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THE CORRELATION BETWEEN THE LEVEL OF PSYCHOLOGICAL WELL-BEING AND AWARENESS OF YOUTH

The article presents the results of an empirical study of the correlation between the level of psychological well-being and youth awareness. The study revealed a strong positive correlation between environmental mastery and awareness, as well as a strong negative correlation between environmental mastery and non-judgemental behavior. Recommendations on the development of mindfulness skills are given.

Keywords: psychological well-being, awareness, development of awareness.

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ВЗАИМОСВЯЗЬ МЕЖДУ УРОВНЕМ ПСИХОЛОГИЧЕСКОГО БЛАГОПОЛУЧИЯ И ОСОЗНАННОСТЬЮ МОЛОДЕЖИ

В статье приводятся результаты эмпирического исследования взаимосвязи уровня психологического благополучия с осознанностью молодежи. В результате исследования была выявлена сильная положительная корреляция между экологическим мастерством и осознанностью, а также сильная отрицательная корреляция между экологическим мастерством и оценкой непредвзятого поведения. Даны рекомендации по развитию навыков осознанности.

Ключевые слова: психологическое благополучие, осознанность, развитие осознанности.

Mindfulness originally stems from Buddhist psychology, with its core theory revolving around the insight and liberation of the mind. The concept of mindfulness itself is very abstract. It involves the awareness and perception of the inner state and current experience that are difficult to measure directly with external indicators, and emphasizes introspective exploration, which is not in line with the mainstream empirical research ideas at that time [7].

Mindfulness research introduces new perspectives and methods to psychology, focusing on the individual's inner consciousness, emotional regulation, self-cognition and other aspects, making psychology's understanding of human psychology more comprehensive and in-depth.

The purpose of the research was find the correlation between psychological well-being and Mindfulness.

Sample: 50 Chinese students studying at Francisk Skorina Gomel State University aged between 20 to 25 years.

The study was conducted using **diagnostic methods:**

1 The Five Facet Mindfulness Questionnaire (FFMQ). These five factors include observation, description, acting with awareness, non-judgemental behavior and non-reactivity.

2 Ryff Mental Health Test: this questionnaire mainly investigates people's ability to control the environment and personal growth. Investigates the individual's ability to adapt to and control the surrounding environment: whether they can effectively manage their living space and social environment, whether they can use the resources in the environment to

achieve their goals, and whether they are able to cope with complex environmental changes. Whether the individual feels that he or she is constantly growing and developing, whether he or she has new experiences, learns new knowledge and skills, and whether he or she has the internal motivation and practical actions to improve himself or herself.

Based on the results of the study using method Five Facet Mindfulness Questionnaire (FFMQ), it was revealed that

Scores on the observation scale are concentrated at the middle level, and the proportion of low scores is relatively high, indicating that some individuals lack the ability to be aware of their own inner experiences.

The proportion of low scores is the highest on the description scale, reflecting that the group generally has difficulties in expressing emotions or experiences in words.

Scores on the mindful action scale the proportion of high scores is the highest, indicating that most people can stay focused and aware in their actions.

The proportion of high scores is extremely high on the non-judgmental behavior scale, reflecting that the group has a strong ability to accept the status quo and reduce self-criticism.

Scores on the non-reactivity scale are relatively balanced, and the proportion of high and low scores is close, indicating that individuals have great differences in controlling emotional reactions. The data is clearly shown in Figure 1.

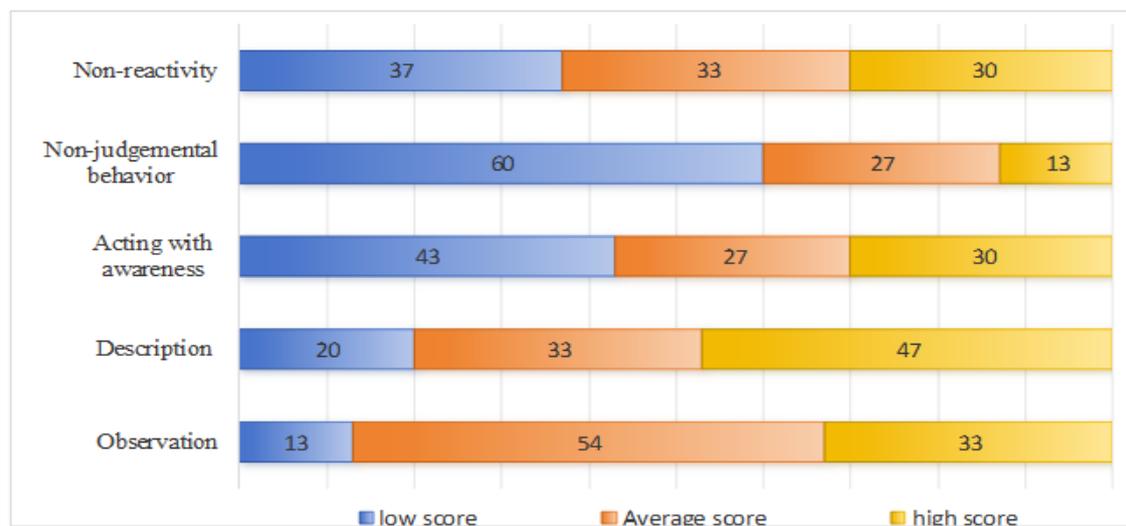


Figure 1 – The results of the study using method Five Facet Mindfulness Questionnaire (FFMQ)

The results according to Ryff Mental Health Test showed that:

- achievers account for 22 %. This type of people value great achievements and social recognition, are emotionally stable, are governed by conscience and stick to principles. They show the characteristics of clear goals and lofty ambitions, and often pursue the maximization of positive emotions. They have a high degree of maturity in social and interpersonal skills, can better follow social norms and develop self-control;

- conservers account for 28 %, which is relatively large in the sample. They seek security and harmony and strictly follow social norms and gender role behaviors;

- Seekers account for the highest proportion, reaching 38 %. They are not bound by social norms, constantly pursue personal knowledge, often seek new experiences at the cost of anxiety, and their emotions are easily amplified, with high levels of positive and negative emotions;

- Depleted people account for 12 %. This type of people lack positive mental health patterns and often fall into negative emotions. They are hesitant and unpredictable in their actions. They lack a sense of personal significance and have a fragile self-defense system. The data is clearly shown in Figure 2.

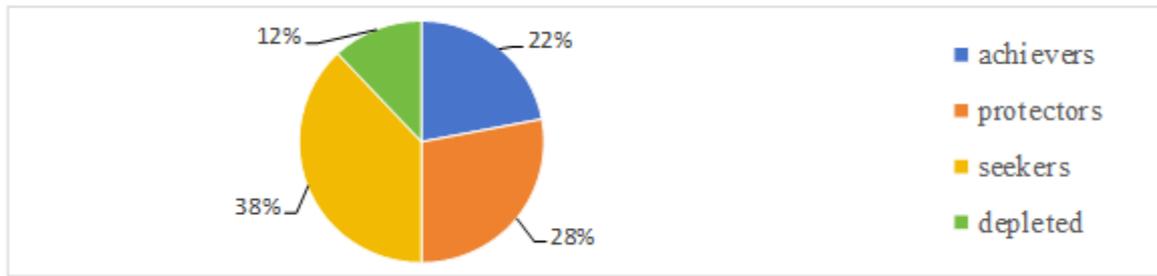


Figure 2 – The results of the study using Ryff Mental Health Test

To identify the correlation between psychological well-being and the level of awareness, statistical data processing was carried out using the Spearman criterion. The results are presented in table 1.

Table 1 – The value of the Spearman correlation coefficient and the significance of the correlation

The correlation under study between	The Spearman correlation coefficient	Value and the type of connection	Critical point	Significance of the correlation
Environmental Mastery – Observation score	0,1198	Weak direct	at $p = 0.05$ 0,361 at $p = 0.01$ 0,279	Insignificant
Environmental Mastery – Description score	0,128	Weak direct		Insignificant
Environmental Mastery – Acting with awareness score	0,585	Strong direct		Significant
Environmental Mastery – Non-judgemental behavior score	-0,765	Strong direct		Significant
Environmental Mastery – Non-reactivity score	0,133	Weak direct		Insignificant
Personal growth – Observation score	-0,218	Weak direct		Insignificant
Personal growth – Description score	-0,229	Weak direct		Insignificant
Personal growth – Acting with awareness score	-0,226	Weak direct		Insignificant
Personal growth – Non-judgemental behavior score	-0,136	Weak direct		Insignificant
Personal growth – Non-reactivity score	-0,125	Weak direct		Insignificant

Based on the presented data, the following conclusions can be drawn:

- there is a strong positive correlation between environmental mastery and awareness ($p = 0.585$). This indicates that the more aware a person is, the more they consider themselves capable of controlling the environment. People with a higher level of control over their environment demonstrate greater awareness in their actions, which is consistent with active participation in daily life;

- there is a strong negative correlation between environmental mastery and assessment of unbiased behavior ($p = -0.765$). The stronger a person's ability to control the environment, the weaker his "unbiased behavior". Increasing the level of environmental awareness can reduce the tendency to be open-minded about what is happening.

This duality implies that while EM supports goal-directed mindfulness, it may conflict with highlighting potential trade-offs in psychological functioning. These findings underscore the need to explore how environmental control interacts with specific mindfulness practices and their implications for well-being.

Based on the five dimensions involved in the FFMQ questionnaire, namely observation, description, conscious action, non-judgment and non-reaction, the following methods can be used to cultivate mindfulness of Young men and Women:

- daily observation practice—arrange special time every day for observation practice, such as spending 10–15 minutes observing the surrounding environment, such as objects in the room, the scenery outside the window, etc., and pay close attention to the color, shape, texture and other details of the objects;

- spend a few minutes every day recording your experiences, feelings and thoughts. When describing, try to use specific and detailed words. Such descriptions help improve awareness and expression of one's inner world;

- when communicating with others, give the other person full attention, stop other things in your hands, focus your eyes on the other person, listen carefully to the content and tone of the other person's words, don't interrupt the other person, and don't rush to conceive your own response in your mind, just listen simply and understand the other person's views and feelings;

- share your feelings and experiences with friends, family or psychological counselors, and clearly describe your emotions, thoughts and related situations in the process of telling. This will not only help you understand yourself better, but also gain different perspectives and support from others;

- when judgmental thoughts about yourself or others appear in your mind, you should be aware of these thoughts in time and remind yourself that this is just a judgment, not necessarily the fact;

- when you encounter strong emotional stimulation, give yourself a "pause" time first, such as counting 10 numbers silently in your mind, or taking a few deep breaths, so that you can calm down from the emotional impulse and avoid making impulsive reactions immediately.

Through the above method suggestions based on the dimensions of the FFMQ questionnaire, continuous practice and cultivation of relevant abilities can gradually improve the individual's mindfulness level, which in turn has a positive impact on mental health, helping people better cope with the stress and challenges in life, and improving psychological resilience and happiness. Data on the correlation between psychological well-being and mindfulness will allow people to more effectively cope with psychological problems such as anxiety, depression and stress, reduce the impact of negative emotions and increase psychological stability and happiness.

List of sources used

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