



**THE EFFECTS OF DAILY MINDFULNESS PRACTICE AND RESILIENCE IN
MIDDLE-AGED WOMEN**

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ABSTRACT

Middle-aged women often face numerous stressors related to career, family, and societal expectations, which can significantly affect their mental and emotional well-being. In recent years, there has been growing interest in the role of mindfulness practices in promoting resilience among this demographic. This abstract presents a comprehensive review of existing literature to explore the effects of daily mindfulness practice on resilience in middle-aged women. In the study investigating the effects of daily mindfulness practice on resilience in middle-aged women, a sample size of 100 participants is deemed appropriate to achieve a balance between statistical power and practical feasibility. The quantitative component of the research involved administering standardized questionnaires to assess participants levels of

mindfulness , resilience and other relevant variables. Measures such as Five Fact Mindfulness Questionnaire (FFMQ) and the Connor- Davidson Resilience Scale (CD-RISC) was utilized to quantitatively evaluate participants mindfulness and resilience levels respectively. The findings suggests that mindfulness practice plays a crucial role in fostering resilience among middle-aged women. While demographic factors such as age and marital status may also influence resilience, their impact appears to be secondary to mindfulness practice. By understanding the interplay between mindfulness, resilience and demographic factors, researchers can develop targeted interventions that address the unique needs of middle – aged women and facilitate their journey towards enhanced well -being and resilience.

Keywords: *Mindfulness , Resilience , Middle -Aged Women*

INTRODUCTION

In contemporary society, the midlife stage poses significant challenges for women, marked by a multitude of responsibilities and societal pressures. From career advancements to family obligations and societal expectations, middle-aged women navigate a complex landscape that can impact their mental and emotional well-being. Recognizing the importance of promoting resilience during this critical life stage, this study delves into the effects of daily mindfulness practice on resilience in middle-aged women. Middle age represents a pivotal period of transition characterized by a myriad of physiological, psychological, and socio-cultural changes. For women, this stage often encompasses significant milestones such as career progression, child-rearing responsibilities, and menopausal transitions. While these experiences can bring fulfilment and personal growth, they also introduce unique stressors and challenges that may affect mental health.

Research suggests that middle-aged women are particularly susceptible to stress-related disorders such as anxiety and depression. The cumulative demands of balancing multiple roles, coping with hormonal fluctuations, and grappling with existential questions about aging and identity can contribute to psychological distress. Moreover, societal pressures regarding beauty standards, career success, and caregiving roles can exacerbate feelings of inadequacy and self-doubt among middle-aged women. In response to these challenges, there has been a growing interest in exploring holistic approaches to enhance resilience and well-being among middle-aged women. Mindfulness, rooted in ancient contemplative practices, has emerged as a promising intervention for promoting mental health and resilience across diverse populations. Defined as the awareness that arises through paying attention on purpose, in the present moment, and non-judgmentally, mindfulness offers a systematic framework for cultivating self-awareness, emotional regulation, and adaptive coping strategies.

The rationale for investigating the effects of daily mindfulness practice on resilience in middle-aged women lies in the need to address their unique stressors and vulnerabilities. While research on mindfulness-based interventions has demonstrated beneficial outcomes for various populations, there remains a dearth of studies specifically focusing on middle-aged women. Given the potential relevance of mindfulness practices to their life circumstances, it is crucial to examine how daily mindfulness practice can contribute to resilience-building among this demographic.

Furthermore, understanding the mechanisms underlying the relationship between mindfulness and resilience in middle-aged women can inform the development of targeted interventions tailored to their needs. By elucidating the psychological processes through which mindfulness enhances resilience, researchers and practitioners can refine intervention strategies to maximize effectiveness and relevance for this demographic.

Middle-aged women often encounter numerous stressors and challenges associated with career, family, and societal expectations, which can significantly impact their mental and emotional well-being. Amidst these pressures, fostering resilience becomes crucial for maintaining psychological health and navigating the complexities of midlife effectively. While research suggests that mindfulness practices hold promise for enhancing resilience across diverse populations, there is a notable gap in understanding how daily mindfulness practice specifically influences resilience in middle-aged women.

The problem at hand centres on elucidating the effects of daily mindfulness practice on resilience in middle-aged women. Despite the growing interest in mindfulness-based interventions, there remains a need for empirical research that examines the relationship between mindfulness and resilience within this demographic. Understanding the mechanisms through which mindfulness fosters resilience in middle-aged women can inform the development of targeted interventions to promote mental health and well-being in this population. Furthermore, exploring the subjective experiences and perspectives of middle-aged women who engage in daily mindfulness practice can provide valuable insights into the potential benefits and challenges of incorporating mindfulness into their lives. Thus, addressing this gap in the literature is essential for advancing our understanding of the intersection between mindfulness, resilience, and middle-aged women's well-being.

SCOPE AND SIGNIFICANCE OF STUDY

The scope of the current study encompasses investigating the effects of daily mindfulness practice on resilience in middle-aged women, exploring the mechanisms underlying this relationship, and understanding the subjective experiences of participants. The study included middle-aged women from diverse backgrounds and life circumstances, aiming

to provide comprehensive insights into the potential benefits of mindfulness for promoting resilience in this demographic.

The significance of this study lies in its potential to contribute to both theoretical understanding and practical interventions aimed at enhancing mental health and well-being among middle-aged women. By elucidating the role of mindfulness in fostering resilience, the study can inform the development of targeted interventions tailored to the specific needs of this population. Furthermore, understanding the mechanisms through which mindfulness practices influence resilience can guide future research and clinical practice in leveraging mindfulness-based approaches for mental health promotion.

REVIEW OF LITERATURE

The study by Carlson and Garland (2005) study assessed the impact of mindfulness-based stress reduction (MBSR) on various symptoms experienced by cancer outpatients, including sleep disturbances, mood disturbances, stress, and fatigue. The findings elucidate the potential benefits of MBSR in ameliorating these symptoms, contributing to improved quality of life for cancer patients undergoing treatment.

Meta-analysis done by Chiesa and Serretti (2009) investigated the efficacy of mindfulness-based interventions (MBIs) for stress management in healthy individuals. By synthesizing data from various studies, the analysis explores the potential of MBIs in reducing stress and enhancing overall well-being among non-clinical populations.

Study by Creswell and Lindsay (2014) presented a theoretical framework proposing that mindfulness training acts as a buffer against stress by promoting adaptive coping

mechanisms. It suggests that regular mindfulness practice may foster resilience to stressors through enhanced self-regulation and emotional regulation processes.

Davidson and McEwen (2012). Addressing the social influences on neuroplasticity, the article by Davidson and McEwen (2012) examined how stress impacts brain structure and function, as well as interventions aimed at promoting well-being. It discusses the potential of mindfulness practices in mitigating the detrimental effects of stress on the brain, emphasizing the importance of social support and environmental factors in fostering resilience.

METHODOLOGY

AIM

The aim is to study the relationship between mindfulness and resilience among middle aged women.

RESEARCH OBJECTIVES

The primary objective of this study is to investigate the effects of daily mindfulness practice on resilience in middle-aged women. Specifically, the study aims to:

- To assess the relationship between daily mindfulness practice and resilience levels in middle-aged women.
- To examine the mediating role of mindfulness in the relationship between daily practice and resilience.

HYPOTHESES

Based on existing literature and theoretical frameworks, several hypotheses are proposed for this study:

- There will be a positive correlation between daily mindfulness practice and resilience levels in middle-aged women.
- Mindfulness will mediate the relationship between daily practice and resilience, such that higher levels of mindfulness will account for greater resilience.

SAMPLE SIZE

In the study investigating the effects of daily mindfulness practice on resilience in middle-aged women, a sample size of 100 participants is deemed appropriate to achieve a balance between statistical power and practical feasibility. The sample comprised of middle-aged women from diverse backgrounds, encompassing variations in demographic factors such as age, socioeconomic status, educational attainment, and cultural background. Additionally, factors relevant to the study, such as previous experience with mindfulness practices, current level of stress or adversity, and baseline resilience levels, were also considered when selecting participants.

RESEARCH DESIGN

The research design for studying the effects of daily mindfulness practice on resilience in middle-aged women will adopt a mixed-methods approach, integrating quantitative and qualitative methodologies to provide a comprehensive understanding of the phenomenon under investigation.

RESULT**TABLE 1***DEMOGRAPHIC TABLE OF 100 PARTICIPANTS*

Demographic Variables	Mean ($\pm$SD) or Frequency (%)
Age	45.2 $\pm$ 5.6
Education Level	College Graduate (50%), High School Graduate (30%), Others (20%)
Marital Status	Married (70%), Divorced (20%), Single (10%)
Employment Status	Employed Full-time (60%), Employed Part-time (20%),
Income Level	₹50,000 - ₹75,000 (40%), ₹75,000 - ₹100,000 (30%), >₹100,000 (30%)
Number of Children	1.8 $\pm$ 0.9
Mindfulness Practice (minutes/day)	20 $\pm$ 10
Resilience Score	65 $\pm$ 8

TABLE 2

ANOVA TABLE FOR IMPORTANT FACTORS

Source	Sum of Squares	df	Mean Square	F Value	p-value
Mindfulness Practice	250	1	250	12.5	<0.05
Resilience	180	1	180	9.0	<0.05
Interaction	80	1	80	4.0	<0.05
Error	300	45	6.67		
Total	810	48			

TABLE 3*CORRELATION BETWEEN MINDFULNESS PRACTICE AND RESILIENCE*

Variables	Mindfulness Practice	Resilience
Mindfulness Practice	1	0.65
Resilience	0.65	1

TABLE 4*CORRELATION BETWEEN MINDFULNESS PRACTICE AND DEMOGRAPHIC
VARIABLES*

Variables	Age	Education	Marital Status	Employment	Income	Children
Mindfulness Practice	0.15	-0.05	0.08	0.20	0.10	-0.02

TABLE 5*CORRELATION BETWEEN RESILIENCE AND DEMOGRAPHIC VARIABLES*

Variables	Age	Education	Marital Status	Employment	Income	Children
Resilience	0.25	0.10	-0.15	0.05	0.20	-0.08

TABLE 6*REGRESSION OF RESILIENCE ON MINDFULNESS PRACTICE*

Predictor	Coefficient (β)	Standard Error	t Value	p-value
Intercept	50.0	5.0	10.0	<0.001
Mindfulness Practice	0.8	0.2	4.0	<0.01

TABLE 7*REGRESSION OF MINDFULNESS PRACTICE ON DEMOGRAPHIC VARIABLES*

Predictor	Coefficient (β)	Standard Error	t Value	p-value
Intercept	15.0	3.0	5.0	<0.001

Age	0.2	0.1	2.0	<0.05
Education	-0.1	0.2	-0.5	>0.05
Marital Status	2.0	1.0	2.0	<0.05
Employment	1.5	0.8	1.9	<0.05
Income	0.3	0.3	1.0	>0.05
Children	-0.5	0.4	-1.3	>0.05

TABLE 8*REGRESSION OF RESILIENCE ON DEMOGRAPHIC VARIABLES*

Predictor	Coefficient (β)	Standard Error	t Value	p-value
Intercept	30.0	5.0	6.0	<0.001
Age	0.5	0.2	2.5	<0.01
Education	0.3	0.3	1.0	>0.05
Marital Status	-1.0	1.2	-0.8	>0.05
Employment	0.8	0.5	1.6	>0.05
Income	0.4	0.4	1.0	>0.05

Children	-0.2	0.3	-0.7	>0.05
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TABLE 9*REGRESSION ANALYSIS TABLE*

Predictor	Coefficient (β)	Standard Error	t Value	p-value
Intercept	25.0	3.0	8.3	<0.001
Mindfulness Practice	0.6	0.2	3.0	<0.01
Age	0.3	0.1	2.5	<0.05
Education	0.1	0.2	0.5	>0.05
Marital Status	1.5	0.8	1.9	<0.05
Employment	1.0	0.5	2.0	<0.05
Income	0.2	0.3	0.7	>0.05
Children	-0.3	0.4	-0.8	>0.05

DISCUSSION

Table 1 outlines demographic traits of middle-aged women, showcasing an average age of 45. The majority possess a college degree (50%) and are married (70%), with a significant portion employed full-time (60%) and earning moderate incomes. On average, participants

have nearly two children. Daily mindfulness practice is reported at 20 minutes, indicating a moderate engagement level. Resilience scores average at 65, signifying moderate resilience levels within the cohort. These demographics paint a detailed picture of the study population, crucial for understanding the interplay between mindfulness practice, resilience, and demographic factors among middle-aged women.

Table 2 (ANOVA Table) reveals significant main effects of both mindfulness practice and resilience on outcomes among middle-aged women. The interaction effect also proves significant, indicating that the relationship between mindfulness practice and resilience varies depending on other factors. This suggests that both mindfulness practice and resilience independently contribute to the variance in outcomes. Additionally, the interaction effect underscores the importance of considering how these factors interact when studying their impact on middle-aged women's well-being and resilience.

Table 3 presents correlation coefficients between variables. The strong positive correlation ($r = 0.65$) between mindfulness practice and resilience indicates that higher engagement in mindfulness practice is associated with greater resilience levels among middle-aged women. However, the weak correlations between mindfulness practice/resilience and demographic variables suggest that demographic factors may have limited influence on these constructs independently. This highlights the importance of exploring additional factors that may impact mindfulness practice, resilience, and their interrelationship, providing valuable insights for tailored interventions aimed at enhancing well-being and resilience in this population.

Table 4 displays the results of linear regression analyses. The positive coefficient for mindfulness practice suggests that increased engagement in mindfulness is associated with higher resilience levels among middle-aged women, even after controlling for demographic variables. However, the mixed findings regarding the influence of demographic variables on mindfulness practice and resilience indicate complex relationships. Age and marital status emerge as significant predictors of resilience, suggesting that older age and being married may contribute to higher resilience levels. These findings underscore the central importance of mindfulness practice in fostering resilience and highlight potential demographic factors that may influence resilience in this population.

Table 5 presents the comprehensive regression analysis results. Mindfulness practice emerges as a significant predictor of resilience among middle-aged women, even when considering various demographic factors simultaneously. Age and marital status also play significant roles in predicting resilience, with older age and being married associated with higher resilience levels. However, other demographic variables such as education, employment, income, and number of children do not significantly predict resilience when accounting for mindfulness practice and other variables. These findings emphasize the central importance of mindfulness practice in promoting resilience and shed light on demographic factors that may influence resilience in this population.

Table 6, the ANOVA table, depicts the statistical analysis of variance between groups. It demonstrates the significance of mindfulness practice, resilience, and their interaction on outcomes among middle-aged women. The significant main effects of both mindfulness practice and resilience highlight their individual contributions to the variability in outcomes. Additionally, the significant interaction effect suggests that the relationship between

mindfulness practice and resilience is influenced by other factors. This underscores the importance of considering contextual factors when exploring the impact of mindfulness practice on resilience in middle-aged women, providing valuable insights for tailored interventions and further research in this area.

Table 7 presents correlation coefficients between variables. The strong positive correlation ($r = 0.65$) between mindfulness practice and resilience indicates that higher engagement in mindfulness practice is associated with greater resilience levels among middle-aged women. However, the weak correlations between mindfulness practice/resilience and demographic variables suggest that demographic factors may have limited influence on these constructs independently. This highlights the importance of exploring additional factors that may impact mindfulness practice, resilience, and their interrelationship, providing valuable insights for tailored interventions aimed at enhancing well-being and resilience in this population.

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Table 9, the Regression Analysis Table, presents a comprehensive overview of the predictors of resilience among middle-aged women. Mindfulness practice emerges as a significant predictor, indicating that higher levels of engagement in mindfulness are associated with greater resilience. Age and marital status also play significant roles, with older age and being married positively influencing resilience levels. However, other demographic factors such as education, employment, income, and number of children do not significantly predict resilience when accounting for mindfulness practice and other variables. These findings emphasize the central role of mindfulness practice in promoting resilience in middle-aged women.

SUMMARY AND CONCLUSIONS

The findings from the study, as gleaned from the analysis of the tables, provide valuable insights into the relationship between mindfulness practice, resilience, and demographic variables among middle-aged women.

Firstly, the demographic table paints a detailed picture of the study sample. The majority of participants are middle-aged, educated, and employed, with a stable socioeconomic background. They reported moderate levels of engagement in mindfulness practice and resilience. This suggests that the sample represents a diverse group of middle-aged women, laying the groundwork for further analysis.

Moving on to the ANOVA table, significant main effects of both mindfulness practice and resilience were observed, indicating their independent contributions to variance in outcomes among middle-aged women. This underscores the importance of both factors in promoting well-being and resilience in this population. Additionally, the significant interaction

effect suggests that the relationship between mindfulness practice and resilience is influenced by other factors. This highlights the need to consider contextual variables when exploring their impact.

The correlation tables further elucidate the relationship between mindfulness practice, resilience, and demographic variables. The strong positive correlation between mindfulness practice and resilience suggests that higher engagement in mindfulness is associated with greater resilience levels. However, weak correlations with demographic variables indicate that these factors may have limited influence on mindfulness practice and resilience independently. This emphasizes the need to explore additional factors that may impact these constructs and their interrelationship.

The linear regression tables provide insights into the predictive relationships among variables. Mindfulness practice emerges as a significant predictor of resilience, even after controlling for demographic variables. This suggests that increased engagement in mindfulness is associated with higher resilience levels among middle-aged women. Age and marital status also play significant roles in predicting resilience, indicating that older age and being married may contribute to higher resilience levels. However, other demographic factors such as education, employment, income, and number of children do not significantly predict resilience when accounting for mindfulness practice and other variables.

Finally, the regression analysis table offers a comprehensive overview of the predictors of resilience among middle-aged women. Mindfulness practice remains a robust predictor of resilience, highlighting its central role in promoting well-being in this population. Age and marital status also emerge as significant predictors, suggesting that older age and being married may contribute to higher resilience levels. However, other demographic factors do not

significantly predict resilience, underscoring the unique influence of mindfulness practice on resilience in middle-aged women.

In summary, the findings suggest that mindfulness practice plays a crucial role in fostering resilience among middle-aged women. While demographic factors such as age and marital status may also influence resilience, their impact appears to be secondary to mindfulness practice. These findings have important implications for interventions aimed at promoting well-being and resilience in middle-aged women, highlighting the importance of incorporating mindfulness-based approaches into such interventions. Moreover, the findings contribute to a deeper understanding of the complex interplay between mindfulness practice, resilience, and demographic factors in this population, paving the way for future research in this area

IMPLICATIONS

Firstly, the strong positive correlation between mindfulness practice and resilience underscores the potential of mindfulness interventions in promoting resilience among middle-aged women. This finding aligns with existing literature suggesting that mindfulness practices, such as meditation and mindfulness-based stress reduction programs, can enhance psychological resilience by cultivating adaptive coping strategies and stress management skills. Therefore, interventions focusing on mindfulness training may serve as effective tools for enhancing resilience and psychological well-being in this population.

Moreover, the significant main effects of both mindfulness practice and resilience on outcomes emphasize their individual contributions to the variability in well-being among middle-aged women. This highlights the importance of addressing both mindfulness and

resilience in interventions aimed at promoting mental health and resilience in this demographic. By incorporating mindfulness-based approaches alongside resilience-building strategies, such interventions can provide comprehensive support for enhancing overall well-being and adaptive coping mechanisms.

Additionally, the significant interaction effect between mindfulness practice and resilience suggests that the relationship between these factors may vary based on other contextual factors. This underscores the need for tailored interventions that consider individual differences and contextual factors when promoting mindfulness and resilience among middle-aged women. Interventions should be designed to address specific needs and preferences, taking into account factors such as socio-economic status, cultural background, and life circumstances.

Furthermore, the regression analyses highlight the central role of mindfulness practice in predicting resilience among middle-aged women, even after controlling for demographic variables. This finding underscores the potential of mindfulness interventions as standalone approaches for enhancing resilience, irrespective of demographic characteristics. Thus, interventions focusing on mindfulness training may offer a promising avenue for promoting resilience and mental well-being in middle-aged women, regardless of their socio-demographic background.

However, the mixed findings regarding the influence of demographic variables on mindfulness practice and resilience suggest that demographic factors may have nuanced effects on well-being outcomes in this population. While age and marital status emerged as significant predictors of resilience, other demographic factors such as education, employment, income, and number of children did not significantly predict resilience when accounting for mindfulness practice and other variables. This highlights the need for further research to

explore the complex interplay between demographic factors, mindfulness practice, and resilience among middle-aged women.

In terms of implications for practice, the findings underscore the importance of integrating mindfulness-based approaches into resilience-building interventions tailored to the needs of middle-aged women. Practitioners and mental health professionals can leverage mindfulness practices as part of holistic interventions aimed at enhancing resilience and well-being in this population. By incorporating mindfulness techniques into existing resilience-building programs, practitioners can provide comprehensive support for middle-aged women to navigate life challenges and cultivate adaptive coping strategies.

Overall, the findings from this study highlight the potential of mindfulness practice as a key factor in promoting resilience among middle-aged women, with implications for both research and practice. By understanding the interplay between mindfulness, resilience, and demographic factors, researchers and practitioners can develop targeted interventions that address the unique needs of middle-aged women and facilitate their journey towards enhanced well-being and resilience.

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