

IMPACT OF MINDFULNESS MEDITATION ON STRESS AMONG COLLEGE STUDENTS: BASIS FOR INTERVENTION PROGRAM

ABSTRACT

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This study investigates the impact of mindfulness meditation on the stress levels of fourth-year Psychology students at Bestlink College of the Philippines. It aims to assist students in managing stress by implementing a mindfulness program and examining the relationship between mindfulness practices and stress reduction. The study also seeks to address the limited understanding of how mindfulness meditation affects stress levels, which represents the core issue of the research. This study utilized a correlational quantitative research design to assess the relationship between mindfulness meditation and stress levels. A total of 207 fourth-year Psychology students from Bestlink College of the Philippines, Quezon City campus, were selected through stratified random sampling. All participants had prior experience with mindful breathing practices. Data were gathered using the Perceived Stress Scale and the Stress Management Inventory as the primary research instruments. The study's findings indicate that mindfulness meditation has a minor impact on stress levels, as evidenced by a composite mean of 2.38. Similarly, stress management among students also showed a minor impact, with a composite mean of 2.37. Among the various coping strategies assessed, physical activity was rated as having a moderate impact (3.17), while stress relief (1.52) and social support (2.38) were rated as having no impact and minor impact, respectively. Pearson correlation analysis revealed a weak negative correlation ($r = -0.16$) between mindfulness meditation and stress management, which was statistically significant ($p = 0.02$), suggesting a minimal but meaningful relationship. The most frequently reported challenges were the avoidance of seeking professional help (26%) and lack of physical activity (22%). These results underscore the need for awareness campaigns, access to expert guidance, regular stress assessments, and the reinforcement of mindfulness practices to support students' overall well-being. The study emphasizes the significance of consistent mindfulness practices and supportive environments in effectively managing student stress. For students and parents, establishing comprehensive, long-term mindfulness programs and promoting awareness of stress management techniques are vital for enhancing well-being and academic performance. Although mindfulness meditation is widely acknowledged for its stress-reducing benefits, its impact remains limited without sufficient time, regular practice, and a conducive environment. Through the implementation of the proposed intervention action plan, the school can develop a more effective and sustainable program for stress management rooted in comprehensive mindfulness practices.

RECOMMENDED CITATION

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