

Mindfulness and Others compassion as predictors of Flourishing among adolescents

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Abstract: This study has been conducted to investigate the relationship among Mindfulness and others compassion on flourishing among adolescents. A study was made on random sampling of 160 university students selected from Agra. The correlation study utilized, The Mindfulness Awareness scale, others compassion scale and Flourishing scale. Result indicate that flourishing and Mindfulness are negatively correlated ($r = -0.22^{**}$ at the significant level of 0.01) This indicate that the increase in one unit of mindfulness led to decrease in flourishing among adolescents and flourishing and others compassion are positively correlated ($r = 0.160^{*}$ at the significant level of 0.01). Thus, increases in others compassion led to increase flourishing score among adolescence. Multiple regression analysis was also used and it showed that other's compassion has highest contribution in determination of flourishing regression coefficient been 0.160 as well Mindfulness also shown negative contribution in determination of flourishing.

Keywords: *Mindfulness, Flourishing others compassion, Correlation and Multiple Regressions.*

The importance of mindfulness and compassion in promoting thriving and well-being is becoming more widely acknowledged, particularly for adolescents, who go through a time of fast emotional, social, and personal development. A caring approach fosters a supportive community and improves teenagers' ability to manage interpersonal conflicts, both of which add to their sense of purpose and belonging. Both approaches give teenagers the skills they need to cope with the stresses they encounter, improving their mental health and lowering their risk of developing long-term mental health problems. Because adolescence is frequently characterized by emotional upheaval and the quest for identity, resilience-building activities are essential. Because mindfulness promotes a nonjudgmental perspective on life, teenagers are better equipped to learn from mistakes and see obstacles as chances for personal development.

Adolescents who are compassionate toward themselves and others are immune to negative self-criticism, which helps them deal with setbacks in a more positive way and fosters a growth mentality. Young individuals who practice mindfulness and compassion throughout their adolescence are more likely to continue these traits into adulthood, which helps them build a foundation for resilience, happiness, and success in a variety of areas of life. The combination of mindfulness and compassion fosters emotional balance, resilience, good relationships, and

self-compassion, all of which contribute to the development of adolescents. These elements are essential for general thriving and aid teenagers in successfully overcoming obstacles in life.

Mindfulness

The practice of mindfulness involves focusing all of one's attention on the here and now while maintaining an attitude of openness, inquiry, and nonjudgment. It involves paying attention to our feelings, thoughts, and physical experiences without becoming engrossed in them or responding hastily. Mindfulness teaches us to focus on the present moment rather than getting caught up in regrets about the past or anxieties about the future.

Elements of Mindfulness

Awareness: Being aware of your physical and mental states without attempting to alter them is known as awareness.

Acceptance is the ability to let emotions and ideas come and go without passing judgment.

Intentional focus: Selecting where to focus your attention, such as on your breathing, the sounds around you, or your body's feelings.

The goal of mindfulness is to observe your thoughts and feelings with kindness rather than to stop them. You could discover that mindfulness makes you feel more resilient, at ease, and grounded the more you practice, even if it's only for a little while each day

Kelly (2014) examines the connection between self-compassion and mindfulness, with a corollary focus on compassionate patient care and stress reduction for healthcare professionals. According to research, health care workers' self-compassion may be enhanced by mindfulness therapies, especially those that have an element of loving kindness. Health care practitioners may experience less stress and provide better clinical treatment if they concentrate more on cultivating self-compassion through other mindfulness practices.

Dennis (2010) investigated the importance of mindfulness training and compassion-focused methods, which are emerging therapeutic and research trends in behavioral and cognitive therapies. The phenomenology of an emergence of compassion and the feeling of mindful awareness has both been interpreted by Buddhist philosophy as correlates of a direct experience of the self as an interconnected component of a larger process of ever-evolving interbeing.

Others compassion

Compassion for others is the practice of genuinely caring about and wanting to alleviate the suffering of others. It goes beyond empathy (understanding how someone feels) to include a desire to help, even in small ways. Compassion involves recognizing the common humanity we share and acknowledging that suffering is a universal experience.

Elements of Compassion for Others

Awareness: Noticing when someone else is struggling, whether emotionally, physically, or mentally.

Empathy: Trying to understand their perspective and how they might be feeling.

Kind Intention: Wishing for their well-being and hoping to alleviate their suffering.

Action (if possible): Taking steps, no matter how small, to offer support or kindness.

Practicing compassion benefits not only those who receive it but also those who practice it. compassionate actions can lead to increased happiness, lower stress, and improved mental and physical health. It fosters a sense of connection with others and reduces feelings of isolation. Compassion for others encourages a mindset of kindness, helping us to stay connected and resilient even in difficult times. Through compassion, we recognize that everyone has struggles and that kindness has the power to uplift both ourselves and those around us.

Campos (2015) investigated and evaluated which aspects of self-compassion and mindfulness are more accurate indicators of happiness. Higher levels of dispositional mindfulness, self-compassion, and happiness are correlated with more frequent meditation. Happiness is predicted by aspects of self-compassion (self-kindness and humanity) and mindfulness (observation and awareness). The association between meditation frequency and happiness is partially mediated by self-compassion and mindfulness. The only aspects that partially mediated the association between meditation and happiness were observing, self-kindness, and common humanity.

Rimes et.al (2014) examined the connection between shame, self-compassion, and mindfulness. Even after adjusting for self-compassion, the results indicated that the non-judgment component is still a significant predictor of shame. According to these findings, shame has a negative self-evaluative component, and those who experience shame might gain the most from therapies that promote nonjudgmental attitudes toward emotions and ideas.

Flourishing

Living fully, or flourishing, is a state in which people feel deeply fulfilled and well-adjusted in many aspects of their lives. Flourishing entails prospering emotionally, psychologically, and socially in addition to being free from physical or mental sickness. This dynamic condition is characterized by people feeling involved, finding meaning in their lives, and maintaining solid relationships—all of which add to a sense of purpose and overall life satisfaction.

Components of Flourishing

Positive Emotions: Feeling happy, thankful, and satisfied while simultaneously building the fortitude to deal with challenging emotions. **Engagement:** Having a strong interest in pursuits, jobs, or connections that bring happiness and flow.

Achievement and Development: Pursuing objectives, developing personally, and achieving successes that boost self-esteem and confidence.

Flourishing is a process rather than a final goal. It involves making deliberate decisions and establishing circumstances that promote wellbeing in day-to-day living. A balanced life where you develop, connect, and experience delight in ways that maintain your inner feeling of thriving is encouraged by thriving.

Saticis et.al (2022) Examining the connections between self-compassion and wellbeing. Structural equation modeling was used to assess the model, and correlation analysis was used to investigate the connections between flourishing and self-compassion. Self-kindness, common humanity, and mindfulness were shown to be favorably associated with flourishing in correlation

analysis, while self-judgment, isolation, and over-identification were found to be adversely associated with flourishing. According to the findings of the route analysis, flourishing was positively predicted by self-kindness, common humanity, and mindfulness. Furthermore, self-judgment, loneliness, and over-identification were negatively predicted with flourishing.

RESEARCH GAP

◦ Review of research literature on Mindfulness and others compassion reveals that most of the studies in

their area have been conducted to examine the impact of these variables among children, middle adulthood and senior citizen. But still there is the need to study the relative contribution of Mindfulness

and others compassion on of adolescent as there are only a limited studies have been conducted on this group.

CONCEPTUAL FRAMEWORK

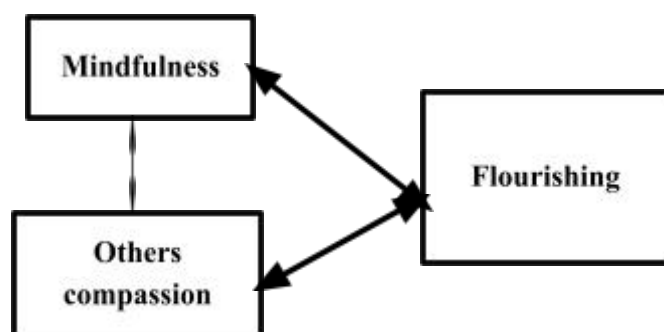


Figure 1 : showing the relationship between mindfulness and others compassion as a predictors of flourishing among adolescents.

METHOD

AIM OF THE STUDY

The Aim of the study was to examine the relationship between Mindfulness, others compassion and flourishing among adolescents

OBJECTIVES:

- To study the relationship of Flourishing with mindfulness and other compassion among adolescents.
- To study the relationship of Mindfulness and others' compassion among adolescents.

- To find out the relative contribution of Mindfulness and others compassion towards flourishing among adolescents.

HYPOTHESES:

- Flourishing would be positively related with mindfulness and other compassion among adolescents.
- There would be a significant relationship of Mindfulness and other compassion among adolescents.
- Relative contribution of Mindfulness would be much more remarkable as compared to other compassion towards flourishing among adolescents.

SAMPLE:

The sample included 159 university students, comprising both male and female students aged between 18 to 20 Years. These students were randomly selected from various universities in Agra city

TOOLS:

- **The mindfulness Attention Awareness scale (MAAS):** The mindfulness Attention Awareness scale developed by Brown.et.al. which contains 15 items.
- **Flourishing scale:** The scale for flourishing developed by Diener which contains 8 items.
- **Others Compassion scale:** The scale for compassion developed by Elizabeth Pommier which contains 24 items.

DESIGN

To study the relationships between Mindfulness and others' compassion towards flourishing among adolescents, correlation design was used.

RESULT:

The raw score collected were analyzed using multiple regression analysis table 1 represent the correlation Matrix that show the intercorrelation among proposed variable, viz Mindfulness other compassion and flourishing.

TABLE-1 CORRELATION MATRIX

VARIABLES	MEAN	SD	MINDFULNESS	OTHER COMPASSION	FLOURSHING
MINDFULNESS	35.80	8.142	1		

OTHERS COMPASSION	77.22	14.53	0.46**	1	
FLOURSHING	50.35	12.13	- 0.22**	0.16*	1

****p<0.01**

***p<0.05**

*Table-1 presents the coefficient correlation between mindfulness and others' compassion towards flourishing among adolescents. It is evident from the table that Flourishing and mindfulness scores are negatively correlated ($r = -0.22^{**}$, significant at the level of 0.01).*

This suggest that an individual who practice mindfulness in excessive amount may neglect other aspects of their life like engagement with others.

There is a positive correlation between others' compassion and flourishing scores ($r = 0.16^{*}$ significant at the level of 0.01). Thus, an increase in scores of others compassion tends to increase in Flourishing scores. This suggests that the more an individual practice compassion for other it will lead to develop deep sense of living, gratitude, joy and contentment and also help in developing resilience among individuals.

There is a significant relation between mindfulness and others compassion ($r = 0.46^{*}$ *p<0.01) thus, an increase in the score of Mindfulness tends to increase mindfulness. This indicates that individual who have mindful it led to recognizing the common humanity, acknowledging the suffering among the other, awareness and trying to understand others' perspective.

TABLE-2 RESULTS OF MULTIPLE REGRESSION ANALYSIS

Multiple R	.418
R Square	.175
Adjusted R square	.164
Standard error	11.09
Observation	159

The above table 2 show the obtained value of R square = 0.175 this means that 17% of contribution is jointly accounted for by all the predictor variables i.e. Mindfulness and other compassion in causing variation in the criterion variable i.e. flourishing. The remaining 83% variance is due to other factors which is expected as there are many factors that contribute toward the flourishing of an individual.

TABLE -3 ANALYSIS OF VARIANCE

	df	SS (Sum of squares)	MS (Mean square)	
			F=16.59**	

REGRESSION	2	4083.741	2041.87	F=16.59**
RESIDUAL	157	19316.659	123.03	

The table 3 shows the F value significant at .01 level. Thus, it can be concluded that contribution of Mindfulness and others compassion is found significant in determination of flourishing among adolescents.

TABLE -4 MULTIPLE REGRESSION COEFFICIENTS

Variables	b	SE	B	t	r	Coefficient of Determination
Mindfulness	-.581	.109	-.390	-5.32	-0.22**	0.157
Others compassion	.089	.061	.106	-1.45	0.46**	0.17396
constant	64.28	6.58		9.76		

****p<0.01**

*** p<0.05**

Multiple Regression Analysis showed that other's compassion has highest contribution in determination of criterion variable i.e. Flourishing the coefficient of determination being 0.173

Regression equation between flourishing and predictor variables:

$$Y = B_1X_1 + B_2X_2 + C$$

$$= -.581(35.80) + .89(77.22) + 64.284$$

$$= -20.7998 + 6.87258 + 64.284$$

$$= -20.7998 + 71.15658$$

$$= 50.35$$

Explanation of Regression Equation

The obtained multiple regression equation states that one unit increase in mindfulness (X1) led to decrease in flourishing scores by their respective coefficient (-.581). when 64.28 is the value of constant. Thus, the obtained result can be generalized on the population. The regression coefficients (b value) of flourishing are .89 which explains one unit increase in other's compassion led to increase in flourishing scores.

DISCUSSION

The finding suggests that first hypothesis “Flourishing would be positively related with mindfulness and other compassion among adolescents “is partially accepted. The PERMA (Positive emotions, Engagement, Relationship, Meaning and Accomplishment) model, developed by **Seligman (2011)** examined that mindfulness can enhance positive emotions and engagement, but an overemphasis on mindfulness might lead to decreased focus on other vital aspects of flourishing, such as relationships, meaning, and accomplishments. For instance, if

someone spends too much time practicing mindfulness, they might neglect their relationships or put less effort into pursuing meaningful activities. This imbalance can negatively impact their overall flourishing. It's essential to strike a balance between mindfulness and other aspects of life. As Seligman notes, "Wellbeing is multi-dimensional". A balanced approach to mindfulness, combined with engagement in meaningful activities, nurturing relationships, and pursuing accomplishments, can contribute to overall flourishing.

The second hypothesis stated that "There would be a significant relationship of Mindfulness and other compassion among adolescents" is accepted **Chan& Chi-Kin (2022)** examined the associations of compassion with psychological distress, flourishing, and meaning in life among university students and explored the mechanisms underlying these associations. The findings reveal the associations of compassion from others and self with the well-being and life meaning of university students. The findings highlight the importance of being open and receptive to love and kindness from others.

The third hypothesis is stated that "Relative contribution of compassion would be much more remarkable as others compared to mindfulness towards flourishing among adolescents" is also accepted **Aydin et al (2018)** examined the study was to test a mindfulness model for flourishing along with mediating roles of self-compassion and valued living. The results of path analysis yielded that mindfulness has positively direct relations with self-compassion and valued living. As well, the direct effects of self-compassion and valued living on flourishing were found positively significant. Both of the indirect paths from mindfulness to flourishing through self-compassion and valued living were also emerged statistically significant.

CONCLUSION OF THE STUDY

The current study reveals significant associations among flourishing, mindfulness and others compassion. A positive correlation between other compassion and flourishing suggests that individual's perceiving great empathy and sympathy, gratitude and acceptance towards the other. Others compassion plays a more significant role in increment of flourishing.

Conversely, a negative correlation between mindfulness and flourishing indicates that the higher engagement in mindfulness might neglect the relationship, accomplishments, meaning activities and other vital aspects of their life. It can be concluded that conversely, a negative correlation between mindfulness and flourishing indicates that an overemphasis on mindfulness might lead to decreased focus on other vital aspects of flourishing, such as relationships, meaning, and accomplishments. Mindfulness and flourishing have a complex relationship. While mindfulness can contribute to flourishing by increasing positive emotions, engagement, and meaning, Seligman examined that excessive mindfulness practice can potentially hinder flourishing. And also, relative contribution of others compassion is much remarkable in flourishing among adolescence. The findings also point to the importance of developing a caring attitude toward oneself and others.

LIMITATIONS OF THE STUDY

No research is complete research and every research has scope for improvement. some limitation and suggestion for further research are mentioned here. This investigation was limited to adolescent, which could also include future research with the sample of elders or child Also, this investigation was limited to in and around Agra city only for further research sample can be taken other states and cities. Further research can be done on other variables to explore its effect like metacognitive insight, metacognitive awareness mindfulness and savoring. The outliers need to be taken care while the analysis is still going on. Extreme cases may also be taken for the in-depth study.

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