.

People should do self-care practices, such as having a bath, reading a book, or participating in a hobby as these can help reduce their stress and anxiety.

Mindfulness is the new-age tool that has efficacy to reduce morbidity and ill-being. In order to line a happy and healthy life, one should learn and practice mindfulness and MBSR on a regular basis.

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