

The Effectiveness of Mindfulness Skills Training on Positive and Negative Affect and Sleep Quality of Students in Adolescents

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Mindfulness is one of the abilities that can affect many variables such as positive and negative emotions and quality of sleep that makes it necessary to study it The purpose of this study was to determine the effectiveness of mindfulness training on positive and negative affect and sleep quality of adolescent students. The research method was experimental design with pretest-posttest design with control group. The statistical population of the study consisted of all female secondary school students in Bandar Kiaashahr in the second semester of the academic year 2019 with an estimated number of 920 students. A sample of 30 (15 experimental and 15 control) was ed by random cluster sampling method and The Watson, Clark, and Telegen Positive and Negative Emotion Rating Scale (1988) and Pittsburgh Sleep Quality Questionnaire (1989) completed. The data were analyzed using one-variable and multivariate covariance analysis. The results showed that using mindfulness training did not affect the positive and negative affect of adolescent students ($P>0.05$). Also, mindfulness training did not affect overall sleep quality and its components ($P>0.05$). These results indicate that mindfulness skills alone are not capable of significantly altering positive and negative affect and sleep quality in students. It is suggested that other interventions along with mindfulness be evaluated to reinforce its impact on sleep-related emotional and emotional variables.

Keywords : Mindfulness skills, positive and negative emotions, sleep quality, students.

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