

Daunting or Desirable? Examining the Perception of Mindfulness and Current Mindful Practices of Predominantly Christian University Students

Authors : Elizabeth Valenti

Abstract : Objective: To date, there remains an absence of literature examining perceptions of mindfulness and mindful practices among college students, particularly among Christian students. The purpose of this mixed-methods, exploratory study was to gain a better understanding of students' perception of mindfulness and assess current mindful practices. Methods: The mixed-methods, exploratory study examined data from freshmen undergraduate college students (N=107) enrolled in an introductory psychology course at a private, non-profit Christian university. Students completed a researcher-developed questionnaire containing both Likert and opened ended questions to assess knowledge about and perceptions of mindfulness, as well as current mindful practices. Results: Results of the thematic analysis revealed approximately half of the students had a limited understanding of mindfulness, with several reporting disadvantages. Most students listed prayer as a consistent practice, with a much smaller percentage of students consistently engaging in other mindful activities. Discussion: Implications for mindfulness education and the promotion of evidence-based methods, particularly in Christian communities, are discussed.

Keywords : mindfulness, mindful practices, perception, Christian, university students, mental health

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