Does mindfulness awareness improve college students' task performance?

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My research topic for the Office of Undergraduate Research was mindfulness. Mindfulness is the ability to maintain awareness of one’s surroundings, thoughts, and feelings. Unwanted intrusive thoughts affect the daily lives of college students and eliminating these thoughts can potentially assist the mental well-being of students. Through research, I wanted to explore if mindfulness-awareness improved college students’ task performance. The materials I required for this research were noise-canceling headphones. Also, all the budget expenditures were finalized before February 15, 2020. The budget included the noise-canceling headphones and the research poster. The research was conducted in the Social and Behavioral Sciences computer lab, in which participants were required to come in during their designated time slots. In this study, male and female participants were randomly assigned to engage in a mindfulness-awareness meditation or a control activity by watching videos. Participants’ task performance was measured and compared. The tasks measured in the study were daily academic questions such as critical thinking, mathematical computations, and analytical reasoning. Additionally, the mindfulness activities’ duration was about ten minutes. The total number of participants in this study were 90 university students. There were 16 (17.8%) males and 74 (82.2%) females. The average age of participants was 20.74 years. The overall data showed that there were 27 (30.0%) freshmen, 42 (46.7%) sophomores, 17 (18.9%) juniors, and 4 (4.4%) seniors. There was also no significant difference between male or female participants, $F(1, 86) = 2.883, p = .093$. Lastly,
there was no significant interaction between the type of video watched and gender, $F(1, 86) = .049, p = .825.$