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4. Mindfulness and Life satisfaction: A Review

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Abstract

The purpose of this review was to understand the association between mindfulness and life satisfaction and contribution to current knowledge in the domain of life satisfaction and mindfulness. Second aim was to investigate the impact of mindfulness as an intervention on low life satisfactions; more one was to verify findings for future research. A review was conducted through various database like in-list.inflibnet, Google Scholar, result of this paper shows the mindfulness and life satisfaction is positively associated with each other.

Keywords: mindfulness, life satisfaction, Happiness, Well-being review.

Introduction

Life Satisfaction

Every person has desire to live happy his or her life. This concept is defined largely in the past literature. It is a state of mind, it tends to remove the negative thoughts and replace it rather than positivity. It is the path upon that people show their self mood, feeling, emotions and evaluate their life future direction and options. There are several factors which effect life satisfaction like personality, self-esteem, age, value, culture, family, life events and it was scientifically determined. Several studies show that Big Five Factor Model is one more concept of personality. This model consisted with openness to experience, conscientiousness, extraversion, agreeableness and neuroticism. Emmons and Cooper (1998) analyzed several studies with certain personality tests are linked with subjective well being and personality measures. They found that neuroticism was major role in predicting life satisfaction and linked with those people who have suffering from mental illness. The openness to experience is the factor positively correlated with life satisfaction. Apart from this the Big Five Model; the trait prototype shows the relationship with life satisfaction. Morning-oriented people (larks) show higher life satisfaction than the evening-oriented (Owls) Howell, A. J., Dopko, R. L., Passmore, H. A., & Buro, K. (2011). Self-

esteem plays an important role to define influencing life satisfaction. Previous modeling shows that positive views and life satisfaction determined completely by self-esteem Cummins, Robert (2002). According to Bailey, T., Eng, W., Frishev, M. & Snyder, C. R. (2007), A Person's perception toward stimuli (life) and emotion have great impact on life satisfaction. There are two kind of emotions that influence on life satisfaction they are Hope and Optimism. It consists of cognitive process emphasis on the perception of goals. Optimism is associated with higher life satisfaction and pessimism is related to the depression Craig, E. C., & Sanna, L. J. (2001). Furthermore, Seligman (2012), reported that the happier people focus on the negative aspects of their lives and they like other people, which promotes a happier environment. This correlates to a higher level of the person's satisfaction with his or her life, because of the notion that constructiveness with others can positively influence life satisfaction. It is identified that age is one of the most important aspect of the life satisfaction P. Igi, Y. Shmotkin, D. (2010), the experiment on how life satisfaction grows as people become older because they become wiser and more knowledge, so they being to see that life will be better as they grow older and understand the important things in life more. Also it was found that life satisfaction in term of sexuality comes in to increase. This is because at this age many adolescents reach sexual maturation, which can encourage them to find verification and satisfaction in the idea of sexual partnership (Goldbeck, Lutz, Schmitz, Tim, G. Besier Tanja, Herschbach, Peter, Henrich, Gerhard, 2007). It was found that value of materiality impact higher on the life satisfaction of the person than the person who has not give the important of materiality, Keng, Ah, Kwon, Jung, Jochen, Wirtz. (2000). Communication in family member is very essential process because research found that life satisfaction is depend on communication of family member Hubbard, A. (2018).

Mindfulness

Mindfulness is the phenomenon in mind which indicated how the person or object is aware about awareness of self. It is a mental process, it can be measured today by modern techniques like psychological Questionnaires; based on self-reporting of trait; Mindfulness Attention Awareness Scale(MAAS), Freiburg Mindfulness Inventory (FMI), Kentucky Inventory of Mindfulness Skills (KIMS), Cognitive and Affective Mindfulness Scale (CAMS), Mindfulness Questionnaire (MQ), Revised Cognitive and Affective Mindfulness Scale(CAMS-R) and so on., Many studies shows the data about mindfulness in the setting of medical

perspectives. A group of psychiatric at Melbourne, reviewed previous meta-analytical studies and present background to the practice of Mindfulness-based therapies as relevant to the general professional reader. They have addressed the empirical evidence for these therapies, the principles through which they might be operate some practical questions facing those wishing to commence practice in this area or send patients into mindfulness-based. They have some considerations relevant to the conduct and interpretation of research into the therapeutic application of mindfulness.

Methods

Procedure of search: a literature was collected by using electronic database PsYINFO, nlist.inflibnet, Google Scholar. First set the concept life satisfaction in google scholar and select review which are more relevant to the research topic. Life satisfaction 'AND' Then word well-being was searched on academic journals only. Second set the word Mindful, Mindfulness etc. and collect the information from the site.

Result

After the previous research is verified form 2010 to till date, it is identified that new trend in the applied psychology is applied to this concepts for various perspectives.

Meditation is one then clinical field as well as positive psychological based application.

It is also seen that mindfulness and life satisfaction is positively correlated with each others. Life satisfaction is depend on various angle of the life of the individual.

Limitation of review

This review papers cover the literature a little more than 10 years back so that there is not sufficient work for generalize the result of the above stated problem of the papers.

Implication and future research

Mindfulness and Life satisfaction research may be applied in the various field of psychology to the understanding the various perspectives related with this concepts and knowledge to how to solve the problems regarding depression, anxiety, and personality related disorders as well as this review can be helpful to the other researchers, psychologist, counselor, teachers to extend their experience and good result in their work. There is some suggestion for the future research in taking into consideration of the limitation of this review article. It is seen that in previous research there is lack of randomized techniques so there should be use randomized sample.

Conclusion

The purpose of this review article was to focus the previous literature in order to understand mindfulness and life satisfaction relationship. There was criteria to review the literature that back ten years from till. This review article shows that life satisfaction is observed by researchers to identify the core aspect of life such family, environment, workplace, clinical and values etc. Mindfulness is mental process can be useful to determine the characteristics of the individual who have the ability to live satisfied in his life.

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