

The Effectiveness of Mindfulness Education on Emotional, Psychological, and Social Well-Being in 12th Grade Students in Tehran City

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Abstract : Investigate the Effectiveness of Mindfulness Education on Emotional, Psychological, and Social Well-being in 12th grade students in Tehran city is the aim of present study. The research method is semi-experimental with pretest-posttest design with control group. The statistical population of the study includes all 12th grade students of the 12th district of Tehran city in the academic year of 2017 to 2018. From the mentioned population, 60 students had earned low scores in three dimensions of Subjective Well-Being Questionnaire of Keyes and Magyar-Moe (2003) by using random sampling method and they were selected and randomly assigned into 2 experimental and control groups. Then experimental groups were received a Mindfulness protocol in 8 sessions during 2 hours. After completion of the sessions, all subjects were re-evaluated. Data were analyzed by using multivariate analysis of covariance. The findings of this study showed that in the emotional well-being aspect with the components of positive emotional affection ($P < 0.025$, $F = 17/80$) and negative emotions ($P < 0.025$, $F = 5/41$), in the psychological well-being of the components Self-esteem ($P < 0.008$, $F = 25.26$), life goal ($P < 0.008$, $F = 38.19$), environmental domination ($P < 0.008$, $F = 82.82$), relationships with others ($P < 0.008$, $F = 19.12$), personal development with ($P < 0.008$, $F = 87.38$), and in the social well-being aspect, the correlation coefficients with ($P < 0.01$, $F = 12/21$), admission and acceptability with ($P < 0.01$, $F = 18.09$) and realism with ($P < 0.01$, $F = 11.30$), there was a significant difference between the experimental and control groups and it can be said that the education of mindfulness affects the improvement of components of psychological, social and emotional well-being in students.

Keywords : mindfulness, emotional well-being, psychological well-being, social well-being

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