



Living in the Moment: The Effect of Mindfulness on Aggression and Well-Being



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Introduction

- Mindfulness refers to the ability of a person to be aware of one's self and interact with others in a conscious, non-judgmental way
- Previous research has shown that those displaying high levels of mindfulness in their day to day lives experience a wide array of positive effects
- Mindfulness may be linked to lower levels of hostility and aggressive behavior (Brown & Ryan, 2003) as well as decreased emotional exhaustion and higher workplace satisfaction (Hülshager et. al., 2012)
- We investigated the relationships between mindfulness, aggression and well-being, such as exercise and musicality in order to determine if mindfulness was associated with decreased aggression or if a lack there of was associated with increased aggression in the day to day life of college students.

Methods

Participants:
The sample consisted of 307 college students from a large Midwestern University (mean age = 19.66, SD = 3.51)

Procedure:
A cross-sectional design was employed

- Participants completed the
- **Mindfulness Attention Awareness Scale** (Brown & Ryan, 2003)
 - **Buss Perry Aggression Questionnaire** (Buss & Perry, 1992)
 - **Brief Self-Control Scale** (Tangney et al, 2004)
 - **Rumination-Reflection Questionnaire** (Trapnell & Campbell, 1999)

Participants also took a Demographic and Activity Questionnaire

Results

Table 1

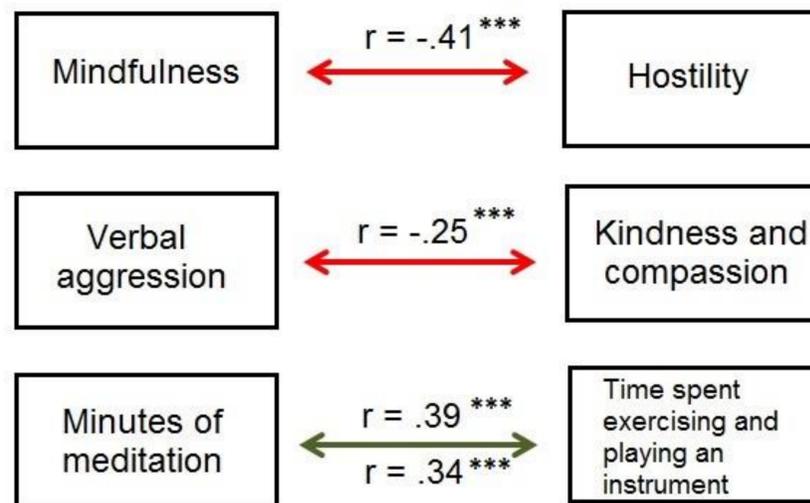
Correlation Table

	Mindfulness	Verbal Aggression	Minutes Spent Meditating
Hostility	-.41***		
Kindness and compassion		-.25***	
Minutes exercising			.39***
Minutes playing an instrument			.34***

*** p < .001

We found that mindfulness is negatively correlated with hostility ($r = -.41$, $p < .001$). Also, verbal aggression is negatively correlated with kindness and compassion ($r = -.25$, $p < .001$).

On the other hand, minutes of meditation per day are positively correlated with time spent exercising ($r = .39$, $p < .001$) and playing an instrument ($r = .34$, $p < .001$).



*** p < .001

Discussion

- Our results are consistent with other studies showing that mindfulness and meditation are an indicator to decrease hostility (Heppner et al, 2008)
- The negative correlation is confirmed, and we suspect that since mindfulness alters an individuals cognitive processes than it might alters emotional reactions
- The individuals' state of mind during meditation should be explored further to provide generalizability to our results

Conclusion

- We can conclude that minutes of meditation per day are significantly correlated with the time spent exercising and playing an instrument
- It can be concluded that mindfulness can be an aid in leading a healthy and musical life which additionally might assist in reducing hostility and aggressive tendencies

Future Work

- Findings suggest that mindfulness may have other positive effects on well-being that should be further investigated
- Furthermore, the effects of mindfulness and meditation in a longitudinal study over the life course

References

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