

## **Integrating Mindfulness in Modern Education: A Case Study on Boosting Cognitive and Emotional Growth in EFL University Students"**

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### **Abstract:**

Education has always been a driving force for individual development and societal progress. However, today's learners face numerous challenges, including difficulties maintaining focus, managing stress, and coping with emotional issues that impede their learning. Innovative approaches like mindfulness—characterised by awareness and attentiveness to the present moment—are emerging as potential solutions to create supportive learning environments. This study aimed to investigate the impact of mindfulness practices on improving learners' cognitive abilities and emotional well-being. The research objectives were to assess how these practices can enhance intellectual skills and emotional health and to explore the influence of factors such as age, culture, and the duration of practice on their effectiveness. An exploratory study was conducted with EFL students participating in university clubs at Abu bekr Belkaid University of Tlemcen. Both qualitative and quantitative methods were employed, including an online questionnaire for students and semi-structured interviews with teachers and club leaders. The findings, analysed through qualitative and quantitative lenses, underscored the importance of incorporating mindfulness practices into education. Insights from teachers, club leaders, and students emphasised the positive effects of these techniques on enhancing cognitive abilities and emotional well-being across various ages and cultures.

### **Keywords:**

Modern Education – Mindfulness – Cognitive abilities – Well-being.