



SAPIENZA
UNIVERSITÀ EDITRICE

Work published in open access form
and licensed under Creative Commons
Attribution – NonCommercial
ShareAlike 4.0 International (CC BY-NC-SA 4.0)



© Author(s)
E-ISSN 2724-2943
ISSN 2723-973X

Psychology Hub (2022)
XLII, 2, 69-78

Article info

Submitted: 11 October 2024
Accepted: 24 April 2025
DOI: 10.13133/2724-2943/18661

Mindfulness as a Predictor of Happiness: The Mediating Role of Psychological Well-Being

GUNJAN^{1*}, SANDEEP SINGH¹

¹ *Guru Jambheshwar University of Science and Technology, Department of Applied Psychology, Hisar, Haryana, India*

Abstract

Objectives: The major aim of this research is to explore whether mindfulness can predict happiness. It also looks forward to investigate the role of psychological well-being as a mediator in the relationship between mindfulness and happiness.

Method: 180 undergraduate and postgraduate students aged 18–25 years were recruited for the research from various districts of Haryana (India). Self-report measures including ‘MAAS, Psychological Well-Being Scale, and Oxford Happiness Questionnaires’ were used to collect the data from the sample. The obtained data was statistically analyzed with the help of descriptive statistics, bivariate correlation, and regression analysis in SPSS and PROCESS macro software.

Results: The results of the study indicated an inter-correlation among mindfulness, psychological well-being, and happiness (all are significant at $p < .01$). The results also depicted mindfulness as a predictor of psychological well-being ($\beta = .484$, $p < .001$) as well as happiness ($\beta = .242$, $p < .05$), and psychological well-being as a predictor of happiness ($\beta = .963$, $p < .001$). Psychological well-being emerged as a partial mediator in the relationship between mindfulness and happiness with an effect size (β) of .466 ($CI = .310-.653$).

Conclusion: Practicing mindfulness helps college students enhance their level of happiness, but along the route of psychological well-being, happiness can be boosted even more.

Keywords: Mindfulness, happiness, psychological well-being (PWB), mediator

*Corresponding author.

Gunjan
Guru Jambheshwar University of Science
and Technology, Department of Applied
Psychology,
Hisar, Haryana, India
E-mail: gunjan04gju@gmail.com
(Gunjan)

Introduction

In recent years, the concept of mindfulness has attracted the attention of many researchers in the field of psychology. As mindfulness exercises are gaining popularity, research investigating their impact on overall happiness and well-being becomes increasingly important. Understanding the broader implications for psychological well-being and happiness is crucial in today's fast-paced environment, as they have the potential to enhance the overall mental health of people. For instance, a research depicted both mindfulness and happiness as significant predictors of healthy lifestyles (Bagheri, 2019). Mindfulness, in general, is defined as a state of awareness and focused attention on the present moment. It is found to have an association with many positive effects, including lower stress, greater emotional control, and increased mental clarity (Davis, 2007).

The present research seeks to examine the association between mindfulness and happiness with a particular emphasis on the mediating role of PWB. The major aim of this investigation is to provide a better understanding of the process by which mindfulness contributes to an individual's perception of happiness by investigating how PWB serves as a bridge between mindfulness and happiness. The findings of this investigation could have significant implications for the development of mindfulness-based therapies to improve overall happiness.

Mindfulness

In general, mindfulness is defined as the practice of being in the present moment without being judgmental. Mindfulness has its roots in ancient Buddhist practices, which focus on the concept of 'here and now'. Mindfulness is a psychological discipline that entails being aware of one's thoughts, feelings, body sensations, and surroundings while staying nonjudgmental and embracing.

"Mindfulness is an awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally" (Kabat-Zinn, 2013).

The main focus of this concept is to live in the present moment without concentrating on the past or future. The key components on which the concept of mindfulness is based are awareness of the present moment, acceptance, and a nonjudgmental and embracing attitude. Mindfulness techniques can be either formal, like sitting meditation, mindful breathing, body scans, etc., or informal, like mindful eating or walking. These techniques help enhance the level of mindfulness in an individual.

Mindfulness has been demonstrated in studies to considerably reduce stress, anxiety, and depression and improve emotional regulation and overall mental health (Desrosiers et al., 2013). Being a psychological concept, it has several advantages, including decreased depression, anxiety, and stress (Strohmaier et al., 2021), enhanced awareness, better emotional control (Hitchcock et al., 2016), and higher learning and cognitive performance (Ching et al., 2015). Still, the effect of mindfulness on happiness as a whole is crucial among its most fascinating features.

Happiness

Happiness is a subjective state of well-being that includes feelings of joy, happiness, and fulfillment. Happiness encompasses a broad range of feelings, from brief sensations of joy to profound sensations of pleasure in life. Happiness is a fundamental component of human life, and there are various ways to achieve it.

The two main approaches for understanding and achieving happiness are the 'hedonic' and 'eudaimonic' approaches. The hedonic approach emphasizes maximizing pleasure and minimizing pain, while the eudaimonic approach focuses on one's true self in order to achieve personal growth and meaningful goals.

The previous research suggests that mindfulness can be one of the aspects that helps in promoting mental health (Keng et al., 2011). Individual circumstances (Easterlin, 2003), social relationships (Holder & Coleman, 2009), and psychological attributes such as optimism (Wani, 2017) and resilience (Aboalshamat, 2018) all have a significant impact on the level of happiness in people.

Psychological Well-Being

Psychological well-being can be defined as the positive psychological functioning and good mental health of individuals. PWB includes emotional regulation, life satisfaction (Sharbafshaaer, 2019) and having a sense of purpose in life (Zika & Chamberlain, 1992). The essential concept of PWB includes 'self-acceptance, environmental mastery, positive relationships, personal growth, purpose in life, and autonomy' (Ryff & Keyes, 1995).

Self-acceptance entails having a positive attitude toward oneself, along with accepting and acknowledging both one's strengths and weaknesses. It is an essential component for enhancing self-esteem (Paradise & Kernis, 2002) and emotional intelligence (Ahmadi, 2014). Positive relationships include building and maintaining healthy, helpful, and meaningful relationships with others, which is crucial for emotional support and a sense of belongingness (Blatt, 2017). Strong relationships considerably increase life satisfaction (Froh et al., 2007) and happiness (Demir, 2010). Autonomy is feeling in charge of one's life and making independent decisions, which further promotes self-reliance and confidence. Autonomy enables people to live according to their principles and convictions (Oshana, 2016). Environmental mastery is successfully handling the demands of life and also taking advantage of available opportunities which requires adaptation and problem-solving abilities. It displays the ability to build an atmosphere that meets personal requirements and goals. Purpose in life includes having objectives and a sense of direction in life, which is essential for motivation, goal engagement (Lewis, 2020), and resilience (Abellaneda-Pérez et al., 2023). A defined goal regulates behavior and offers a framework for making good decisions in life. Personal growth comprises continuous development and realizing one's potential, which requires a commitment to personal development and learning. It promotes a deeper awareness of oneself and increases overall life satisfaction (Lio, 2022). PWB is important for general mental health (Bandyopadhyay, 2018) because it

influences how people deal with stress, interact with others, and make decisions that lead to a fulfilling and meaningful life.

Mindfulness and Psychological Well-Being

The relationship between mindfulness and PWB has been vastly studied in psychological research and reveals a significant association between them (Hanley et al., 2015; Singh, 2016). Mindfulness has been demonstrated to improve most of the aspects of PWB (Vijayaraghavan, 2019). A systematic review revealed that mindfulness-based interventions have the potential to enhance the level of PWB among nurses (Sulosaari et al., 2022). Another study also depicted that mindfulness meditation is a helpful tool in reducing stress and enhancing the mental well-being of the participants. The study also suggested that mindfulness meditation can autonomously improve the overall mental health of the participants (Zollars et al., 2019).

Furthermore, it was also found that frequent mindfulness practices increase self-awareness and self-acceptance (Baer et al., 2006), both of which are crucial components of PWB. Even in medical students, mindfulness-based intervention helps reduce stress and improve mental well-being, emotional regulation, and resilience (Fazia et al., 2023). These findings imply that mindfulness not only reduces psychological distress but also fosters a greater sense of fulfillment and personal progress, emphasizing its importance in improving PWB.

Psychological Well-Being and Happiness

Positive psychology has a strong and complex connection with PWB, and happiness is its essential component. Experiences of happiness are strongly associated with PWB, which includes 'positive relationships, self-acceptance, autonomy, environmental mastery, purpose in life, and personal growth' (Sundriyal, 2014). People who score higher on PWB and life satisfaction will have a higher level of happiness among nursing students (Yeşiltepe et al., 2022). Some other researches also provide additional evidence that components of PWB, such as personal development and purpose, are important indicators of happiness over a long period (Diener, 2009; Seligman, 2004).

In addition, it was also discovered that positive relationships, a key component of PWB, are highly associated with better levels of pleasure and life satisfaction (Keyes, 2006). A statistically significant correlation was found between gratitude, PWB, and happiness, indicating that a greater level of PWB is positively associated with a greater level of happiness (Hemarajareswari, 2021). Another research has also reported a positive association of PWB with religious orientation and happiness (Farasatkish, 2017). These findings indicate that PWB not only enhances the immediate experience of positive emotions but also develops a long-term sense of fulfillment and happiness, emphasizing the necessity of promoting mental health in order to live a better and more meaningful life.

Mindfulness and Happiness

Kabat-Zinn (1990), the founder of the Mindfulness-Based Stress Reduction (MBSR) program, reported that mindfulness,

which is characterized by a nonjudgmental awareness of the present moment, improves emotional well-being and life satisfaction, both of which are important components of happiness. Many previous researchers have found a positive relationship between mindfulness and happiness (BELLIN, 2015). Research, including two studies, was conducted to investigate the relationship between practicing mindfulness meditation and observed happiness in individuals. The first study showed that beginning meditators were happier following a rigorous 9-day meditation, and the second study showed that proficient practitioners of mindfulness meditation were happier in comparison to those who were in the control group. Thus, it was concluded on behalf of both studies that meditation practice was correlated to a higher level of happiness (Choi et al., 2012). A research on 523 undergraduate students depicted that mindfulness plays an influential role in enhancing happiness, where resilience and stress act as partial mediators in influencing that relationship (Bajaj et al., 2022). Even during a pandemic like COVID-19, online mindfulness-based physical exercise helps boost PWB and life satisfaction among participants (Terzioğlu et al., 2024), which are further positive indicators of happiness.

Furthermore, another research also stated that people who engage in regular mindfulness activities have greater levels of pleasure and overall life satisfaction (Brown, 2003). Mindfulness improves the ability to savor pleasurable experiences, increasing the happiness of each moment (Shapiro et al., 2008). A study conducted on several participants deduced that MBCT caused the elderly to experience fewer irrational beliefs and a greater level of happiness (Valizadeh, 2022). These findings show that mindfulness not only reduces negative feelings but also fosters a deeper and longer-lasting sense of enjoyment by encouraging present-moment awareness and acceptance. As a result, mindfulness activities are becoming recognized as helpful strategies for improving happiness and overall well-being. So, the present study seeks to investigate mindfulness as a predictor of happiness to better understand one such pathway.

In light of the existing literature, the present research aims to provide a further understanding of how mindfulness practices lead to long-lasting happiness. By investigating the relationship among mindfulness, PWB, and happiness. The study also seeks to advance our understanding of the complex strategies people might use to develop happier and more satisfying lives. With the help of this research, we want to shed light on the underlying mechanisms of improving happiness through mindfulness and PWB.

The present study

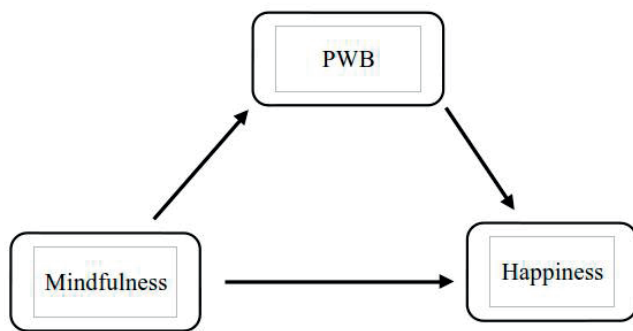
The present study includes 180 university students aged 18-25 years. Those students who were willing to participate were allowed to be the participants in the research. A brief introduction of the research was given to all the participants and they were assured about the confidentiality of their data. The conditions were standardized across participants, and all the questionnaires were administered simultaneously. Data was collected from the selected sample using self-report measures,

including “Mindful Attention Awareness Scale (Brown, 2003), Psychological Well-Being (Ryff & Keyes, 1995), and the Oxford Happiness Questionnaire (Hills & Argyle, 2002)”.

The effect size value for adequate sample size was calculated using a priori power analysis by using G*Power software. At the effect size (f^2) of 0.15, a significant value of $p < 0.05$, and considering three as the number of predictors, the minimum adequate sample size was calculated, which was found to be ‘119’. As our sample size of 180 is greater than the value, our sample size is sufficient to conduct the research (Cohen, 2013; Gatsonis & Sampson, 1989).

After the data collection, the obtained data was compiled and analyzed to prepare the results. For this, descriptive analyses of the mean, standard deviation (SD), and Pearson correlation were conducted using IBM SPSS-26. Then, the mediation effect was examined using the PROCESS macro by Hayes on SPSS (Hayes, 2018; Igartua & Hayes, 2021). The analyses of the results are explained in the results and discussion section.

Fig. 1. The Hypothesized Model of PWB mediated the relationship between Mindfulness and Happiness



The Hypothesized Model of PWB mediated the relationship between Mindfulness and Happiness

Objectives

To study the inter-correlation among mindfulness, happiness, and psychological well-being.

To study the effect of mindfulness on psychological well-being.

To study the effect of psychological well-being on happiness.

To study the effect of mindfulness on happiness.

To investigate the role of psychological well-being as a mediator in the relationship between mindfulness and happiness.

Hypotheses

There shall be a significant inter-correlation among mindfulness, happiness, and psychological well-being.

There shall be a significant correlation between mindfulness and psychological well-being.

There shall be a significant correlation between psychological well-being and happiness.

There shall be a significant correlation between mindfulness and happiness.

There shall be a significant effect of mindfulness on psychological well-being.

There shall be a significant effect of psychological well-being on happiness.

There shall be a significant effect of mindfulness on happiness.

Psychological well-being will mediate the relationship between mindfulness and happiness.

Method

Participants

The sample of the present study comprises 180 undergraduate and postgraduate students aged 18–25 years. The participants were selected from various districts of Haryana, India. Those who were willing to be the participants of the research were recruited for the research. The following inclusion and exclusion criteria were used to select the sample:

Including criteria:

- Voluntary participation
- Age range between 18-30 years
- Can read and write English and Hindi

Excluding criteria:

- Not willing to participate in the study
- Participants having any severe psychiatric or medical illness.
- Cannot read or write English and Hindi

Procedure

The present study includes a sample of 180 college and university students aged 18-25 years. The sample was selected from various districts of Haryana, India, who were willing to be the participants of the research. After the sample selection, the data was collected from the sample using self-report measures, including the ‘Mindfulness Attention Awareness Scale’ (Brown, 2003), ‘Psychological Well-Being’ Scale (Ryff & Keyes, 1995), and the ‘Oxford Happiness Questionnaire’ (Hills & Argyle, 2002)”. After the data collection, the data was compiled and results were analyzed including the descriptive statistics, correlational, and regression analysis for the assessment of the mediator using IBM SPSS-26 and PROCESS macro software ‘model-4’.

Statistical analysis

IBM ‘Statistical Package for Social Sciences’ (SPSS - 26) along with PROCESS macro software was used in this study to analyze the data. Shapiro-Wilk’s test of normality was used to analyze the normal distribution of the data. For analyzing the descriptive statistics, SPSS was used and to test the first hypothesis, ‘Bivariate Correlation’ was computed to calculate ‘Pearson product-moment correlation’. An inter-correlation matrix was obtained, which shows the correlation among the

three variables, viz. mindfulness, PWB, and happiness. For testing the rest of the hypothesis, regression was computed using PROCESS macro 'model-4' (Hayes, 2018; Igartua & Hayes, 2021), which assesses the association of mindfulness on PWB, the association of mindfulness and PWB on happiness, and further assesses whether PWB mediates the association between mindfulness and happiness.

Measures

The tools used for data collection were self-reported measures. 'Mindful Attention Awareness Scale' developed by (Brown, 2003), contains 15 items, and was used to assess dispositional mindfulness. The internal consistency and test-retest reliability of the scale are .92 and .52, respectively. The 'Psychological Well-Being Scale' (shorter version) given by (Ryff & Keyes, 1995) consists of 18 items was used to assess the level of PWB of the participants. The scale has an internal consistency of .70 to .89 with 20-item parent scales. Another self-reported measure used in the study was the 'Oxford Happiness Questionnaire' developed by (Hills & Argyle, 2002) consists of 29 items to assess the level of happiness of the participants. The scale possesses good internal consistency; the value of Cronbach's alpha of this scale is 0.91.

Results

Table 1 represents the outcome of the 'Shapiro-Wilk' test of normality distribution for the variables of mindfulness, PWB, and happiness. The outcomes depicted that for the variable of mindfulness, $W(180) = .991$, $p = .302$; for the variable of PWB, $W(180) = .993$ with $p = .119$; and for the variable of happiness, $W(180) = .998$ with $p = .561$. As in the case of all three variables, the significance value (p) is greater than .05, this indicates that the data is normally distributed on all the stated variables.

Tab. 1. Tests of Normality

	Shapiro-Wilk's Test		
	Statistics	df	Sig.
Mindfulness	.991	180	.302
PWB	.993	180	.119
Happiness	.998	180	.561

Table -2 demonstrates the descriptive analysis including mean (M), standard error (SE), standard deviation (SD), and correlational analysis among the variables of mindfulness, psychological well-being, and happiness.

Tab. 2. Descriptive Statistics and Correlation Matrix

	M	SE	SD	1	2	3
1. Mindfulness	57.84	0.830	11.138	1		
2. PWB	88.42	0.782	10.496	.514**	1	
3. Happiness	118.72	1.325	17.773	.444**	.647**	1

Note – **Correlation is significant at the 0.01 level (2-tailed)

The descriptive analysis shows that the mean value of the participants on the variable of mindfulness is 57.84 ($SE = .830$,

$SE = 11.138$), for PWB is 88.42 ($SE = .782$, $SD = 10.496$), and for happiness is 118.72 ($SE = 1.325$, $SD = 17.773$). The Pearson product-moment correlational analysis was used to assess the correlational value among the above-stated variables. The correlational analysis depicted a statistically significant and moderate level of positive correlation between mindfulness and PWB ($r = .514$, $p < .001$), between mindfulness and happiness ($r = .444$, $p < .001$), and a high correlation between PWB and happiness ($r = .647$, $p < .001$).

The regression analysis of mindfulness as a predictor and PWB as an outcome variable revealed that mindfulness is a significant and positive predictor of PWB as it explains approximately 26.4% of the variation in PWB. Thus, the overall model was found to be statistically significant ($F(1, 178) = 63.921$, $p < .001$). The coefficient value (β) for mindfulness is 0.484 ($SE = 0.061$, $t = 7.995$), which is also found to be significant at $p < .001$ (95% *C.I.*: .365; .604). This indicates that mindfulness positively predicts PWB, and for each unit increase in mindfulness, PWB will be increased by 0.484 units. The 95% confidence interval for this effect excludes a zero, which further confirms the significance of the effect.

The regression analysis of mindfulness and PWB as predictors and happiness as an outcome variable shows that both mindfulness and PWB significantly predict happiness by explaining 43.5% of the variance in happiness ($F(2, 177) = 68.141$, $p < .001$). Thus, the overall model is found to be significant. Further, the coefficient value for mindfulness is .242 ($SE = .105$, $t = 2.303$, 95% *C.I.*: .037; .450), which is significant at $p < .05$ within a class interval of .037 and .450. This indicates that mindfulness significantly predicts happiness. The coefficient value for PWB is .963 ($SE = .116$, $t = 8.633$, 95% *C.I.*: .743; 1.183), which is significant at $p < .001$ within a class interval of .743 and 1.183. This demonstrates that PWB is a significant predictor of happiness. The 95% confidence interval for this model excludes a zero, which further confirms the significance of the results.

The analysis of the direct and indirect effects indicated that mindfulness has both a direct effect on happiness as well as an indirect effect on happiness through PWB. The direct effect of mindfulness on happiness is 0.242 ($SE = .105$, $t = 2.303$), which is found to be statistically significant at $p < .05$ (95% *C.I.*: .035; .450). Further, the indirect effect of mindfulness on happiness through PWB is .466 ($SE = .088$) which falls within the 95% Confidence Interval of .310 and .653. As for both direct as well as indirect effects, the confidence interval is positive and does not include a zero, this indicates the significance of the results and further indicates that the effect size in both of the cases is positive. Thus, these results demonstrate that mindfulness influences happiness both directly and indirectly by enhancing PWB. These results suggest that PWB partially mediates the relationship between mindfulness and happiness.

Discussion

In the present study, we analyzed the variables in two steps. In the first step, a correlational analysis was computed between

mindfulness and PWB, between PWB and happiness, and between mindfulness and happiness. The first hypothesis, which further includes three sub-hypotheses, is based on this step. The results revealed a significant inter-correlation among the variables of mindfulness, PWB, and happiness. So, our first hypothesis, which stated, 'There shall be a significant inter-correlation among mindfulness, happiness, and psychological well-being,' along with the three sub-hypotheses 1.1, 1.2, and 1.3, is accepted. Correlational analysis indicates that mindfulness has a significant and positive correlation with happiness. Our research is strongly supported by the research evidence to date. This implies that a greater level of mindfulness is significantly associated with a greater level of happiness (Khouri, 2023; Van Gordon et al., 2023). Further, there is a significant positive relationship found to exist between PWB and happiness. The outcomes of this research are consistent with previous research conducted on various populations. For example, in a research on the marital population, it was found that a significant relationship between PWB and happiness (Kamp Dush et al., 2008), whereas a significant positive correlation between PWB and happiness in the adolescent population (Heizomi et al., 2015). Additionally, a significant and positive correlation was found between mindfulness and PWB. The findings are in the predicted direction and supported by past research studies. For instance, mindfulness was found to be significantly correlated with PWB (Brown, 2003; Klainin-Yobas et al., 2016).

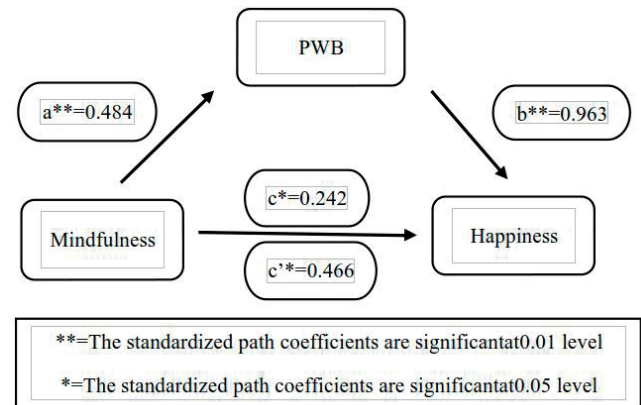
Our findings also revealed that mindfulness is a crucial element of happiness. So, our 2nd hypothesis, which stated that 'There shall be a significant effect of mindfulness on psychological well-being' is accepted. Much of the previous research has proved the same example, (Tang et al., 2019). The results agreed with the previous studies, which reported mindfulness to be a strong predictor of happiness and resilience and found to mediate that relationship (Bajaj et al., 2022). In a research, it was concluded that mindfulness practice not only enhances the level of happiness but also improves work performance in participants (Coo & Salanova, 2018). Additionally, a research on nurses deduced that mindfulness-based cognitive therapy significantly enhances the level of awareness, happiness, and mindfulness in the participants after providing them with the intervention (Talebi, 2021).

Our results also prove that PWB significantly enhances the level of happiness. So, our 3rd hypothesis, which states, 'There shall be a significant effect of psychological well-being on happiness' is also proved to be true. These findings indicated that by enhancing one's level of PWB, the level of happiness will automatically be enhanced. Our results are in support of the previous research, which stated that a higher level of well-being helps in enhancing the level of happiness (Linley et al., 2009). Additionally, in a research on nursing students, it was revealed that both PWB and life satisfaction act as predictors of happiness (Yeşiltepe et al., 2022).

Further, mindfulness also comes out as a strong predictor of happiness. So, our 4th hypothesis 'There shall be a significant effect of mindfulness on psychological well-being' is also accepted. This implies that the level of happiness can be improved by incorporating mindfulness-related skills. Our findings follow the past studies; for instance, in a research, it was found that mindfulness is a significant predictor of PWB,

where stress partially mediates that relationship (Singh, 2016). Additionally, self-esteem significantly mediates the relationship between mindfulness and PWB (Ayesha, 2020). The results of the study agree with the findings of previous research studies, which describe mindfulness as the most influential factor in lowering the levels of negative PWB (Klainin-Yobas et al., 2016).

Fig. 2. Standardized path coefficients for the relationship between Mindfulness and Happiness as mediated by PWB



Note: The effect of the "independent variable" (IV) on the "mediator variable" (MV) is represented by the "a-path". The "b-path" displays how the "mediator" impacts the "dependent variable" (DV). The "c-path" denotes the overall impact of IV on the DV, while the "c*-path" denotes the "indirect effect," i.e., IV on the DV while considering the "mediator variable" (MV).

The last hypothesis claimed that PWB would mediate the relationship between mindfulness and happiness. By testing the mediation model, it was discovered that PWB acts as a significant and partial mediator in the relationship between mindfulness and happiness. This suggests that mindfulness is related to PWB, and both of the variables interact in a way to enhance happiness. So, our last hypothesis, stating that 'Psychological well-being will mediate the relationship between mindfulness and happiness' is also accepted. The findings of this research agreed with the findings of previous research. For example, mindfulness acts as a booster in enhancing PWB as well as happiness (Ngnoumen, 2016). The results are in the predicted direction and supported by past research, which claimed that mindful meditation has a positive effect on happiness, resilience, and well-being, whereas a negative effect on stress and anxiety (Zollars et al., 2019).

Conclusion

It is crucial to take care of people's mental health and well-being, particularly during their college life, when they are dealing with unpredictable and distressing events on a daily basis. This research investigates the relationship between mindfulness and happiness, notably the mediating role of PWB. Our findings confirmed all of our hypotheses and provided some significant insights. To begin, the positive relationship between mindfulness and happiness indicates that those who practice mindfulness are more likely to be happy. Further, PWB was identified as a key mediator in the link between

mindfulness and happiness. This suggests that mindfulness contributes to happiness by promoting PWB. This contributes to the growing amount of literature advocating mindfulness as an effective approach to improving overall health.

The findings highlight the significance of PWB as a way through which mindfulness might improve happiness. These findings have significant implications for theoretical research and practical applications. In theory, they help us better understand the mechanisms underlying the connection between mindfulness and happiness. In practical applications, they propose that mindfulness-based interventions could effectively boost PWB and, as a result, happiness. In a nutshell, this study provides strong evidence that mindfulness predicts happiness, with PWB as an important mediating variable.

Limitations and Directions for Future Research

Despite the helpful conclusions provided by this research, there are also some limitations that highlight the areas for future investigations. The approach used in the present research limits causal findings, emphasizing the importance of longitudinal research that investigates changes over time. Social desirability bias could affect self-reported data as participants may respond in a manner that they perceive to be more favorable rather than completely accurate. Future research involving implicit measures or observer ratings could address these concerns. Furthermore, the modes through which cultures shape the constructs of mindfulness in relation to overall well-being could further explain scores on the assessment tools. Examining these constructs within culturally diverse populations would help to generalize the findings. Lacking cultural diversity in the sample would necessitate studies among various groups to improve applicability across populations. Other potential restrictions relate to previous mindfulness experience since individuals with pre-existing exposure to mindfulness practices might perceive and conceive these constructs differently than those who do not have such experiences. Future research should occupy itself with measuring participants' prior mindfulness training, thus considering it as a covariate in the outcome of the study. Future studies should also investigate this link further, considering other potential mediators and moderators such as social support and coping techniques, to gain a more thorough knowledge of how mindfulness techniques might be used to promote better happiness and well-being in different populations.

Ethical Approval

All procedures performed in studies involving human participants were as per the ethical standards of the institutional and national research committee and with the 1964 Helsinki Declaration and its later amendments or comparable ethical standards. This study was approved by the DRC (Department Research Committee) of the Guru Jambheshwar University of Science of Technology, (Department of Applied Psychology), Hisar (Haryana), India. All procedures performed in studies involving human participants were as per the APA ethical standards. Consent to Participate: Informed consent was obtained from all individual participants included in the study.

Data Availability Statement

The data will be made available upon request for verifying or reproducing results

Funding

No funds, grants, or other support was received for the present study.

Conflict of Interests

The Authors declare to have no conflict of interests.

Author Contributions

Ms. Gunjan: Conceptualization, design, data collection, statistical analysis, drafting and writing of the manuscript, and review and editing of the manuscript.

Dr. Sandeep Singh: Data collection, review, and final approval.

Supplementary material

Not applicable

References

- Abellana-Pérez, K., Cattaneo, G., Cabello-Toscano, M., Solana-Sánchez, J., Mulet-Pons, L., Vaqué-Alcázar, L., Perellón-Alfonso, R., Solé-Padullés, C., Bargalló, N., Tormos, J. M., Pascual-Leone, A., & Bartrés-Faz, D. (2023). Purpose in life promotes resilience to age-related brain burden in middle-aged adults. *Alzheimer's Research & Therapy*, 15(1), 49. <https://doi.org/10.1186/s13195-023-01198-6>
- Abolshamat, K. T., Alsiyud, A. O., AlSayed, R. A., Alreddadi, R. S., Faqiehi, S. S., & Almeahmadi, S. A. (2018). The relationship between resilience, happiness, and life satisfaction in dental and medical students in Jeddah, Saudi Arabia. *Nigerian journal of clinical practice*, 21(8), 1038-1043.
- Ahmadi, S. A. A., Azar, H. K., Sarchoghaei, M. N., & Nagahi, M. (2014). Relationship between emotional intelligence and psychological well being. *International Journal of Research in Organizational Behavior and Human Resource Management*, 2(1), 123-144.
- Ayesha, T., Akbar, W., & Shai, S. (2020). Mediating role of emotional stability and self-esteem between mindfulness and psychological wellbeing. *International Journal of Psychosocial Rehabilitation*, 24(1), 5161-5174.
- Baer, R. A., Smith, G. T., Hopkins, J., Krietemeyer, J., & Toney, L. (2006). Using Self-Report Assessment Methods to Explore Facets of Mindfulness. *Assessment*, 13(1), 27–45. <https://doi.org/10.1177/1073191105283504>
- Bagheri, F. , & G. F. (2019). The relationship between mindfulness, happiness and healthy lifestyle. *Caspian Journal of Health Research*, 4(2), 44–48.
- Bajaj, B., Khoury, B., & Sengupta, S. (2022). Resilience and Stress as Mediators in the Relationship of Mindfulness and Happiness. *Frontiers in Psychology*, 13. <https://doi.org/10.3389/fpsyg.2022.771263>
- Bandyopadhyay, G. (2018). Determinants of Psychological Well-being and Its Impact on Mental Health (pp. 53–95). https://doi.org/10.1007/978-981-10-6104-2_5

- BELLIN, Z. J. (2015). The Meaning Connection Between Mindfulness and Happiness. *The Journal of Humanistic Counseling*, 54(3), 221–235. <https://doi.org/10.1002/johc.12013>
- Blatt, R. , & C. C. T. (2017). Positive relationships and cultivating community. In *Exploring positive relationships at work*. Psychology Press.
- Brown, K. W., & Ryan, R. M. (2003). The benefits of being present: mindfulness and its role in psychological well-being. *Journal of personality and social psychology*, 84(4), 822–848. <https://psycnet.apa.org/buy/2003-02410-012>
- Ching, H.-H., Koo, M., Tsai, T.-H., & Chen, C.-Y. (2015). Effects of a Mindfulness Meditation Course on Learning and Cognitive Performance among University Students in Taiwan. *Evidence-Based Complementary and Alternative Medicine*, 2015, 1–7. <https://doi.org/10.1155/2015/254358>
- Choi, Y., Karremans, J. C., & Barendregt, H. (2012). The happy face of mindfulness: Mindfulness meditation is associated with perceptions of happiness as rated by outside observers. *The Journal of Positive Psychology*, 7(1), 30–35. <https://doi.org/10.1080/17439760.2011.626788>
- Cohen, J. (2013). *Statistical Power Analysis for the Behavioral Sciences*. Routledge. <https://doi.org/10.4324/9780203771587>
- Coo, C., & Salanova, M. (2018). Mindfulness Can Make You Happy-and-Productive: A Mindfulness Controlled Trial and Its Effects on Happiness, Work Engagement and Performance. *Journal of Happiness Studies*, 19(6), 1691–1711. <https://doi.org/10.1007/s10902-017-9892-8>
- Davis, L. W., Strasburger, A. M., & Brown, L. F. (2007). Mindfulness. *An Intervention for anxiety in schizophrenia. J Psychosoc Nurs*, 45, 23–29.
- Demir, M. (2010). Close Relationships and Happiness Among Emerging Adults. *Journal of Happiness Studies*, 11(3), 293–313. <https://doi.org/10.1007/s10902-009-9141-x>
- Desrosiers, A., Vine, V., Klemanski, D. H., & Nolen-Hoeksema, S. (2013). Mindfulness And Emotion Regulation In Depression And Anxiety: Common And Distinct Mechanisms Of Action. *Depression And Anxiety*, 30(7), 654–661. <https://doi.org/10.1002/Da.22124>
- Diener, E. (2009). The science of well-being: The collected works of Ed Diener (Vol. 37). Springer Science & Business Medi.
- Easterlin, R. A. (2003). Explaining happiness. *Proceedings of the National Academy of Sciences*, 100(19), 11176–11183. <https://doi.org/10.1073/pnas.1633144100>
- Farasatkish, F. , P. Z. , & K. K. A. (2017). Relationship of psychological well-being and happiness with religious orientation among female students. *Religion and Health*, 4(1), 36–46.
- Fazia, T., Bubbico, F., Nova, A., Buizza, C., Cela, H., Iozzi, D., Calgan, B., Maggi, F., Floris, V., Sutti, I., Bruno, S., Ghilardi, A., & Bernardinelli, L. (2023). Improving stress management, anxiety, and mental well-being in medical students through an online Mindfulness-Based Intervention: a randomized study. *Scientific Reports*, 13(1), 8214. <https://doi.org/10.1038/s41598-023-35483-z>
- Froh, J. J., Fives, C. J., Fuller, J. R., Jacofsky, M. D., Terjesen, M. D., & Yurkewicz, C. (2007). Interpersonal relationships and irrationality as predictors of life satisfaction. *The Journal of Positive Psychology*, 2(1), 29–39. <https://doi.org/10.1080/17439760601069051>
- Gatsonis, C., & Sampson, A. R. (1989). Multiple correlation: Exact power and sample size calculations. *Psychological Bulletin*, 106(3), 516–524. <https://doi.org/10.1037/0033-2909.106.3.516>
- Hanley, A., Warner, A., & Garland, E. L. (2015). Associations Between Mindfulness, Psychological Well-Being, and Subjective Well-Being with Respect to Contemplative Practice. *Journal of Happiness Studies*, 16(6), 1423–1436. <https://doi.org/10.1007/s10902-014-9569-5>
- Hayes, A. F. (2018). Introduction to mediation, moderation, and conditional process analysis: A regression-based approach. The Guildford Press, KASEM BUNDIT JOURNAL, 25(2), 129–135.
- Heizomi, H., Allahverdipour, H., Asghari Jafarabadi, M., & Safaian, A. (2015). Happiness and its relation to psychological well-being of adolescents. *Asian Journal of Psychiatry*, 16, 55–60. <https://doi.org/10.1016/j.ajp.2015.05.037>
- Hemaraajarajeswari, J. , & Gupta P. K. (2021). Gratitude, psychological well-being, and happiness among college students: a correlational study. *Terapan*, 5(2), 260–270. DOI: 10.25215/0901.053
- Hills, P., & Argyle, M. (2002). The Oxford Happiness Questionnaire: a compact scale for the measurement of psychological well-being. *Personality and Individual Differences*, 33(7), 1073–1082. [https://doi.org/10.1016/S0191-8869\(01\)00213-6](https://doi.org/10.1016/S0191-8869(01)00213-6)
- Hitchcock, P. F., Martin, L. M., Fischer, L., Marando-Blanck, S., & Herbert, J. D. (2016). Popular Conceptions of Mindfulness: Awareness and Emotional Control. *Mindfulness*, 7(4), 940–949. <https://doi.org/10.1007/s12671-016-0533-9>
- Holder, M. D., & Coleman, B. (2009). The Contribution of Social Relationships to Children's Happiness. *Journal of Happiness Studies*, 10(3), 329–349. <https://doi.org/10.1007/s10902-007-9083-0>
- Igartua, J.-J., & Hayes, A. F. (2021). Mediation, Moderation, and Conditional Process Analysis: Concepts, Computations, and Some Common Confusions. *The Spanish Journal of Psychology*, 24(6), e49. <https://doi.org/10.1017/SJP.2021.46>
- Kabat-Zinn, J. (1990). *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*. Dell Publishing.
- Kabat-Zinn, J. (2013). *Full catastrophe living, revised edition: how to cope with stress, pain and illness using mindfulness meditation*. Hachette uK.
- Kamp Dush, C. M., Taylor, M. G., & Kroeger, R. A. (2008). Marital Happiness and Psychological Well-Being Across the Life Course*. *Family Relations*, 57(2), 211–226. <https://doi.org/10.1111/j.1741-3729.2008.00495.x>
- Keng, S.-L., Smoski, M. J., & Robins, C. J. (2011). Effects of mindfulness on psychological health: A review of empirical studies. *Clinical Psychology Review*, 31(6), 1041–1056. <https://doi.org/10.1016/j.cpr.2011.04.006>
- Keyes, C. L. M. (2006). *The Subjective Well-Being of America's Youth: Toward a Comprehensive Assessment*. Adoles-

- scent & Family Health, 4(1), 3–11. <https://psycnet.apa.org/record/2006-12792-001>
- Khoury, B. (2023). Mindfulness and Happiness. *Mindfulness*, 14(11), 2824–2828. <https://doi.org/10.1007/s12671-023-02226-0>
- Klainin-Yobas, P., Ramirez, D., Fernandez, Z., Sarmiento, J., Thanoi, W., Ignacio, J., & Lau, Y. (2016). Examining the predicting effect of mindfulness on psychological well-being among undergraduate students: A structural equation modelling approach. *Personality and Individual Differences*, 91, 63–68. <https://doi.org/10.1016/j.paid.2015.11.034>
- Lewis, N. A. (2020). Purpose in life as a guiding framework for goal engagement and motivation. *Social and Personality Psychology Compass*, 14(10), 1–11. <https://doi.org/10.1111/spc3.12567>
- Linley, P. A., Maltby, J., Wood, A. M., Osborne, G., & Hurling, R. (2009). Measuring happiness: The higher order factor structure of subjective and psychological well-being measures. *Personality and Individual Differences*, 47(8), 878–884. <https://doi.org/10.1016/j.paid.2009.07.010>
- Lio, S., Sudana Degeng, I. N., Hambali, I. M., & Hitipeuw, I. (2022). Life Satisfaction, Self-awareness and Personal Responsibility in Seminary Students. *Central Asia & the Caucasus (14046091)*, 23(1). Doi: 10.37178/ca-c.22.1.283
- Ngnoumen, C. T., & L. E. J. (2016). Mindfulness: The essence of well-being and happiness. In *Mindfulness in positive psychology*.
- Oshana, M. (2016). *Personal autonomy in society*. Routledge.
- Paradise, A. W., & Kernis, M. H. (2002). Self-esteem and Psychological Well-being: Implications of Fragile Self-esteem. *Journal of Social and Clinical Psychology*, 21(4), 345–361. <https://doi.org/10.1521/jscp.21.4.345.22598>
- Ryff, C. D., & Keyes, C. L. M. (1995). The structure of psychological well-being revisited. *Journal of Personality and Social Psychology*, 69(4), 719–727. <https://doi.org/10.1037/0022-3514.69.4.719>
- Seligman, M. E. (2004). *Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfillment*. Simon and Schuster.
- Shapiro, S. L., Oman, D., Thoresen, C. E., Plante, T. G., & Flinders, T. (2008). Cultivating mindfulness: effects on well-being. *Journal of Clinical Psychology*, 64(7), 840–862. <https://doi.org/10.1002/jclp.20491>
- Sharbafshaaer, M. (2019). Correlation between dimensions of psychological well-being with life satisfaction and self-regulation. *Journal of Fundamentals of Mental Health*, 21(3), 160–166.
- Singh, A. K., Choubey, A. K., & Singh, S. (2016). Does mindfulness enhance psychological well-being of the students. *Journal of psychosocial Research*, 11(2), 241.
- Strohmaier, S., Jones, F. W., & Cane, J. E. (2021). Effects of Length of Mindfulness Practice on Mindfulness, Depression, Anxiety, and Stress: a Randomized Controlled Experiment. *Mindfulness*, 12(1), 198–214. <https://doi.org/10.1007/s12671-020-01512-5>
- Sulosaari, V., Unal, E., & Cinar, F. I. (2022). The effectiveness of mindfulness-based interventions on the psychological well-being of nurses: A systematic review. *Applied Nursing Research*, 64, 151565. <https://doi.org/10.1016/j.apnr.2022.151565>
- Sundriyal, R., & Kumar, R. (2014). Happiness and wellbeing. *The International Journal of Indian Psychology*, 1(4), 19–27.
- Talebi, M. (2021). The Effectiveness of Mindfulness-Based Cognitive Therapy on Anxiety, Happiness and Mindfulness in Nurses. *Avicenna Journal of Nursing and Midwifery Care*, 29(2), 126–136. <https://doi.org/10.30699/ajnm.29.2.126>
- Tang, Y.-Y., Tang, R., & Gross, J. J. (2019). Promoting Psychological Well-Being Through an Evidence-Based Mindfulness Training Program. *Frontiers in Human Neuroscience*, 13. <https://doi.org/10.3389/fnhum.2019.00237>
- Terzioğlu, Z. A., Çakır-Çelebi, S. G., & Yıldız, M. (2024). Effect of online mindfulness-based physical exercise program on psychological well-being and life satisfaction during the Covid-19 pandemic. *Current Psychology*, 43(16), 15035–15045. <https://doi.org/10.1007/s12144-022-04205-5>
- Valizadeh, H., & P. S. (2022). The effectiveness of mindfulness-based cognitive therapy on irrational beliefs and happiness of the elderly. *Aging Psychology*, 8(1), 24–11.
- Van Gordon, W., Shonin, E., Gilbert, P., Garcia-Campayo, J., & Gallardo, L. (2023). Mindfulness of Happiness. *Mindfulness*, 14(3), 757–760. <https://doi.org/10.1007/s12671-023-02090-y>
- Vijayaraghavan, N., & Chandran M.k. (2019). Effect of meditation on psychological well-being. *The International Journal of Indian Psychology*, 7(2), 673–678. DOI: 10.25215/0702.080
- Wani, M., & Dar, A. A. (2017). Optimism, happiness, and self-esteem among university students. *Indian Journal of Positive Psychology*, 8(3), 275–279. http://www.iahrw.com/index.php/home/journal_detail/19#list
- Yeşiltepe, A., Sayar, S., & Çal, A. (2022). Investigation of the effect of the life satisfaction and psychological well-being of nursing students on their happiness levels. *Perspectives in Psychiatric Care*, 58(2), 541–548. <https://doi.org/10.1111/ppc.13012>
- Zika, S., & Chamberlain, K. (1992). On the relation between meaning in life and psychological well-being. *British Journal of Psychology*, 83(1), 133–145. <https://doi.org/10.1111/j.2044-8295.1992.tb02429.x>
- Zollars, I., Poirier, T. I., & Pailden, J. (2019). Effects of mindfulness meditation on mindfulness, mental well-being, and perceived stress. *Currents in Pharmacy Teaching and Learning*, 11(10), 1022–1028. <https://doi.org/10.1016/j.cptl.2019.06.005>

