

Review of Resilience and Mindfulness Literature within College Students

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Abstract

Objective: To review the recent researches on Resilience and Mindfulness related to College Students

Findings: Twenty-one researches covering Mindfulness and Nine pieces of research connected with Resilience were used in this study. These studies showed the available researches with other Psychological concepts with new trends like Internet Interventions, Mobile App based interventions, Usage of biomedical equipment and also about the latest statistical techniques. The results of the reviewed literature revealed the strengths of Mindfulness and Resilience concepts in restoring and preventing and protecting mental health and physical health of the college students.

Summary: Though the availability of Mindfulness and Resilience researches were more in number, usage of new trends in gadgets, programs, statistical techniques provides scope for new and promising research trends.

Keywords: Resilience, Mindfulness, College Students

I. INTRODUCTION

College student's experiences a variety of changes in physiological, psychological, social areas and the expectations and demands over them were also seemingly high. All these create turbulent emotions in them, and some were able to handle these emotions constructively and lead their life in positive ways. Some become unfortunate and ends up in destructive actions. Psychology can provide equipment to avoid unfortunate incidents and boost the fortunate with more tools. Specifically, Positive Psychology fosters human development by focusing more on the positive balancing and functional areas of a human mind.

The concepts of Positive Psychology, Mindfulness and Resilience can be used as a therapy to the needy, or it can be cultivated as a separate skill to improve the quality of life. Mindfulness can be referred to as the awareness of the individual in the given present moment. It is a state that can be

attained by creating being in the moment, being non-judgemental, Compassionate and by also shedding negative behaviours in thinking, feeling and actions. Freedom from the mind and behaving spontaneously in tune with nature is the ultimate goal of Mindfulness practitioners (Kabatt-Zinn, 2016). Resilience is the thwarting capacity of an individual despite the adverse situations of life. It can be learned and developed through rigorous practice. It will help the individuals to improve their quality of life for Self, others and environment (Reivich and Shatte, 2002). These concepts were researched frequently and had statistically significant results in handling the problems of different samples all over the globe. Thus we decided to explore the researches on Resilience and Mindfulness in College Students.

This research aims to achieve the following:

- To Understand the current trends in the Resilience and Mindfulness Research in College Students
- To highlight the results of Resilience and Mindfulness Researches in College Students
- To explore and recommend the research gaps available for future researches.

II. METHODS

Scopus search was separately done for Resilience and Mindfulness to gain studies on College Students. Convenient sampling was used. The recent researches from 2017-2019 were taken to understand the current trends on these topics in the College Students population. Resilience, Mindfulness and College Students were the words used to search the articles. Research Articles in Open Access Journals were used in this review, and all other journals and formats were excluded.

Totally 29 articles were collected in the search, and two articles about Resilience was excluded because those articles focus on Resilience as the capacity of a social set up to bounce back even after the natural adversities like a cyclone, volcano or social adversities like war, riots. These aspects of Resilience were not related to the scope of the study, and they

were excluded. Twenty-one articles about Mindfulness of College Students and eight articles about the Resilience of College Students were taken for analysis.

III. REVIEW OF LITERATURE ON MINDFULNESS AND COLLEGE STUDENTS

Researchers had used the term Mindfulness based on their convenience and scope of their study, and thus we were able to see Mindfulness as Concept, Intervention and Training program. Among 21 articles, nine studies were focusing on Mindfulness as Intervention; nine articles were using Mindfulness as Concepts; two studies as training and one study as a communication course. Though the researchers were using the process of the terminology Mindfulness in various aspects, we could conclude the usage of words Intervention, Training and even Course involves the process of teaching the techniques of Mindfulness practically to the College Students and make them equipped with it. We mentioned the word concept to denote the process of analyzing Mindfulness with various other Psychological concepts like Resilience, Self-esteem, Burn out. In these studies, the researchers analyze the Mindfulness with other concepts to identify the relationships or to understand the mediating or moderating factors.

College Students use higher cognitive functions to understand, plan and solve their problems. Their age and circumstances, emotions might also mix with their thinking, and that may call for healthy or unhealthy behaviours. Gustavson, Pont, Whisman and Miyake (2019) found that frequent pessimistic thinking was associated with anxiety and Depression and also include intrusive thoughts and low level of Mindfulness in College Students. Mathad, Pradhan, Rajesh (2017) research showed a statistically significant connection with Mindfulness, Perseverative thinking and Empathy in Nursing students.

The problems of College Students can be handled with the help of Mindfulness thinking in an effective manner. Palacios-García, León-del-Barco, Mendo-Lázaro, Saavedra-Macías and Felipe-Castaño (2018) found that College Students who scored high Mindfulness had a low score on Psychotic experiences. Thus Mindfulness serves as a preventive and protective factor. Mindfulness and Self positively influenced a balanced time perspective- Compassion was essential to maintain it (Ge, Wu, Li and Zheng,2019). Undiagnosed ADHD students showed statistically significant morbidity with dysphoric mood and ruminative wandering for their dysfunctions, and they will be benefitted by Mindfulness training (Jonkman, Markus, Franklin, van Daltsen, 2017). Increasing Mindfulness and Motivation created an improvement in the cultivation of knowledge and skills and

thus indirectly influencing Career development (Santisi, Magnano, Platania, Ramaci, 2018).

Ying, Liu, He, Wang's(2018) eight weeks interventional program reduced the College student's stress and perceived stress and also helped to handle the stressors effectively. Eight weeks of Mindfulness training was given to College Students, and women showed more reduction in effect and increased in Mindfulness and Self-Compassion than men (Rojiani, Santoyo, Rahrig, Roth and Britton, 2017)

Mindfulness concept and Mindfulness training and its impact on various aspects of human behaviours vary with demographic factors (Prado, and Anastacio,2019). Arpaci, Balo, Kozan, and Kesici (2017) studied that Nomophobia was more related to avoidant attachment style, and it was seen more in men. Women showed a high negative attachment style and more connected towards Mindfulness. American (White) participants had a statistically significant connection with eating disorder and perception towards it with Mindfulness, when compared with Africa and Asia based American participants (Masuda, Marshall, and Latner,2018).

The same way there were researches which showed that Mindfulness training was not able to bring out desirable changes in the College Students. Clarkson, Heads, Hodgson and Probst (2019) gave five-week Mindfulness Training to emotionally and physically exhausted College Students and found no statistically significant change in their burnout level. Mindfulness-based Art Therapy with Neural Clay Manipulating Task (online directive program) by Beerse, Lith and Stanwood (2019) for ten weeks proved the reduction in Stress and cortisol secretions but the Perceived stress level of College Students remained the same even after the program. In another research, the Perceived Stress level was reduced in the College Students participated in 8-week Mindfulness Meditation Training on Mobile Apps "Calm" (Huberty, Green, Glissmann Larkey Puzia and Chong, 2019). After attending a Mindfulness-based Communication Course, participants showed increased positive emotions and low perceived stress (Ramasubramanian, 2017).

Mindfulness researchers have tried to use modern gadgets to suit the trend and reach out the needs of the College Students. Crandall, Cheung, Young and Hooper (2019) conducted two weeks of Mindfulness Meditation Training on Mobile Apps. They recommended that the Theory of planned behaviour will help in understanding the users of Mindfulness apps and Participant executive functioning and Temporal regulatory Theory will not serve the purpose. Borjalilu, Mazaheri and Talebpour(2019) did a Mindfulness-Based Stress Reduction Therapy using Aramgar mobile App. The results showed that the group which gained combined benefits of Aramgar and Face to Face therapy showed effective Stress Management

than in separate Aramgar group and Face to Face Therapy group. Mindfulness-based Tai Chi Chuan training to College Students effectively reduced the Depression level (Zhang, Qin, Zhou, Meng, Su, Zhao, 2018). Combining Mindfulness with martial arts also proved to be an effective method.

IV. REVIEW OF LITERATURE ON RESILIENCE AND COLLEGE STUDENTS

In Resilience studies, we use the word concept to denote the process of comparing Resilience with other concepts like Depression, Anxiety, Academic outcomes, and performing correlation, mediator and moderator analyses. The studies under our review were recommending Resilience as a skill that has to be developed to avoid future issues and troubles concerning mental health.

College Students are in the creamy layer where they are not entirely independent, and they were burdened with expectations from family. Family's plays a significant role in determining the quality of life of a College Student. When compared with students from ordinary families, students from military families also showed equal mental health and less Depression and Anxiety symptoms. This result was possible due to the High Resilience scores from Students of military families (Johnson, Vidal and Lilly, 2018). In some families, College Students have to take additional responsibilities, and that will affect their functioning. Boumans and Dorant, 2018 research on College Students who were carers of parents with chronic illness showed Low Resilience, and that leads to more Emotional Focused Coping than Problem Focused Coping when compared with the non- Carer counterparts. Family is the primary support system of College Students, and the strength of the family will majorly determine the progress of them. Academic outcomes were affected by the spatial inequality and cultural practices and Resilient attitude, and social support system positively influenced the Academic outcomes. (Abukari, 2018).

College Students have to handle the pressure from the external world and simultaneously create an identity for themselves. Cho and Kang (2018) recommended Resilience training to the College Students who showed burn out, and it was directly related to Satisfaction in college life. According to Li, Gu, Wang, Li, Xu, Zhu and et al. (2019) research, Stressful life events directly and Rumination indirectly affected the Sleep quality of College students. Resilience moderated stressful events and Rumination and improved sleep quality. Health Sciences Male students with high Resilience scores and good Physical activity had more Mental Health (Chow and Choi, 2019).

Choi, Choi, Yun, Lim, Kwon, Lee, Jang (2019) gave the caution that High Self-Esteem Students with Low Resilience

might end up in Depression because of the strong correlation between Low Social support and Resilience. College Students lifestyle is predominantly occupied with the latest technology, and these modern technologies have pros and cons. Hou, Wang, Hu, Gentile, Gaskin, and Wang (2019) found that in College Students Depression and Anxiety increased the Perceived Stress level and Problematic Social Networking Sites usage and Psychologically Resilient individual were able to handle Depression and Anxiety in a better manner.

V. RESULTS AND DISCUSSIONS

This review aimed to understand the current trends in the Resilience and Mindfulness Research in College Students and also to highlight the results and to recommend the research gaps that can be filled by future researches.

Mindfulness and Resilience are the famous and most appreciated concepts of Positive Psychology. This research review covers how the researchers handle these concepts in College students and how they were able to prove the beneficial aspects of it. From 2017-2019, twenty-nine researches were taken for this study and all of them were analyzed.

In review selection itself, we could find 21 articles from Mindfulness and nine articles from Resilience. This numbers showed the scope and reached of Mindfulness concept. In these researches, we could see different forms of behaviours, i.e. Conative, Cognitive and Affective Behaviours as adjacent variables. So the vastness of human behaviour tested with Mindfulness was immense. Mindfulness researches had been tested by specific and complicated statistical methods and techniques like Correlation analysis, Mediator and Moderator Analysis, Bonferroni Correlations, Structural equation modelling. The scope and want and availability of refined statistical techniques might made the researchers to use latest technologies like Website-based, Mobile based interventions and also biomedical equipments. These Mindfulness researchers were in tune with the trendy mindsets of the College Students. While planning for research work itself, these methods and statistical techniques can be taken into consideration.

College Students development relies on their thinking, emotion and actions. Their new roles and responsibilities automatically created stress and worry, which would be fuelled by the expectation and demands of society. According to researches, Mindfulness served as a protective and preventive factor in the life of College Students. By learning Mindfulness College Students will ensure their physical and psychological health. Their quality of life will get improved.

Nine Resilience research articles were reviewed in the study. Though the available numbers of journals were less for us, the scope and strength of Resilience were well established in their theories and results in our review itself. Resilience was paired with all three forms of behaviour like Cognition, Conation and Affect. Researches in Resilience showed that College Students were handling turbulent times physically, psychologically and socially also. They may settle into low standards of life, because of these adverse conditions and lack of proper support system. Sometimes, they may resort to harmful coping mechanisms like drugs, alcohol, sex. These issues will decrease their quality of life and reduces the chances of attaining full potential. Researches have proved the efficacy of Resilience in enhancing the brighter side of College Students life. The researchers had recommended Resilience as a required skill in handling mental health of all College Students, and they had suggested the Government to make it as a Policy and Curriculum for the benefits of youngsters.

Mindfulness and Resilience researches were taking new dimensions regarding the young generations. Researchers were recommended to follow the trend and collect data using social networking platforms like Instagram, Facebook, What's APP, Telegram; use more available gadgets for interventions; new programs like MATLAB, Python languages for data analysis.

Researches from Open Access Journals and Experimental Studies were only taken into account and other articles and research formats that covered the scope of this review were excluded. Future researches can cover all researches and formats to eliminate the significant limitation of this study. The second limitation was that this study was not focused on any theoretical framework or prescribed analytical methods for reviewing. So future researches can use theories like Bronfenbrenner Ecological Systems Theory or theories of Resilience, Psychological Well-being would be beneficial. Reviews can be done with different populations with the same concepts are also recommended.

VI. RECOMMENDATIONS AND IMPLICATIONS

Recommendations from Mindfulness Researchers were like replicating the same research as longitudinal study; including larger populations; alternating Mindfulness as Training/Intervention/Skill instead of negative emotions, thinking and disorders; using new technologies like websites and mobile Apps to the training; connecting Mindfulness with other relevant concepts and also recommendations to include Mindfulness into curriculum. Most of the recommendations offered Resilience as a skill that will serve students as a protective/preventive measure against mental health issues. Extending the researches for a more extended period with different concepts was suggested. Policy recommendations to

improve the mental health were given. Researches involving usage of technologies was appreciated. The recommendations implied the necessity of the reach of Mindfulness and Resilience to the College Students. That necessity has made the researchers use gadgets of the College Students and also made them recommend programs to be created using the same. Changing the Policies and Curriculum based on Mindfulness and Resilience researches is the need of the hour.

VII. CONCLUSIONS

The researchers showed the benefits, and of Mindfulness and Resilience for College Students, optimal functioning and have indicated how these concepts can be trained to improve their healthy functioning. This review analysis will also serve as a guide for prospective researchers on Mindfulness and Resilience. From this analysis, the recent trends, results and recommendations for Mindfulness and Resilience can be well understood. Thus, future researches can focus on understanding and training Mindfulness and Resilience in College Students using modern technology.

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