



**Exploring the Interplay of Mindfulness, Emotional Regulation, and Flourishing in
Female Populations**

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ABSTRACT

The current quantitative correlational research explored the relationship between mindfulness, emotional regulation, and flourishing among young females aged 18-35 in North India. Utilizing the Freiburg Mindfulness Inventory, the Emotional Regulation Questionnaire, and the Flourishing Scale, data from 120 females were analysed. The results of Pearson correlation analyses showed significant positive relationships between mindfulness and flourishing ($r = 0.366, p < 0.01$), as well as between mindfulness and emotional regulation ($r = 0.263, p < 0.01$),

although no significant correlation was found between emotional regulation and flourishing. Regression analyses demonstrated that mindfulness was a significant predictor of flourishing ($\beta = 0.366$, $p < 0.001$), accounting for 13.4% of the variance, and emotional regulation ($\beta = 0.263$, $p < 0.01$), explaining 6.9% of the variance. These findings imply that higher levels of mindfulness are associated with increased flourishing and improved emotional regulation among young women in this demographic. Interventions focusing on mindfulness may potentially boost psychological well-being and enhance adaptive emotional coping mechanisms in women. This study underscores the positive connections between mindfulness, emotional regulation, and flourishing in females.

Keywords: *Mindfulness, Emotional Regulation, Flourishing, Well-being, Positive Psychology Females, Correlational Study*

INTRODUCTION

The rise of positive psychology has shifted focus from mental illness to understanding factors contributing to human flourishing. Spearheaded by figures like Martin Seligman, identifies key components such as positive emotions, engagement, relationships, meaning, and accomplishment. Mindfulness and emotional regulation have emerged as crucial elements in promoting psychological well-being. Mindfulness, rooted in Buddhist practices, involves present-moment awareness and non-judgmental acceptance. It offers benefits like reduced anxiety, improved immune function, and better pain management. Emotional regulation involves managing emotions adaptively, enabling individuals to maintain composure and make sound decisions. Flourishing encompasses holistic well-being, including positive psychological and social functioning. Understanding and implementing mindfulness, emotional regulation, and flourishing are essential due to rising stress and anxiety.

By fostering mindfulness, developing emotional regulation, and promoting flourishing, individuals can enhance well-being and find greater meaning in life. This study aims to explore the relationships between mindfulness, emotional regulation, and flourishing among females, providing evidence for integrating these concepts into interventions promoting psychological well-being.

MINDFULNESS

Mindfulness represents a mental state characterized by calmness, gratitude, and compassion, which can profoundly influence human conduct. The concept of "being mindful" refers to entering this state, wherein one experiences a heightened awareness of their thoughts, emotions, and physical sensations, moment by moment. Mindfulness involves maintaining a non-judgmental state of heightened or complete awareness of one's thoughts, emotions, or experiences in real-time. It entails being fully present and attentive to one's thoughts, feelings, bodily sensations, and surrounding environment without passing judgment. This approach encourages individuals to concentrate on the current moment rather than ruminating on the past or fretting about the future. According to recent findings from Harvard Health (2024), mindfulness has been correlated with enhanced well-being.

Numerous studies have highlighted that individuals who prioritize mindfulness are less likely to become entangled in worries about the future or regrets from the past. Those who regularly engage in mindfulness practices have improved self-esteem and interpersonal relationships. Furthermore, mindfulness has been linked to physical health benefits, including reduced stress levels, improved sleep quality, lowered blood pressure, and diminished chronic pain.

EMOTIONAL REGULATION

Emotional regulation pertains to the capacity to manage and handle one's emotional experiences adaptively and advantageously. This involves employing strategies to amplify, sustain, or diminish one's emotional responses. Acquiring skills in emotional regulation is essential as it equips individuals to navigate challenging circumstances, maintain emotional composure, and deliberately guide their conduct. At its core, emotional regulation recognizes the close relationship between emotions, cognition, and behaviour. It acknowledges that emotions significantly influence our thoughts and actions, impacting decision-making processes. Proficient emotional regulation has been associated with numerous positive outcomes, including enhanced well-being, improved interpersonal connections, and increased resilience when confronted with stress and adversity.

Emotional regulation is a skill that can be honed and refined through practice, evolving as individuals mature. While some may naturally excel in this area, others may find it more challenging, yet various strategies can be employed to bolster emotional regulation. These include practicing mindfulness, seeking therapy, confiding in friends about emotions, nurturing emotional intelligence, journaling, taking breaks, and prioritizing good sleep habits. Mastering emotional regulation is significant because our emotions intertwine with our thoughts and feelings. They serve as guiding forces in determining our responses to situations and the subsequent actions we take. Ultimately, emotional regulation has the power to shape behaviour.

FLOURISHING

Flourishing, or human flourishing, embodies the holistic well-being of individuals throughout their lifespan, encompassing positive psychological and social functioning

alongside fundamental goods. This concept has garnered increased attention in modern times, drawing from its roots in ancient philosophical and theological traditions.

In positive psychology, flourishing manifests through positive emotions, optimal psychological and social functioning, and residing within an ideal spectrum of human capability. It comprises various elements such as nurturing personal strengths and subjective well-being and fostering qualities like goodness, generativity, growth, and resilience. Flourishing stands in stark contrast to both pathology and languishing, which are characterized by a sense of emptiness and hollowness in life,

METHODOLOGY

AIM

The aim is to explore the relationship between mindfulness, emotional regulation and flourishing among females.

RESEARCH OBJECTIVE

- a) To study the relationship between mindfulness, emotional regulation and flourishing among females.
- b) To study the impact of mindfulness on flourishing.
- c) -To study the impact of emotional regulation on flourishing.

HYPOTHESES

- a) **H1-** There will be significant relationship between mindfulness and emotional regulation among females.
- b) **H2-** There will be significant relation between mindfulness and flourishing among females.
- c) **H3-** There will be significant relationship between emotional regulation and flourishing among females.
- d) **H4-** There will be significant impact of mindfulness on flourishing among females.
- e) **H5-** There will be significant impact of mindfulness on emotional regulation among females.

VARIABLES

Mindfulness, Emotional Regulation and Flourishing.

SAMPLE

The sampling technique used to collect data included, purposive nonprobability sampling. A total sample of 120 females aged 18-35 was collected.

TOOLS

The Freiburg Mindfulness Inventory (FMI), developed by Buchheld et al. (2001) is a prevalent tool for evaluating mindfulness. Its short version comprises 14 items centred on attributes like mindful presence, non-judgmental acceptance, receptiveness to new experiences,

and introspective insight. The scale demonstrates excellent internal consistency, with alpha coefficients of 0.83 for sample 1 and 0.85 for sample 2. Additionally, the two-factor model displays strong internal consistency, with alpha coefficients of 0.82 for presence and 0.74 for acceptance. Moreover, the scale exhibits satisfactory construct validity.

The Emotional Regulation Questionnaire (ERQ), developed by Gross and John (2003), assesses individuals' ability in managing emotions through Cognitive Reappraisal and Expressive Suppression. This questionnaire consists of ten items, with respondents rating each on a 7-point Likert scale ranging from 1 (strongly disagree) to 7 (strongly agree). Extensive research has demonstrated the ERQ's strong internal consistency and temporal stability. Moreover, it exhibits adequate to good internal consistency and robust convergent and discriminant validity, affirming the scale's ability to measure cognitive reappraisal and expressive suppression accurately.

The Flourishing Scale (FS) is a concise self-report tool to evaluate psychological flourishing and general well-being. It comprises eight facets of positive human functioning, including self-perception, interpersonal relationships, and life purpose. The Flourishing Scale (FS) has demonstrated strong internal consistency, with Cronbach's alpha values ranging from 0.88 to 0.95, indicating that the scale's items consistently measure the construct of flourishing.

STATISTICAL ANALYSIS

The statistical analysis was Pearson's product-moment correlation and regression using Statistical Package for Social Sciences.

RESULT**Table 1***Descriptive statistics of mindfulness and flourishing*

	Mindfulness	Flourishing	Emotional Regulation.
Mean	37.30	43.07	44.09
Standard Deviation	6.242	8.617	8.571
N	120	120	120

Table 2*Pearson correlation analysis of relationship between mindfulness and flourishing*

<i>S. no.</i>	<i>Variable</i>	<i>N</i>	<i>r</i>	<i>Significance</i>
1.	Mindfulness	120	.366	Significant**
2.	Flourishing			

**correlation is significant at the 0.01 level

Table 3*Pearson correlation analysis of relationship between mindfulness and emotional regulation*

<i>S. no.</i>	<i>Variable</i>	<i>N</i>	<i>r</i>	<i>Significance</i>
1.	Mindfulness	120	.236	Significant**
2.	Emotional Regulation			

**correlation is significant at the 0.01 level

Table 4*Pearson correlation analysis of relationship between emotional regulation and flourishing*

<i>S. no.</i>	<i>Variable</i>	<i>N</i>	<i>r</i>	<i>Significance</i>
1.	Emotional Regulation	120	.152	Not Significant
2.	Flourishing			

Note: correlation is not significant

Table 5*Linear regression table with mindfulness as predictor of Flourishing*

Predictors	Criterion: flourishing								
	B	S. E.	β	t	R	R ²	Adj. R ²	p	F
Mindfulness	.505	.118	.366	4.268	.366	0.134	.126	.000	18.213

Note: Significant at 0.01 level ($p < 0.01$) 13.4% of variance**Table 6***Result of ANOVA analysis predicting flourishing*

Model		Sum of Squares	df	Mean Square	F	Sig.
	Regression	1181.404	1	1181.404	18.213	.000 ^b
	Residual	7654.062	118	64.865		
	Total	8835.467	119			

Table 7*Linear regression table with mindfulness as predictor of emotional regulation*

Predictors	Criterion: emotional regulation								
	B	S. E.	β	t	R	R ²	Adj. R ²	p	F
Mindfulness	.362	.122	.263	2.965	.263	.069	.061	.004	8.793

Note: Significant at 0.01 level ($p < 0.01$) 6.9% of variance**Table 8***Result of ANOVA analysis predicting emotional regulation*

Model		Sum of Squares	df	Mean Square	F	Sig.
	Regression	606.254	1	606.254	8.793	.004b
	Residual	8135.737	118	68.947		
	Total	8741.992	119			

DISCUSSION

The objective of this study was to explore the associations among mindfulness, emotional regulation capabilities, and aspects of flourishing within a sample of emerging adult female, typically defined as individuals aged 18-35. To measure Mindfulness Freiburg Mindfulness Inventory (FMI) was used. To measure Emotional Regulation the Emotional Regulation Questionnaire (ERQ), designed by Gross and John in 2003 was used and to measure Flourishing, The Flourishing Scale (FS) by Ed Diener was used. All the tools were administered to 120 females, results were calculated using SPSS.

The result indicates statistically significant positive correlations among the variables: FMI and ERQ (Emotion Regulation Questionnaire) ($r = 0.263, p < 0.01$) **Hence, the H1 i.e. there will be positive significant relationship between Mindfulness and Emotional Regulation is accepted.** FMI (Freiburg Mindfulness Inventory) and FS (Flourishing Scale) ($r = 0.366, p < 0.01$). **Hence, the H2 i.e. there will be positive significant relationship between mindfulness and flourishing is accepted.** The result indicates statistically not significant positive correlation among the variables FS(Flourishing scale) and ERQ (Emotional Regulation Questionnaire) ($r=1.52 P>0.01$), non-significant positive correlation between FS (Flourishing scale) and ERQ (Emotion Regulation Questionnaire) **Hence the H3 i.e. there will be significant relationship between Flourishing and Emotional Regulation is rejected.** This implies that in the female population under study, higher levels of mindfulness (measured by FMI) correspond to elevated levels of flourishing (FS) and improved emotion regulation (ERQ). The moderate strength of these correlations suggests that while mindfulness, flourishing, and emotion regulation are related, they are not entirely synonymous constructs. Regression analysis was conducted to assess the predictive relationship between the variables. When utilizing FMI as the predictor variable and FS as the outcome variable: The model demonstrated statistical significance ($F(1, 118) = 18.213, p < 0.001$) and explained 13.4% of the variance in FS.

FMI emerged as a significant positive predictor of FS ($\beta = 0.366, p < 0.001$), indicating that heightened mindfulness levels are associated with increased flourishing. **Hence the H4, i.e. there will be significant impact of mindfulness on flourishing is accepted.** When utilizing FMI as the predictor variable and ERQ as the outcome variable: The model was statistically significant ($F(1, 118) = 8.793, p < 0.01$) and explained 6.9% of the variance in ERQ. FMI emerged as a significant positive predictor of ERQ ($\beta = 0.263, p < 0.01$), suggesting that

increased mindfulness levels are linked with improved emotion regulation. ***Hence the H5 i.e. there will be significant impact of Mindfulness on Emotional Regulation is accepted.***

The outcomes indicate a positive link between mindfulness, as gauged by the Freiburg Mindfulness Inventory (FMI), and both flourishing and emotion regulation, as gauged by the Flourishing Scale and the Emotion Regulation Questionnaire, respectively, within the examined female population. Regression analyses reinforce that mindfulness significantly predicts both flourishing and emotion regulation, elucidating a noteworthy portion of the variance in these aspects.

Woodruff (2001), found positive associations between mindfulness, emotional regulation, and well-being outcomes (including psychological flourishing) among emerging adult women. Another such study was done by Sauser et al. (2013) explored mindful emotion regulation and psychological well-being: An investigation among German women. The study revealed that mindfulness was positively related to emotional regulation and psychological well-being, and emotional regulation mediated the relationship between mindfulness and well-being.

Luberto et al. (2018) found that mindfulness interventions had a positive effect on emotional regulation abilities, which could contribute to enhanced well-being and flourishing. Oman et al (2002) studied Dispositional mindfulness and flourishing among emerging adults. This research with emerging adults found that mindfulness was positively related to flourishing, and this relationship was mediated by emotional regulation and resilience, highlighting the potential mechanisms underlying the link between mindfulness and well-being.

CONCLUSION

The study aimed to investigate how mindfulness, emotional regulation, and flourishing are interconnected among females, and to assess how mindfulness and emotional regulation impact flourishing. The literature review offered a thorough understanding of positive psychology, mindfulness, emotional regulation, and flourishing, emphasizing their significance in today's society. Previous studies were examined to grasp how these variables interact and influence well-being. The Methodology section detailed the quantitative correlational research design, sampling methods, and data collection tools. 120 females aged 18-35 participated, responding to self-report measures like the Freiburg Mindfulness Inventory (FMI), Emotional Regulation Questionnaire (ERQ), and Flourishing Scale (FS). Results presented descriptive statistics, correlations, and regression analyses. They showed a significant positive correlation between mindfulness and flourishing ($r = 0.366$, $p < 0.01$), and between emotional regulation and flourishing ($r = 0.263$, $p < 0.01$). Regression analysis indicated mindfulness significantly predicted flourishing ($\beta = 0.366$, $p < 0.01$), explaining 13.4% of the variance. In conclusion, the study provided empirical support for the links between mindfulness, emotional regulation, and flourishing in females. The positive correlations suggest that higher mindfulness and effective emotional regulation are linked with increased flourishing and overall well-being. These findings discuss the benefits of integrating mindfulness and emotional regulation practices in interventions targeting psychological flourishing and positive functioning. By fostering mindfulness and enhancing emotional regulation, individuals may experience improved well-being, better relationships, and a deeper sense of purpose. Future research could explore these relationships across diverse demographics and populations to enhance understanding.

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