



Influence of Demographic Variables on Mindfulness and Quality of Life

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Abstract:

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us and moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment. Quality of life is an abstract concept which encompasses an individual's perceived level of physical, psychological, and social well-being. The present study examined the relationship between mindfulness and quality of life among meditation practitioners and explored the influence of selected demographic variables. The sample consisted of 126 individuals who regularly practiced mindfulness meditation and were selected from different meditation centers in and around Rajamahendravaram. A non-probability convenience sampling technique was adopted for the study. The Five Facet Mindfulness Questionnaire (FFMQ) and WHOQOL-BREF were used to assess mindfulness and quality of life respectively. The findings revealed that age and gender did not show significant differences in mindfulness or quality of life dimensions. Chronic illness showed a significant difference in non reactivity indicating that practitioners without illness react less than people with illness. Educational qualification showed a significant difference in non-reactivity indicating that participants with higher educational levels reported better non-reactivity. Years of meditation practice showed a significant difference in psychological health with participants practicing meditation for 6–10 years reporting better psychological health compared to other groups. The study concludes that mindfulness and quality of life are positively influenced by certain personal and practice-related factors. Regular meditation practice may contribute to improved psychological health and emotional regulation.

Keywords:

Mindfulness Meditation, Quality of Life, Awareness.