HASBSEB O.U.R Project in Psychology
“Does mindfulness awareness improve college students' task performance?”

Muskaan Ali
Major in Psychology

Mentors: Dr. Raymond Doe
Associate Professor of Psychology
&
Dr. Elizabeth Aronson
Associate Professor of Psychology

Email: mali7@lamar.edu,
rdoe@lamar.edu, &
earonson@lamar.edu
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Purpose of this investigation was to:

1. Determine whether mindfulness awareness decreases intrusive unwanted thoughts.
2. Determine whether mindfulness assists with focus.
3. Determine whether mindfulness improves task performance.
4. Determine whether males or females benefit more from mindfulness.
5. Determine the interaction between mindfulness and gender on task performance.
Research Support & Experimental Design

• O.U.R Budget: $1000.00
• Materials used for research: noise canceling headphones

Research Design
• This experiment was a 2x2 factorial design. I manipulated mindfulness and measured student’s cognitive task performance.

• A total of 90 participants were randomly assigned to a mindfulness condition. One group was provided with mindfulness awareness videos and the control group watched a random video unrelated to mindfulness. The two groups were then given a task assessment to complete in twenty minutes. The task assessment included academic questions such as critical thinking, mathematical computations, and analytical reasoning. The data was analyzed using a two-way ANOVA.
Results

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 were 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. To find out whether the type of video watched and gender were equal, we tested for homogeneity of variances of the cell means. The Levene’s Test of homogeneity of variance results showed that this assumption was met ($p = .964$). The data was analyzed using a two-way pure between Analysis of Variance (ANOVA). The first factor was the type of video the participants watched (mindfulness meditation or psychological facts) and the second factor was gender (Male or Female). There was no significant difference for the type of video shown to the participants, $F(1, 86) = .194, p = .661$. Mindfulness meditation video did not produce better performance scores. However, participants did perform better watching the psychological video on average ($M = 9.56, SD = 2.02$) than the Meditation video ($M = 9.22, SD = 2.15$), but this finding was not significant. 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, $F(1, 86) = .049, p = .825$. 
Results

Note. There were 8 male participants and 37 female participants that watched the Stress Relieve/Meditation video and the Psychological Facts video.