

# Impact of Mindfulness Meditation on Increasing Happiness among Students

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## Abstract

Happiness is that state of mind which is associated with a sense of fulfillment and life satisfaction. The most effective way to become happy is to be kind to your mind. This paper presents the positive experiences of the mindfulness intervention on the mindset of teenage students. *Study objective:* This research aimed to investigate the impact of mindfulness on students' happiness levels. *Material and method:* In this pilot study, 10 students of a residential society aged 13-19 years were administered the Oxford Happiness Questionnaire. In analyzing the data, paired t-test were used. Results showed slightly higher scores after the intervention. *Conclusion:* The study showed the positive impact of mindfulness meditation on the happiness levels of the students in the post-test. However, further research in this area is recommended.

**Keywords:** Mindfulness, Happiness, Oxford Happiness Questionnaire, Teenagers

## Introduction

Happiness is related to the existence of human, Flugel started work on happiness in 1925. As far as the measurement of happiness or well-being is concerned, Flugel was the precursor. (Flugel, 1925). Many experts started research to measure happiness, subjective well-being, and life satisfaction after World War II. Happiness, well-being, and a fulfilling life are some familiar terms used in positive psychology. In the Indian Psychology context, happiness is more appropriately called 'bliss' (Kumar Updesh, Archana, 2023). A lot of factors i.e., life satisfaction, health, wealth, spirituality, and interpersonal relations are associated with the overall happiness of a human being. Happiness is a very broad and important concept in today's world (Steptoe, 2019). We often find ourselves in negativity, sadness, and aggression in our lifespan. To bring positivity and happiness in the basic attitude and behavior is the most important aspect of today's life. To bring happiness and improvement in the quality of life, a step towards a change in attitude is essential (O'Brien, 2012).

Happiness is not found in the outer world or in outer things; it is the most powerful power that we all hold in ourselves. "According to Mr. Killingworth's data, we're happiest when we are mindful of the moment, and we're least happy when the mind is wandering." (O'Brien, n.d.)

## Materials and Methods

The present pilot study has a total sample size of 10 participants age group of 13-19 years. The sample was selected from the residential society. It was observed that the students living in this society are somewhat stressed and unhappy after getting their exam results. The students then administered the Oxford

Happiness Questionnaire, and after receiving data, the students were given a mindfulness intervention of two weeks for 40-minute daily evening sessions. After the mindfulness intervention, a posttest was administered to check their happiness score with the same questionnaire.

## Result

The result of this pre-post test analysis reveals a significant improvement, with the evidence mean difference of the value 1.05. On average, this indicates that with the applied intervention in this study, a measurable increase in performance was seen.

The SD of the difference, which was 0.5442, shows moderate variance in the differences between the scores of the pre and posttest. The Standard error of difference, which was 0.1720, indicates that with a small degree of sample variability, the estimated mean difference is precise.

The  $t_{a/2} = 2.2621$  for the CI suggests a rigorous threshold for significance, which ensures the flourishing of findings. This statistical result shows the positive effect of the intervention on the participants.

## Conclusion

In the result, it comes a statistically significant improvement between the pre-test and post-test. With the mean difference which is 1.05, and 95% CI. As the CI does not include zero, that confirms that the observed improvement was improbable on account of coincidence. It shows that the intervention applied was effective in bringing positive change. The standard error (0.1720) shows the accuracy of the estimate, while the SD reflects moderate variability. This mindfulness intervention had a reliable impact on practical implications. To optimize the great efficacy, future research could explore it more effectively.

## Limitations and Future Studies

The present paper showed the original results on the association between mindfulness and happiness in a sample of teenage students in a residential society.

As this was a pilot study of this intervention, the sample size was small, it is suggested that with a larger sample size and with diverse backgrounds, the findings can be improved. It can be helpful in determining the observed improvement among different populations. Conducting follow-up sessions or assessments to evaluate the improvement will provide insight. By conducting the follow-ups, reinforcement can be suggested if needed. So, future studies are suggested to focus on the current result with increased time and duration of the intervention, which can play an important role in the level of inspiration and improvement.

## References

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