

Impact of Mindfulness on Life Satisfaction among Chinese and Pakistani Students: The Mediating Roles of Resilience and Emotional Intelligence

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Abstract : The current study examined the mediating roles of emotional intelligence (EI) and resilience in the relationship between mindfulness and life satisfaction among Chinese and Pakistani samples. 450 participants completed the mindful attention awareness scale, resilience scale, Wong Law Emotional Intelligence Scale, and Satisfaction with Life Scale from both cultures. Path analysis revealed that both emotional intelligence (EI) and resilience fully mediated the relationship between mindfulness and life satisfaction among participants of both cultures. Besides, a multi-group evaluation suggests that Chinese participants with significant EI scores are more likely to sustain greater life satisfaction than their Pakistani counterparts. Implications for prospective researches and current study pitfalls are discussed.

Keywords : mindfulness, life satisfaction, resilience, emotional intelligence

Conference Title : ICPPW 2024 : International Conference on Positive Psychology and Wellbeing

Conference Location : Washington, United States

Conference Dates : February 26-27, 2024