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RESEARCH ARTICLE

MINDFULNESS AND LIFE SATISFACTION OF SELECTED FACULTY MEMBERS OF LAGUNA STATE POLYTECHNIC UNIVERSITY

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ABSTRACT

This study describes the relationship between the levels of mindfulness and life satisfaction of selected faculty at LSPU-SPCC. Descriptive Correlation Design was utilized. Using random sampling technique, 35 faculty members were selected from different colleges. Majority of the respondents were between ages 21-30 and 41-50, married, have one child, Catholic and working as part-time instructors. They received an overall mean of 65.37 in terms of mind-fulness which falls within high level, suggesting high level of awareness of their external as well as internal environment. In terms of life satisfaction, respondents gained 119.48 overall mean score which is within low level. When it comes to relationship between profile and mindfulness, only age and gender factors received significant results implying that these can influence the level of mindfulness. Regarding the relationship between profile and life satis-faction, only age and civil status received significant results. Furthermore, there is a positive relationship between mindfulness and life satisfaction of the respondents.

KEYWORDS

Awareness, life-satisfaction, mindfulness.

1. INTRODUCTION

With busy work schedule and increasing life demands, almost everyone find less time to rest and take notice of what is happening outside as well as inside of themselves which might lead to anxiety, discontent and even depression. "Being at the present" may address this concern. Kabat-Zinn described mindfulness as paying attention in a particular way, on purpose in the present moment and nonjudgmentally [1]. It is a way of life, being aware and connecting to one's feelings at the present moment which may give a person a sense of fulfillment or satisfaction especially when things are happening in accordance to what he/she desires. Life satisfaction is a related concept to mindfulness. According to Summer as cited, life satisfaction is a positive evaluation of the conditions of your life and it measures up favorably against your standards and expectations [2]. This may be assessed in terms of mood, satisfaction with relations with others and with achieved goals, self-concept, and perceived ability to cope with daily life.

2. OBJECTIVES OF THE STUDY

The study aims to investigate whether mindfulness has relationship with life satisfaction of the respondents. The findings may be helpful in optimizing mindfulness and life satisfaction which can lead to better physical and mental health among faculty members of LSPU San Pablo City Campus.

3. CONCEPTUAL FRAMEWORK

There are diverse definitions of mindfulness. According to Jon Kabat-Zinn as mentioned the most commonly used operational definition is that mindfulness is the quality of consciousness or awareness that arises

through intentionally attending to present moment experience in a nonjudgmental and accepting way [3]. It originates and is currently used in western studies to develop and improve psychological functioning and well-being. The term life satisfaction is complex and generally subjective. The term is sometimes used interchangeably with happiness. It can be defined as one's evaluation of life as a whole by looking at the bigger picture rather than the feelings and emotions that are experienced at the moment. According to a study, life satisfaction theory can be better understood utilizing the PERMA model by Martin Seligman who is the founder of positive psychology [4]. His model is based on the idea that there are five factors to consider determining life satisfaction and these include Positive Emotions, Engagement, Relationships, Meaning and Achievement.

Figure 1: Research Paradigm

4. STATEMENT OF THE PROBLEM

This study aims to promote health and wellness among faculty members of LSPU San Pablo City Campus. The researcher also wishes to determine the level of mindfulness and its relationship with life satisfaction of the respondents. It specifically sought to answer the following questions:

1. What is the profile of the respondents in terms of :
 - 1.1 Age
 - 1.2 Gender
 - 1.3 Civil Status
 - 1.4 Number of children
 - 1.5 Religion
 - 1.6 Faculty Status (Full-time / Part-time)
2. What is the perceived level of mindfulness of the respondents?
3. What is the perceived level of life satisfaction of the respondents?
4. Is there a significant relationship between the profile of the respondents and the perceived level of mindfulness?
5. Is there a significant relationship between the profile of the respondents and the perceived level of life satisfaction?
6. Is there a significant relationship between the level of mindfulness and life satisfaction of the respondents?

5. LITERATURE REVIEW

5.1 Mindfulness

Mindfulness is a state of active, open attention on the present. When a person is mindful, he/she observes his/her thoughts and feelings from a distance without judging them good or bad. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to experience [5]. In simple terms, mindfulness can be described as "paying attention on purpose". In order to be mindful, one has to be aware of oneself not just simply habitually aware. For instance, a person who is aware that he is eating is not the same when he is eating mindfully. When a person is eating unmindfully, he may be aware of what he is doing but he may also be thinking so many things at the same time he may be doing other things like watching TV, talking or reading at the same time. In this case, only a small part of the person's awareness is absorbed with eating and he may be barely aware of the physical sensations and even less aware of his thoughts and emotions. Purposefulness is a very important part of mindfulness. Having the purpose of staying with an experience (e.g. eating) or a particular emotion implies actively shaping the mind [1].

In mindfulness, an emotion or experience is not judged. If judgement had been made, the person notice them but simply let go of them. There is no reaction only acceptance of whatever arises. There is stillness and balance of mind where contentment can grow. In the study of a non-experimental research design was used to investigate the role of mindfulness in the relationship between life satisfaction and spiritual well being amongst South African elderly residents (N=122) from two retirement villages in Bloemfontein [6]. Mindfulness was also a moderator in the relationship between life satisfaction and spiritual wellbeing. These findings can inform social work interventions aimed at optimising life satisfaction and spiritual wellbeing amongst the elderly.

Some researchers considered mindfulness as an attribute of consciousness which promote well-being [7]. The trait mindfulness was positively correlated with life satisfaction, emotional intelligence, openness to experience, attentiveness, impulsiveness and receptivity to experience. This is made possible with the development and psychometric properties of the dispositional Mindful Attention Awareness Scale (MAAS) [8]. In a recent study, three hundred and ten participants with an age range of 18-50 completed the Mindful Attention Awareness Scale (MAAS), the Core Self-Evaluation Scale (CSES) and the Satisfaction with Life Scale. The goal of this study is to test the model relationships between dispositional mindfulness, core evaluations and life satisfaction. Results indicated that mindfulness significantly predicted the scores in self-evaluations and Life satisfaction.

According to a study, researchers from Brown University conducted a study in gender differences in meditation in college-aged men and women

[9]. They followed seventy-seven undergraduate students (36 women, ages 18 to 24) as they completed a 12-week mindfulness intervention. The students participated in seminars, weekend retreats, and meditation labs, which included formal focused attention and open monitoring forms of meditation (3 hours per week, totalling 36 hours). Before and after the 12-week program, students completed questionnaires that measured their positive and negative emotions, their mindfulness, and their self-compassion. Results revealed that everybody increased in mindfulness and self-compassion, and both genders reported less negative emotions, but the same level of positive emotions.

When the authors examined the results according to gender, however, they found interesting results. Women's negative mood decreased more, and their mindfulness and self-compassion improved more, compared to men. Women's boosted mood was directly associated with enhancements in all five facets of mindfulness skills—the tendency to notice thoughts and emotions without judging or identifying with them—and all six subscales of self-compassion skills: more self-kindness and less tendencies to self-judge and over-identify with emotions. For men, the improvements in mindfulness and self-compassion reported after the 12-week program were not directly associated with improvements in negative emotions. Additionally, men improved in mindful non-judgement and non-reaction but did not improve in their ability to mindfully observe and describe.

5.2 LIFE SATISFACTION

There are many explanations and definitions of life satisfaction. Life satisfaction is a key indicator of subjective well-being and may be assessed in terms of mood satisfaction with relations with others and with achieved goals and self-perceived ability to cope with daily life. It is an overall assessment of feelings and attitudes about one's life at a particular point in time ranging from negative to positive. It is one of three major indicators of well-being: life satisfaction, negative affect and positive affect. It is assumed that the less the incongruity between the individual's desires and achievements, the more life satisfaction he/she has. Life satisfaction is the way people evaluate their lives and how they feel about their directions and options for the future. It is having a favourable attitude of one's life as a whole rather than an assessment of current feelings. Furthermore, life satisfaction may also include antecedents in the work domain, family domain and personality traits.

A group researcher mentioned in their paper review that life satisfaction has been conceptualized as a cognitive constituent of subjective well-being. High satisfaction suggests that the quality of life is good while low satisfaction marks serious shortcomings of some kind. Likewise, as cited by Prasoon and Chaturvedi, Bradley and Corwyn claimed that life satisfaction reflects both the extent to which basic needs are met and the extent to which a variety of other goals are viewed as attainable. Based on this viewpoint, one can say that by realization of more goals, satisfaction with life also increase. Furthermore, Beutell as mentioned by Prasoon and Chaturvedi, considered that life satisfaction is related to better physical and mental health, longevity, and other outcomes that are considered positive in nature. He believed that improved levels of life satisfaction might give rise to better health in the future.

6. MATERIALS AND METHODS

6.1 Research Design

The research design that was utilized in this research study was Descriptive Correlation Design to determine the relationship between mindfulness and life satisfaction of the faculty members from LSPU-SPCC.

6.2 Population and Sample

There were thirty-five (35) LSPU SPCC Faculty members from different colleges included in this study. The researcher utilized random sampling technique in selecting the respondents. Questionnaires were also given and answered by the respondents during their vacant period.

6.3 Data Gathering Procedure

Initially, they were given letter of consent before conducting this research study. The respondents were given personal data sheet and questionnaires which they answered during their vacant period.

6.4 Data Gathering Instrument

Test administration utilized two paper-and-pencil tests. The first instrument adopted was the Mindful Attention and Awareness Scale (MAAS) by Kirk Warren Brown, Ph.D and Richard M. Ryan, Ph.D [10]. This instrument includes 15 statements that corresponds rate on how frequently they engage in the activities described, on a scale from 1=almost always to 6= almost never. The higher the agreement indicates a lesser tendency to enter a mindful state. In other words, the higher the raw score indicate a greater tendency towards mindfulness. This measure was found to be a good measure of mindfulness, with high reliability and moderate to strong correlations with the related constructs of reflection, rumination, and self-consciousness as well as an existing measure of mindfulness. The second instrument adopted was the Life Satisfaction Survey (LSS) by Ed Diener. It has similar scale and manner of scoring with the first instrument used in this study. The higher the agreement suggests higher overall sense of fulfilment and happiness in life of the individual [4]. These two questionnaires were both frequently used in other studies which increased its validity and reliability. The results of these questionnaires were properly recorded and evaluated. Frequency, Percentage, Mean and Pearson r were utilized for statistical treatment.

6.5 Statistical Tools

The following statistical tools were utilized to determine and interpret the results in this study:

Frequency. This was used for the tabulation of gathered data describe the respondents' profile data.

Percentage. This statistical tool was used to get the proportion of the number of respondents that will represent in the variables to be measured.

Mean. This was used to know the value of scores within a range of scores.

Pearson r. This was used to determine the correlation between two variables in the study.

7. RESULTS AND DISCUSSION

7.1 Profile of the respondents

7.1.1 Age of the respondents

Table 1: Age of the Respondents

Age of the Respondents	Frequency	Percentage
21-30	12	34
31-40	7	20
41-50	12	34
51-60	4	12
TOTAL	35	100%

Table 1 shows the age of the respondents. Among the 35 respondents, 12 or 34% were between 21-30 years old, 12 or 34% belong to age bracket between 41-50 years old, 7 or 20% were between 31-40 years of age, and lastly 4 or 12% were between 51-60 years old.

7.1.2 Gender of the respondents

Table 2: Gender of the Respondents

Sex of the Respondents	Frequency	Percentage
Female	24	69
Male	11	31
Total	35	100%

Table 2 shows that among the 35 respondents, majority of the respondents were female with 24 or 69% and male have 11 or 31%.

7.1.3 Civil Status

Table 3: Civil Status of the Respondents

	Frequency	Percentage
Single	12	34
Married	22	63
Widowed	1	3
TOTAL	35	100%

Table 3 indicates that among the 35 respondents, majority of the respondents were married with 22 or 63%, followed by with single status with 12 or 34% and lastly widowed with 1 or 3%.

7.1.4 Number of Children

Table 4: Number of Children

Number of Children	Frequency	Percentage
0	12	34
1	13	37
2	2	6
3	7	20
4	0	0
5	1	3
TOTAL	35	100%

Table 4 shows that many of the respondents have only one child with 13 or 37%, followed by respondents who have no children with 12 or 34%. There were also respondents who have three children with 7 or 20% followed by respondents who have two children with 2 or 6% and lastly respondents who have five children with 1 or 3%.

7.1.5 Religion of the respondents

Table 5: Religion of Respondents

	Frequency	Percentage
Catholic	23	66
Non-Catholic (INC, Born Again/Christian, Protestant and Jehovah's witness)	12	34
TOTAL	35	100%

Table 5 shows that among the 35 respondents, majority of the respondents were Catholic with 23 or 66% and Non-Catholics were 12 or 34%.

7.1.6 Faculty Academic Status

Table 6: Faculty Academic Status

	Frequency	Percentage
Part-time Faculty	19	54
Full- time Faculty	16	46
TOTAL	35	100%

Table 6 reveals that most of the respondents were part time faculty members with 19 or 54% while full time faculty members were 16 or 46%.

7.2 Perceived Level of Mindfulness of the respondents

Table 7: Perceived Level of Mindfulness of the Respondents

Respondent Number	Raw Score	Level
1	57	Low
2	57	Low
3	64	High

4	67	High
5	67	High
6	60	Low
7	53	Low
8	62	High
9	63	High
10	79	Very High
11	79	Very High
12	36	Very Low
13	63	High
14	76	Very High
15	70	High
16	82	Very High
17	52	Low
18	60	Low
19	80	Very High
20	80	Very High
21	78	Very High
22	64	High
23	64	High
24	69	High
25	59	Low
26	78	Very High
27	51	Low
28	68	High
29	55	Low
30	63	High
31	60	Low
32	55	Low
33	78	Very High
34	80	Very High
35	59	Low
OVERALL MEAN	65.37	High

Table 7 indicates that respondents received an overall mean of 65.37 in terms of mindfulness which is considered within high level. Results suggest that these individuals can be described having high level of awareness of their external as well as internal environment which may be brought by their advanced age and emotional maturity which enable them to make right decisions or apply the proper solutions to their problems. They feel responsible enough of their own personal actions and decisions. In general, many of the respondents have high level of mindfulness. Although they are busy, many of them are able to manage their responsibilities and duties not only as teachers but also the different roles they play as a parent, spouse, head of the family and friend. These people may appear that they do things automatically but still find time to pay attention to things and details in accomplishing any task because they are aware of their goals and purpose.

7.3 Perceived Level of Life Satisfaction of the respondents

Table 8: Perceived Level of Life Satisfaction

Respondent Number	Raw Score	Level
1	143	Very High
2	137	High
3	102	Low

4	112	Low
5	119	Low
6	116	Low
7	124	High
8	145	Very High
9	106	Low
10	116	Low
11	125	High
12	118	Low
13	122	High
14	129	High
15	101	Low
16	134	High
17	118	Low
18	116	Low
19	133	High
20	125	High
21	119	Low
22	109	Low
23	121	High
24	106	Low
25	58	Very Low
26	119	Low
27	114	Low
28	126	High
29	120	Low
30	120	Low
31	118	Low
32	134	High
33	125	High
34	134	High
35	118	Low
OVERALL MEAN	119.48	Low

Table 8 shows that respondents gained an overall mean of 119.48 in terms of level of life satisfaction which is within low level. This may be because many of the respondents are part-time instructors. Because of their position as part-time instructors they may consider themselves not financially secure and have not received other benefits that regular faculty members are entitled to. Also, some of the respondents are young adults (between 21-30 years old) who had just begun their careers and still looking for greener pasture which somehow influenced their life satisfaction. Majority of the respondents have low level of life satisfaction. As mentioned earlier one of the reasons may be because many of the respondents are part-time instructors and married who have their own families. Although they have passion in their jobs the financial security, they are receiving may not commensurate to the expenses they need to provide for their families which at times may also affect family relationships. These concerns may cause them stress and make them experience difficulty to maintain balance in their lives.

7.4 Relationship Between Respondents' Profile and Level of Mindfulness

Table 9: Relationship Between Respondents' Profile and Level of Mindfulness

Profile	r-value	p-Value	Interpretation
Age	0.33	0.00	Significant
Gender	0.21	0.04	Significant
Civil Status	0.16	0.10	Not Significant
No. of Children	0.13	0.08	Not Significant
Religion	0.17	0.06	Not Significant
Faculty Status	0.11	0.13	Not Significant

Table 9 shows the relationship between respondents' profile and mindfulness. Among the profile age and gender factors received significant results. This means that age and gender can influence the level of mindfulness of the individual.

As the person advances in age, the more experiences the person gains either positive or negative experiences which suppose enable him/her gain maturity. These experiences make the person more aware or conscious of his/her environment and help gain more insight and new perspective. This enables him/her to come up with appropriate solutions and cope with day-to-day undertakings. Possible explanation for the results of this study concerning the age differences is maturational change/developmental interpretation which posits that as individuals age, they develop increasingly adapt ways of managing their emotions, and therefore are less judging about themselves and others.

It means that older adults are able to be more present "here and now", because they are not interrupted by intensity of their emotions. This is also supported by the results of a longitudinal study wherein 2,704 participants in four generations of families were utilized and where they found that negative affect decreased with age, and that older people had a tendency to regulate their emotions more effectively [11]. Likewise, according to Sturges as cited savoring is another psychological construct that can be used to explain mindfulness [11]. Because older adults have greater tendency to savour the moment, control emotions, and remain focussed on the present, they tend to be more mindful, which can be one of explanations for our results. In terms of gender, majority of the respondents included in this study are females. Many studies mentioned that females are more reflective and sensitive of their feelings. They are more aware of their thoughts and feelings which enable them to be more conscious in doing things that they need to attend to.

7.5 Relationship Between Respondents' Profile and Life Satisfaction

Table 10: Relationship Between Respondents' Profile and Life Satisfaction

Profile	Value of Test Statistics	p-Value	Interpretation
Age	0.38	0.02	Significant
Gender	0.18	0.08	Not Significant
Civil Status	0.26	0.03	Significant
No. of Children	0.15	0.07	Not Significant
Religion	0.18	0.06	Not Significant
Faculty Status	0.13	0.11	Not Significant

Table 10 shows the relationship between respondents' profile and Life satisfaction. Among the profile, only the age and civil status received significant results. As the person gets older, they may become wiser and more knowledgeable which make them see life in a better perspective. Since they had gained more experiences and success in some respects in their lives the level of their life satisfaction may also increase.

Results also revealed that civil status has positive relationship with life satisfaction since majority of the respondents in this study are married. This result is the same on the findings gathered [12]. Using the 2008 National Income Dynamics Survey, they found out that life satisfaction is significantly higher for married compared to widowed individuals. In the overall and female samples, married people are more satisfied compared to those from all other marital status groups. Married men are not significantly more satisfied than men from other marital statuses as a whole. Marriage is positively associated with life satisfaction among women, but not among men.

As mentioned by Botha and Booysen, social causation proposes that marriage makes people more satisfied due to the protective emotional and relational factors normally associated with marriage [12]. Married people are believed to be generally healthier and earn substantially higher incomes compared to people in other marital status groups. Furthermore,

married couples as parents may also experience a sense of pride and life satisfaction especially if they have raised their children properly and have seen them successful in their lives [13].

7.6 Relationship Between Mindfulness and Life Satisfaction

Table 11: Relationship Between Mindfulness and Life Satisfaction

Source of Variation	r-value	p-value	Interpretation
Mindfulness vs Life Satisfaction	0.53	0.01	Significant

Table 11 shows that there is a relationship between mindfulness and life satisfaction of the respondents. Results reveal that there is a positive relationship between these variables. This suggests that the higher is the level of mindfulness of a person the higher the chance that he or she will also have higher level of life satisfaction [14]. Being aware of one's thoughts and feelings without judging them good or bad and being alert to the external environment can lead a person to live at the moment. This also gives the person a chance to experience comfort and relaxation which may result into clarity of mind that enables the person to make good decisions leading to success and satisfied life.

8. CONCLUSION

1. When it comes to relationship between respondents' profile and mindfulness, only age and gender factors received significant results. This means that age and gender can influence the level of mindfulness of the individual.

2. When it comes to the relationship between respondents' profile and life satisfaction, only the age and civil status received significant results.

3. There is a relationship between mindfulness and life satisfaction of the respondents. Results reveal that there is a positive relationship between these variables.

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