



A Study on Mindfulness and Self Esteem on Young Adults

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ABSTRACT

The relationship between self-esteem and mindfulness is especially strong in young adults, influencing their psychological growth and general well-being. Mindfulness activities increase one's capacity for self-awareness and self-acceptance, which boosts one's sense of self-worth. On the other hand, a lack of mindfulness can lead to negative self-perceptions and self-doubt, which can eventually affect one's sense of self. The current study aimed to investigate the

relationship between mindfulness and self-esteem among young adults. A total sample of 101 young adults was collected in the age 18-25 years of age. Standardized scales were used to measure self-esteem and mindfulness. The results found out that there is a significant relationship between mindfulness and self esteem among young adults. Developing mindfulness abilities at this crucial developmental stage will help young adults overcome obstacles with more resilience and self-assurance, which will promote a positive sense of fulfilment and self-worth.

Keywords: *Mindfulness, Self Esteem, Young adults*

Introduction

Being mindful entails paying close attention to the current moment and objectively observing one's thoughts, feelings, and experiences. It fosters awareness of and acceptance of the situation as it is, encouraging attention, emotional fortitude, and clarity. By lowering stress, anxiety, and despair, mindfulness training can improve general wellbeing. It promotes a greater awareness of oneself and the world by inspiring people to live more consciously. People who practice mindfulness are better able to handle difficult situations by being calm and compassionate instead than acting on impulse. In the end, it gives people the ability to live more truly and develop a deeper sense of contentment and serenity in their life.

Self-esteem is the personal assessment of one's own value and worth. It includes one's self-perception and beliefs, which impact interactions, feelings, and behaviours. A balanced view of one's talents and shortcomings is essential to developing resilience and confidence in oneself. It gives people the confidence to go for their dreams, make their voices heard, and deal with obstacles in life. On the other hand, poor self-esteem can impede wellbeing and personal development by causing insecurity, self-doubt, and negative self-talk. Self-awareness, self-

compassion, and fostering supportive relationships are all necessary for developing self-esteem. People can lay the groundwork for success, pleasure, and contentment in life by realizing and respecting their intrinsic value.

Mindfulness

Mindfulness can simply be put as “moment by moment awareness” (Germer et al., 2005). The term “mindfulness” was originally derived from Pali word “sati” meaning, “having awareness, attention and remembering.” Ananlyo (2018) adds to it and refers it to “deliberate paying attending similar to how we would be attentive when something takes place that we have to remember later”.

According to Brown et al. (2007) mindfulness is defined as “a psychological state of awareness, a practice that promotes this awareness, a mode of processing information and a characterological trait.”

In a recent study on psychological distress, mindfulness and meaning in life among young adults was done by Garg (2023). The results of this concluded an inverse relationship between psychological distress and mindfulness. Along with this psychological distress and presence of meaning in life had a significant negative correlation. However, positive correlations were also observed among mindfulness, presence of meaning in life and meaning in life. Further, the study revealed gender differences in psychological distress. In addition to this, regression analysis depicted that psychological distress plays predictive role for mindfulness and presence of meaning in life.

In another experimental study by Chi et al. (2018), three groups were formed – a) control group, b) treatment group and, c) active control group to observe the effects of mindfulness-based reduction intervention (MBSR) on the symptoms of depression among

young adults of ages 18 to 25 years. The findings demonstrated that a reduction of symptoms in depression was seen after the mindfulness-based reduction intervention was introduced.

An investigation was done to assess the correlations of mindfulness and anxiety among 100 young adults. The result depicted an inverse relationship between mindfulness and anxiety. However, no gender differences were revealed in mindfulness and anxiety. The study recommends to practice mindfulness-based activities such as yoga, meditation to decrease the symptoms of anxiety and depression (Rani, 2023).

Self Esteem

Self Esteem is defined as “an individuals over all positive evaluation to the self” (Rosenberg, 1965). According to Sedikides and Gress (2003) defined self-esteem as “individual’s perception or subjective appraisal of one’s own self-worth, one’s feelings of self-respect and self-confidence and the extent to which the individual holds positive or negative views about self.” Burns (1982) defined self-esteem as an “individual’s beliefs about self, which decides who they are, what they can do and what they can become.” It is defined as “an evaluation that an individual makes regarding him or herself and reflects one’s sense of individual competence and personal worth in dealing with life challenges” (Mruk 2006; Branden, 1990).

An investigation was done to understand the correlations of social networking addiction, fear of missing out (FOMO) and self-esteem among 60 young adults. The findings of the study depicted a significant positive correlation between social networking addiction and FOMO. Along with this, conflict (dimension of social networking addiction) and self-esteem had a positive association. However, no significant relationships were observed among self-esteem, FOMO, and social networking addiction (Garg, 2023).

Mitra (2023) did a cross-sectional study on yoga practitioners and non-yoga practitioners to assess their mental well-being and self-esteem. A total sample of 150 was collected. The results of the investigation concluded that there exists a significant positive correlation between self-esteem and mental well-being. However, it was also seen that yoga practitioners were high on mental well-being as compared non-yoga practitioners, but no differences were observed regarding self-esteem in both the groups.

Research was conducted on 100 young adults to observe correlations as well as gender differences in empathy and self-esteem. After the analysis of the raw data, the results indicated a significant positive relationship between empathy and self-esteem. Along with this, study revealed gender differences regarding empathy, but no such differences were observed in self-esteem of male and female young adults (Kaur, 2023).

METHODOLOGY

Purpose

The purpose is to study the relationship between mindfulness and self-esteem among young adults.

Sample

A total sample of 101 young adults in the age 18-25 was collected from Delhi, NCR.

Hypothesis

There will be a significant relationship between self-esteem and mindfulness among young adults.

Measures

- **Rosenberg Self Esteem Scale:** The scale as developed by Rosenberg (1965) was used to assess an individuals' self-esteem. The scale consisted of 10 items, with a response scale of 4-point Likert, "strongly agree"; "agree"; "disagree"; "strongly disagree." Items 2,5,6,8 and 9 were reversed score.
- **Mindful Attention Awareness Scale:** The scale as developed by Brown and Ryan (2003) was used to measure an individual's mindfulness. The scale consisted of a total of 15 items, on a 6-point Likert scale, "Almost always"; "very frequently"; "somewhat frequently", "somewhat very infrequently", "almost never."

Procedures

The participants were informed about the aim of the research. Standardized questionnaires were shared, and the data was collected face to face randomly from 101 young adults in the age 18-25. Participants were thanked for their cooperation.

Analysis of Data

Results

Table 1

N, Mean and Standard Deviation

		Self esteem		Mindfulness	
N		101		101	
Mean		22.4		3.75	
Standard deviation		2.57		0.878	

Table 2

Correlation between self-esteem and mindfulness

	Self esteem		Mindfulness	
Self esteem		—		
Mindfulness		0.426	***	—
Note. * $p < .05$, ** $p < .01$, *** $p < .001$				

Discussion of Results

The results found out that there is a significant positive relationship between mindfulness and self-esteem ($r=0.426$, $p < .001$). The significant positive relationship finding implies that the young adults who have higher levels of mindfulness have higher levels of self-esteem. One possible explanation for this is that mindfulness practices cultivate a greater sense of self awareness, self-acceptance and emotional regulation which are important for self-esteem. Additionally, those who practice mindfulness may find it easier to recognize and value their accomplishments and talents which could boost their self-esteem.

Rasmussen and Pidgeon (2011) investigated the relationship between mindfulness, self-esteem, and social anxiety. The results of mediation analysis found that mindfulness significantly predicted self-esteem. Additionally, Verplanken et al. (2007) found that rumination has an impact on the relationship between mindfulness and self-esteem.

Various researchers Brown and Ryan (2003); Thompspon and Waltz (2008) have explored the relationship between mindfulness and self-esteem and have successfully found positive association between the two.

A study was conducted to assess the links between mindfulness and self-esteem. The results depicted that there exists a significant correlation between mindfulness and self-esteem. However, the study also concludes that self-esteem could be improved by indulging in mindfulness-based interventions (Randal et al., 2015).

Another study conducted on 243 participants to assess the correlations of mindfulness, self-esteem, and emotional intelligence. The findings of the investigation demonstrated that mindfulness and self-esteem were positively correlated to each other. In addition to this, positive correlations were also observed among emotional intelligence, mindfulness, and self-esteem (Park & Dhandra, 2017).

Conclusion

The present study investigated the relationship between mindfulness and self-esteem among young adults. A total sample of 101 young adults in the age 18-25 years was collected. The data was collected using standardized scales. The results found that there was a significant relationship between self-esteem and mindfulness.

Mindfulness is a light that illuminates the path to self-acceptance and self-discovery in the process of improving self-esteem. By practicing mindfulness, people develop a greater awareness of their inner world by becoming more perceptive to their thoughts, feelings, and physical sensations. People with this increased self-awareness are able to look at their thoughts objectively, which makes room for introspection and self-compassion.

Individuals who consistently practice mindfulness techniques like deep breathing, body scans, and meditation come to embrace themselves and their experiences more. They learn to accept themselves with kindness and understanding, seeing both their strengths and flaws as essential components of who they are, as opposed to being obsessed by comparison or self-criticism.

Furthermore, mindfulness gives people the ability to question harmful thinking patterns and ideas that degrade their sense of self. People can progressively move toward more accurate and balanced views of themselves by recognizing the biases and distortions in their thinking and by watching their thoughts with interest and detachment.

With regular practice, mindfulness develops into a source of inner strength and resilience as well as a tool for self-awareness. A sense of self-worth and confidence that is based in self-acceptance and authenticity emerges when people get to know themselves better.

To put it simply, practicing mindfulness on a regular basis is a life-changing path that fosters and improves self-esteem. It is a path for better inner peace, fulfilment, and wellbeing that involves self-discovery, self-compassion, and self-empowerment.

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