

3. **BEING MINDFUL: MOVING TOWARDS SELF AMIDST THE PANDEMIC**

Dr. Sumita Chahal*

*Assistant Professor of Psychology, F.G.M. Govt. College, Adampur, Hisar, Haryana (India)

INTRODUCTION

Pandemics pose immediate threats, giving little time to deal with the problems at hand. They are generally perceived in negative terms that highlight our cluelessness. Nevertheless, pandemics allow us to reflect on our ways of living and call for a mental restructuring to counter the psychological adversities. In this crisis, a real-time change demands situation from being uncertain to adapting the 'new normal' and living efficiently is a major challenge for everyone. Pandemic solutions require the entire population to engage, that includes of self-care with the care of others. This upwards the scale of well-being and becomes inclusive.

MINDFUL SELF

Mindful self is an active moderation that is constructive and orienting towards self. Mindfulness is a concept, practice and mindset. Mindfulness as a mindset strengthens *emotional equanimity*, that is, a clear and balanced mind. The abstract aspect of well-being comprises the psychological equipoise, a dynamic balance, often of adversarial forces.

Mindfulness is well described as a process of paying attention purposefully and non-judgmentally on present experience as it happens in the present moment (Kabat-Zinn, 1994; 1996; 2015).

Mindfulness comes out to be significantly validated intervention which enhance behavioral regulation and positive psychological effects (Keng et al., 2011) and reduces the burden of physical and mental problems such as chronic pain, stress, depression, anxiety and addiction.

A recent study on mindfulness delineated to improve healthcare worker's life satisfaction, resilience to stress, professional quality of life, self-compassion, trait mindfulness, compassion and general well-being (Hedderman, E. et al., 2020).

“Learned mindfulness as a lifestyle brings forth increased awareness of the upgrades and the skills needed to embrace them. For example, although faced with developing COVID-19 emergencies, the mindful practitioner realizes that life is not an emergency but a plethora of opportunities. This expansion in possibilities causes pause that reduces, albeit temporarily, frenetic over activity and exhaustion.”

This crisis threat can become complex, yet the mindful self can act as a catalyst for transformative advances

HEALTHY LIFE-STYLE

A healthy life style is a way of systematic living in disciplined manner (accounting diet, physical fitness, mental activity, sleep etc). And, this way of living is always considered as the best of physical and mental wellness.

The several studies revealed the various health benefits of healthy life style including increased life expectancy (Li, et al., 2018; Mehta, N. & Myrskylä, M., 2017) and delay in the onset of disability (Mehta, N. & Myrskylä, M., 2017).

In this COVID-19 hard time, it is easy to lose track of time when the days blend into one another. Though owning a set schedule of living a health promoting life style strengthen the will and regulation as well, that may bolster the positive outcome during this emergency time. This, help in regulating various factors involving eating pattern, sleep, emotional outburst, stress, motivation etc. and get back into routine.

OBJECTIVES

1. To assess the acculturation towards mindful self and healthy lifestyle during the pandemic COVID-19 crisis.
2. To study the correlation between mindful self and healthy lifestyle during the pandemic COVID-19 crisis.
3. To study the bio-demographical differences on various dimensions of mindful self and healthy lifestyle.

METHODOLOGY

PARTICIPANTS

The present study comprises of 975 participants from different regions in India of age group 18 years & above. Different bio-demographical variables would be considered as inclusive of sample like, gender, rural/urban, student/employee and married/unmarried. Keeping social distancing as a preventive measure, the data would be collected using purposive random sampling through digital platform.

MEASUREMENT TOOL

A self-designed survey was used for collecting the data considering two main dimensions, **mindful self** (variables included, self awareness, self-talk, resilience, meaningful life, well-being, and self exploration) and **healthy lifestyle** (variables included, positive environment, discipline, self-regulation, mindful eating, physical/mental fitness) during the pandemic COVID-19. The tool was a self-measured assessment survey on a 5-point scale (scaling from never, rarely, sometimes, often and regularly) to assess mindful-self and healthy lifestyle.

PROCEDURE

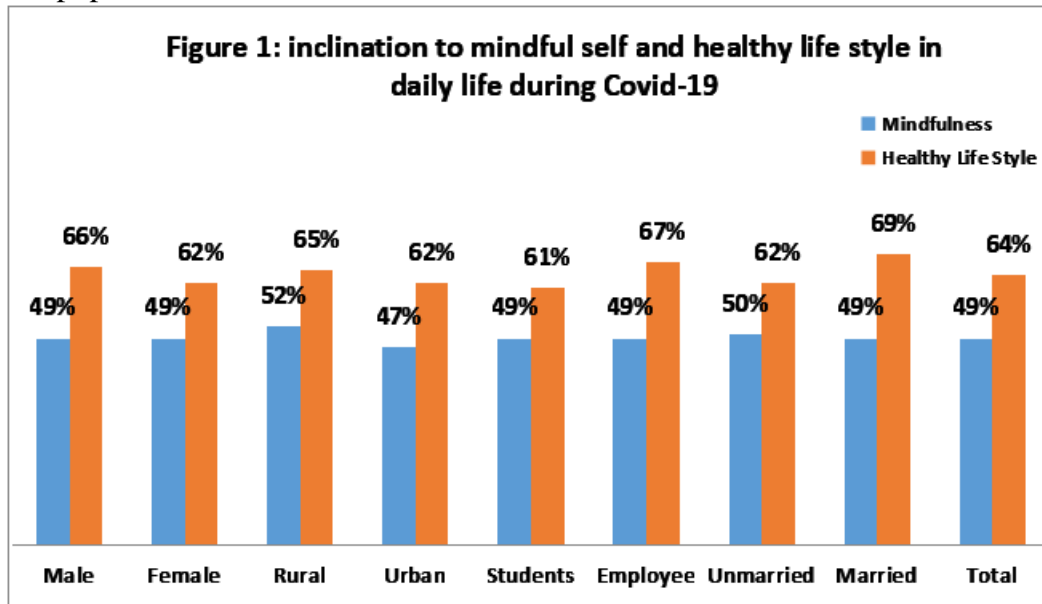
The present was an online survey based quantitative research. The survey was a 5-point self assessed scale. After consideration of inclusion and exclusion criteria for sample population, data was collected. Once the data was collected the whole spreadsheet was prepared for all the responses of the sample. After that the statistical analysis was carried out to meet the standards of the objectives of the study.

STATISTICAL ANALYSIS

1. Initially, the descriptive analysis was carried out to study the inclination nature of the sample population towards behavioural dimensions.
2. The correlation was carried out to correlate the variable factors of mindful-self and healthy life-style.
3. Further, t-test was carried out to find the different bio-demographical differences of sample population.

RESULTS AND DISCUSSION

The main objective of the study was to assess the acculturation towards mindful-self and healthy life-style during the pandemic. The statistical analysis of the scores from Figure 1, revealed the adaptation to mindful-self by 49% of the sample population. Among this, 52% found from rural population while urban remained on 47%, male and female both found to be 49%, again students and employees lied on 49%, further, found 50% of unmarried and 49% of married population on this dimension.



While, Figure 1, identified the assimilation of 64% of sample population to healthy life-style. In dispersion through this 64%, found 66% male, 62% female, 65% of rural, 62% urban population, 67% employees while, 61% students, and found married on higher side with 69% when compared to unmarried scored 62% of adapting the healthy life style.

The observed scores remarked the constructive effect of self-exploration during COVID-19 crisis. And, respond in an efficiently positive manner by maintaining a healthy life style to be balanced in daily life challenges during this emergency situation.

Further, the findings of the present study showed significant positive correlation between variable factors of mindful-self and healthy life-style at 0.01 level, suggested, the positive outcome between the behavioral dimensions.

Table 1: correlation table of variables of behavioral dimensions

Variable	A	B	C	D	E	F	G	H	I	J	K	Mean	SD
A) Self-Awareness (MS)	-											4.15	.92
B) Positive Environment (HLS)	.33**	-										4.45	.67
C) Disciplined Life (HLS)	.40**	.38**	-									3.81	1.10
D) Self- Regulation (HLS)	.40**	.33**	.59*	-								3.93	.97
E) Mindful Eating (HLS)	.28**	.31**	.37*	.37*	-							4.28	.92

F) Physical/Mental Fitness (HLS)	.29**	.23**	.37*	.38*	.26*	-		3.61	1.22			
G) Self- talk (MS)	.14**	.12**	.11*	.17*	.08*	.15*	-	3.50	1.18			
H) Resilience (MS)	.40**	.28**	.45*	.48*	.33*	.33*	.27*	3.73	.96			
I) Meaningful Life (MS)	.37**	.23**	.36*	.36*	.30*	.25*	.20*	.42*	3.90	1.04		
J) Well- being (MS)	.36**	.25**	.36*	.39*	.34*	.22*	.15*	.42*	.55*	3.88	.95	
K) Self- Exploration (MS)	.36**	.21**	.30*	.35*	.25*	.24*	.20*	.41*	.54*	.50*	3.66	1.12

** . significant at 0.01 level

Moreover, the results of t-test from Table 2, exhibited a significant gender difference with 0.30 [t (973) = 3.96, p<.001], stated that males scored high on the dimension of physical/mental fitness rather than female.

Table 2: outcome of significant t-test for variables on gender differences

Variable	Gender	N	df	Mean	SD	Mean Difference	t	Level of Significance																																																																																																																													
Self-Awareness (MS)	Male	446	973	4.19	.95	.05	.98	.32																																																																																																																													
	Female	529		4.13	.90				Positive Environment (HLS)	Male	446	973	4.48	.68	.04	1.03	.29	Female	529	4.43	.67	Disciplined life (HLS)	Male	446	973	3.77	1.14	-.06	-.95	.34	Female	529	3.84	1.06	Self- Regulation (HLS)	Male	446	973	3.94	.96	.02	.47	.63	Female	529	3.91	.97	Mindful Eating (HLS)	Male	446	973	4.26	.91	-.02	-.50	.61	Female	529	4.29	.93	Physical/Mental Fitness (HLS)	Male	446	973	3.77	1.21	.30	3.96	.00	Female	529	3.46	1.21	Self- talk (MS)	Male	446	973	3.43	1.25	-.12	-1.63	.10	Female	529	3.56	1.11	Resilience (MS)	Male	446	973	3.71	1.00	-.04	-.70	.48	Female	529	3.75	.92	Meaningful Life (MS)	Male	446	973	3.89	1.08	-.02	-.41	.67	Female	529	3.92	1.00	Well- being (MS)	Male	446	973	3.87	.94	-.02	-.41	.68	Female	529	3.89	.96	Self- Exploration (MS)	Male	446	973	3.65	1.13	-.02	-.39
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Besides this, in Table 3, the scores obtained from t value on profession (between student and employee), reported significant difference of -0.24 [t (973) = -3.43, p<.001], interpreted that employee scored high than students for disciplined life dimension. Also, the significant difference of -0.14 [t (973) = -2.38, p<.001] noticed on resilience dimension, verified the

employee on high side of score when compared with student. Furthermore, the student scored high on the dimension of self-exploration than employee with a significant difference 0.18 [$t(973) = 2.51, p < .001$], suggested the inclination of student towards prospection entity during this pandemic emergency.

Table 3: outcome of significant t-test for variables on profession

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CONCLUSIONS

The present study showed the positive aspect of individual behavior concerning, mindful self and healthy lifestyle, during this pandemic crisis. The findings emphasized to live with the uncertainty, while, restraining positive optimism and maintaining one’s own resilience. The positive aspect of individual behaviour shoves to come across the various psychological adversities. This drive people get the better of their disinclination towards the change in a very methodical way. Uttermost, the mindful-self and healthy life-style promises assistance to people to bounce back from hard times and to accelerate their own pace. The positive behavioural dimension, strengthen the sense of well-being to deal with this impasse efficiently. This constructive approach can also get the new opportunities lies in the way during this crisis journey.

SIGNIFICANCE OF THE STUDY:

1. The present study showed the health promoting behavior during the pandemic covid-19 crisis; that is need of the hour.

2. The positive attitude towards self gives the basic understanding about being mindful. That helps the individual to openly accept the challenges of life with calmness and without being panic in the crisis situation.

3. Further, this study contributes in such a way to reduce the burden of the stressful covid-19 situation by adapting and enhancing the healthy lifestyle to deal with daily life situations.

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