

An underwater photograph showing a diver's head and mask in the foreground, looking towards a large, glowing blue sphere in the background. The water is dark blue with some light reflections on the surface.

STRATEGIES, TECHNIQUES, APPLICATIONS AND RESOURCES

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A Study of The Role of Mindfulness in Enhancing Academic Performance

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Abstract:

Mindfulness is a mental practice rooted in ancient contemplative traditions, it has gained substantial attention in contemporary educational settings due to its potential to positively impact academic performance. This presents and explore the role of mindfulness in enhancing academic performance. The review synthesizes findings from various studies to elucidate the mechanisms through which mindfulness may contribute to improved emotional regulation, and enhanced cognitive functions. Further, the paper highlights top potential implications of mindfulness-based interventions in educational settings and offers insights into integrating mindfulness practices into educational curriculum. Overall, the review under the scores the promising prospects of mindfulness as a valuable tool for optimizing academic performance and fostering a conducive learning environment.

1. Introduction

Mindfulness, a practice deeply rooted in ancient contemplative traditions, has emerged as a prominent area of research and application in contemporary psychology and education. It is defined as the intentional and non change mental awareness of the present moment, mindfulness encompasses an individual's heightened attention to thoughts, emotions, and bodily sensations. Oh where the past few decades, mindfulness-based practices have gained considerable attention for their potential to positively influence various aspects of human well-being, including mental health, emotional regulation, and cognitive function. Moreover, the application of mindfulness in educational settings has garnered growing interest due to its perceived capacity to enhance academic performance and overall learning experiences.

2. Operational Definition

Mindfulness is the quality or state of being conscious or aware of something. It can help people avoid destructive automatic habits and responses by learning to observe their thoughts, emotions and other present moment experiences without judging reacting to them.

3. Review Literature

Alomari,H. (2023) The author has studied on "Mindfulness and its relationship to academic achievement among university students". His objective was to access the degree of mindfulness among university students on the basis of their gender and academic achievement level. He concluded there is no significant gender differences and moderate level of mindfulness. Further, it also revealed that students with higher academic achievement displayed greater mindfulness.

Anila,M.,M.,Dhanalakshami,D. (2016) They have worked on "Mindfulness based stress reduction for reducing anxiety, enhancing self-control and improving academic performance among adolescent students". Their objective was to investigate the effectiveness of mindfulness based stress reduction intervention for reducing anxiety, enhancing self-control and improving academic performance among adolescent students. They found in their study that self-control of students influenced by the two factors anxiety and academic performance, and further, self-control affects the academic performance.

Armenteros,S.,M.,Goomez,R.,C.,Sanchez,A.,R.,Barghouti,Z. (2019) The authors have worked on "Mindfulness and academic performance: the role of compassion and engagement". Their aim was to analyze the relationship between mindfulness and academic performance and it can be explained by the role of compassion and engagement. The result revealed that the compassion partially mediates the relationship between mindfulness and engagement and consequently, increased academic performance.

Caballero,C., Scherer, E., West, M.,R., Mrazek, M., D., Gabrieli, C., F., O., Gabrieli,J.,D.,E. The authors have worked on the "Greater mindfulness is associated with better Academic achievement in middle school". They have measure mindfulness over urban students of great 5 to 8. They found the relation between mindfulness and academic achievement was similar across demographic characteristics.



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