

Impact of Mindfulness in reducing Anxiety among young adults in urban population

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Abstract:

The prevalence of mental health concerns like anxiety and stress is rising among young adults worldwide. Mindfulness and meditation are being explored as methods to alleviate these challenges. Present study investigated the impact of 'mindfulness videos' on anxiety among young adult. 80 young adults (40 male, 40 female) with ages between 25-30 years were selected from low to middle socio-economic background. People who were job holders (private job), at least graduate, unmarried were included. Data were collected from two workplaces and two videos (15 minutes) were chosen randomly for administering on the sample. Samples were divided in five groups randomly on the basis of availability of members in the respective workplace. To find out the impact of mindfulness on State anxiety of sample, pre-post-test research design was planned. Information Schedule and STAI was administered before showing videos with the proper instruction to collect demographic details and Anxiety level. After showing the videos, only part B (SAI) was administered. On the basis of trait anxiety, two treatment groups (high level of trait anxiety and low to moderate level of Trait anxiety) were formed from each group of samples (male and female). For statistical analysis descriptive statistics were used. Findings indicate that mindfulness was effective for both genders though males and female with high trait anxiety were poorly affected by the intervention to manage their state anxiety level.

Introduction:

The practise of mindfulness-based stress reduction or MBSR is effective in alleviating depression, anxiety, and stress while enhancing attentive awareness. The definition of mindfulness is an unreflective awareness of the present moment. It is a psychological technique that entails concentrating on the situations that are happening right now all around us, accepting the present moment without justification or evasion. By practising mindfulness, we learn to be much more present in each moment, totally accepting and judging nothing that is going on around us. It might be produced through meditation techniques or prevention measures. A substantial and innovative mindfulness intervention strategy, John Kabat-Zinn (1979) developed Mindfulness-Based Stress Reduction (MBSR) although no comprehensive definition of mindfulness has been found. Kabat Zinn is noteworthy in this sense and according to him, mindfulness teaches us to be more present in each moment and to be completely engaged in our environment with acceptance and without judgement. Mindfulness is a practice of concentrating one's consciousness and attention that is based on the Buddhist notion of mindfulness but can be characterized in a variety of ways. It can be cultivated through meditation practice. Awareness requires meditation, but meditation alone does not guarantee awareness. We can practise mindfulness in all aspect of our lives by being attentive when we live, walk, eat, and breathe. The definition of mindfulness given by the American Psychological Association is "awareness of one's experience in the present moment without judgement." Alternative treatments for mental health problems have been developed, including ACT (Acknowledgement and Commitment Therapy), CBT (Cognitive Behavioural Therapy), and MBCT (Mindfulness-Based Cognitive Therapy). The goal of the mindfulness practise, which intends to assist individuals in changing their thoughts, feelings, and actions while also lowering stress and anxiety, is to help people pay attention to the present moment, breathe deeply, and do meditation. According to research, mindfulness techniques can help with addiction, disordered eating, pain, stress, and anxiety. Some research works showed how MBSR programs helps to enhance

our quality of life and decrease stress levels in post cancer patient (Carlson, et. al.,2004).In research finding (Chang et. al, 2004) it has been found that MBSR has the potentiality for stress management, awareness and attention training, and positive states of mind. It has been found that the prevailing effect of mindfulness meditation on psychiatric disorders and practicing related coping mechanisms (Grossman, et. al.,2004). The study done by Nicole Y (2007) shows that the positive effect of MBSR helps in sleep quality and duration. For reducing stress, depression and anxiety which accompanies our chronic illness, MBSR is a affective treatment (Khoury, et. al.,2015 and Praissman, 2008)

Methodology:

The aim of the present study isto find out the impact of mindfulness on State anxiety of males and females.

Site and Population:

For the present study, a total sample of 80 young adults was selected from west Bengal. In the sample 40 were male and the rest 40 were female who were selected within the age range of 25-30 years, residing in urban area. The samples were from low to middle socio-economic background. People who were job holders (private job), at least graduate, unmarried were included. Data were collected from two workplaces by using purposive sampling technique.

Tools and Scales:

The tool used for this study is State-Trait Anxiety Inventory (STAI) which is a self-report measure of and designed to rate overall adult anxiety and is formulated as a four-point Likert scale (STAI "Form X").

Result and Discussion:

From Result Table it is obtained that the mean score of State Anxiety in controlled condition for female is 50.5500 and that of male is 46.8000 (SD = 8.78796, 5.46879 respectively). On the other hand, it has been observed that the mean score of State Anxiety in experimental condition for female is 42.4000 and that of male is 40.8250 (SD= 7.04491, 4.89839 respectively). Thus, it can be interpreted, after the implementation of mindfulness intervention technique (video) there was a

drop instate anxiety of the subjects both female and male, as recorded before and after implementing the mindfulness intervention technique.

Conclusion:

A number of research findings supports the fact that mindfulness-based activities reduce mental health concerns such as anxiety and depression and improves psychological well-being. Many qualitative studies on the effectiveness of mindfulness therapy for at-risk adolescents discovered that they facilitated the regulation of emotions such as anger, increased awareness and facilitated distance from thoughts and strong emotions, increased relaxation and awareness, and felt calm, composed and relaxed; they also found them to be inspirational.

Studies done by Biswas in 2023 have indicated that adolescents with significant mental health issues who receive mindfulness intervention therapy report lower levels of anxiety, stress, and depression. Another study by Premkumar showed that there was improvement in reducing the level of anxiety, stress and depression due to mindfulness meditation therapy and it was recommended that the mindfulness meditation therapy could be included as one of the training strategies for students. Also, research done by Lee suggests mindfulness therapy treat both internalizing and externalizing disorders in children.

Psychological intervention targeted at anxiety-prone high-risk groups during the young adulthood can help avoid mental health disorders, notably anxiety, or any other co-morbidity. Anxiety disorders can be treated with medication, psychological therapy, or a combination of the two. Psychotropic drugs have been demonstrated to be useful at alleviating anxiety symptoms. The adverse effects of medication, the possibility of developing drug dependence, unconstrained behaviour, and clinically less obvious symptoms to seek medical care, all contribute to making medical intervention less desirable throughout and after the adolescent years. Anxiety is one of the most common mental health problems seen in young adults and is a potent predictor of the workplace environment. In the early adulthood years, hormonal changes, peer pressure, the need for self-affirmation

and identity, the drive for success, and the workload are all factors that affect how anxious adolescents become. People with an anxious inclination are more likely to encounter failures due to poor coping skills and a lack of resilience, even if most of the time it is remedied as a result of maturation. At this age, stress management must be done properly otherwise it could lead to further mental health difficulties. An adequate intervention given at the right time and in a practical way can reduce the risk of mental health problems developing as well as the expense of care while promoting a future generation that is healthy and resource-rich.

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