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The Relationship Between Locus of Control and Mindfulness on Resilience Among College Student

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Abstract:

This research investigates how two important psychological concepts—mindfulness and locus of control—interact to shape college students' resilience. Based on the positive psychology model, the study looks at how a student's beliefs in personal control (locus of control) and present-moment awareness (mindfulness) help them to bounce back from setbacks (resilience) and fit to stress. Data were gathered from a total of 104 undergraduate students aged 18 to 25 using standardized instruments: the Brief Resilience Scale (BRS), the Five Facet Mindfulness Questionnaire (FFMQ), and a modified Locus of Control Scale. Statistical analysis, including Pearson's correlation and multiple regression, revealed that locus of control significantly predicts resilience, while mindfulness did not show a statistically significant effect. 10.6% of the variation in resilience was explained by the combined model. These results imply that rather than mindfulness, internal control beliefs are more important in fostering resilience among students. The study emphasizes the need of interventions aimed at boosting psychological resilience in academic contexts by means of personal agency and perceived control.

Key words : *mindfulness* , *resilience*

INTRODUCTION

Having the mental and emotional fortitude to whether adversity or swiftly go back to where people were before a crisis strike is what people mean when they talk about psychological or mental resilience. The phrase gained popularity in the 1970s and 1980s because of forty-year research by psychologist Emmy Werner on a group of youngsters from low-income families in Hawaii. A person's resilience is affected by several things. Personal traits like optimism, self-control, and self-esteem are examples of internal influences. Some examples of external influences include opportunities and resources available to oneself and one's social support system, which includes interactions with one's family, friends, and community.

A person's resilience and ability to deal with hardship can be improved via the use of psychological therapies and other methods. Mindfulness practices, cognitive-behavioural approaches, strategies for enhancing psychosocial variables, methods for cultivating happy emotions, and strategies for encouraging self-compassion are all part of this category.

An adaptable individual employs "mental processes and behaviours in promoting personal assets and protecting self from the potential negative effects of stressors". Individuals who have developed psychological resilience have learned to modify their personality traits and life experiences in such a way that they can recover from or maintain a healthy mental state in the face of adversity.

Resilience may be understood in several ways, making it a challenging psychological construct to quantify and assess. Various psychological frameworks (biomedical, cognitive-behavioural, sociocultural, etc.) offer different views on the nature, origin, and cultivation of resilience. The term "psychological resilience" might mean different things to different people, but it usually revolves around two ideas: facing challenges head-on and finding ways to overcome them. Being resilient may be influenced by a person's positive emotions, social support, and toughness.

When faced with adversity, a mentally strong person can overcome the negative thoughts and feelings that typically accompany it. This contrasts with psychological recovery, which is going back to the state of mind one was in before a sad event or loss.

The importance of psychological resilience in fostering mental health and wellness has been extensively studied. When faced with adversity, resilient people can keep their spirits up, dust themselves off, and go on. They have more optimism, problem-solving abilities, and self-efficacy, all of which help them adapt and prosper even when faced with challenges.

To be resilient is to make a "positive adaptation" in the face of adversity. If an individual is "bombarded by daily stress, it alters their internal and external sense of equilibrium, bringing problems as well as possibilities." Everyday stress can have beneficial effects that strengthen resilience. Resilience, according to some psychologists, depends less on the actual stress than on how a person interprets and manages that stress.

Over time, individuals can practice resilience by enduring stress. There is no recognized explanation for why people experience varying degrees of stress. Some people, however, are more resilient to stress than others.

Locus of Control

A person's locus of control is the extent to which they believe they can make a difference in their own lives. When a person has an internal locus of control, they attribute a large portion of their experiences to their strengths, choices, and shortcomings. A person whose locus of control is outside of themselves is more likely to attribute their life's events to circumstances outside of their control, such as their environment or the choices made by others.

Locus of control, like many other concepts in personality psychology, is like a bell curve. Both heredity and early life experiences, especially those exhibited by one's primary caregivers, can have an impact on an individual's sense of agency.

Education, health, and civic participation are just a few of the domains where researchers have shown that a person's perception of their agency seems to influence results. Those who place a greater emphasis on internal factors tend to have better health, more happiness, and greater success, according to this type of research.

Locus of control is based on a straightforward idea. Placing the focus of control externally makes more prone to attributing outcomes to random chance. According to Rotter (1966), behaviours will be reinforced or punished depending on where people put the locus of control. When people hold the actions in their own hands, they are more likely to see them reinforced, which means they will persist. The behaviour will die out if the centre of control is outside of the individual. After all, why keep trying if people can't influence the result?

Types of Loci of Control

The locus of control might be internal or external for many people. People who put their agency in themselves have the firm belief that they can shape their fate by the choices they make in the present. People who believe that events occur by accident or due to external forces have an external locus of control.

Is locus of control a personality trait?

A lot of people think that locus of control is hardwired into personality from the moment you're born. Nevertheless, there is evidence that parents have a significant impact on their child's locus of control development. A more robust internal locus of control may be achieved by fostering a sense of autonomy in children and helping them understand the relationship between their actions and the outcomes they achieve.

Mindfulness

Learning to be fully present in the here and now, without attaching any judgment to what you're experiencing, is a powerful tool for overcoming anxiety and stress. It entails paying attention to internal experiences,

thoughts, feelings, and senses—and keeping emotions, ideas, and actions under check. Mindfulness training can help people tune into their internal experiences, including their thoughts and feelings, so they can select their response rather than responding instinctively. Various patient populations, including healthy adults and children, have shown the positive effects of mindfulness on their physical and mental health in clinical trials. Trait mindfulness, which may be developed by mindfulness-based therapies, is positively associated with psychological wellbeing, according to studies. People with mental problems, including those with psychosis, seem to benefit therapeutically from practicing mindfulness. Furthermore, research shows that worrying and rumination are associated with several mental health issues and that treatments centered around mindfulness can improve trait mindfulness while simultaneously decreasing anxiety and rumination. In addition, being more attentive can help stop mental health issues in their tracks. It is believed that mindfulness techniques might help people deal with stressful events better by allowing them to recognize and embrace their emotional experiences rather than numbing or denying them.

The philosophy of mindfulness has its origins in Hinduism and Buddhism. The path to enlightenment is an integral part of Buddhism, and the first step on that path is the notion of "sati," which includes paying attention, being aware, and being in the here and now. Originally from the ancient Indian language Pali, the word was loosely translated to "mindfulness" (Shapiro, S. L. 2006).

Key aspects of mindfulness:

- **Present-moment awareness:**

Being mindful is not dwelling on the past or planning for the future but rather giving undivided attention to the here and now.

- **Non-judgmental observation:**

It involves observing thoughts, feelings, and sensations without judgment, accepting them as they are.

- **Focus on sensations:**

Mindfulness can involve focusing on bodily sensations, such as breathing, to anchor yourself in the present moment.

- **Cultivating self-awareness:**

Making more deliberate decisions is one benefit of cultivating an awareness of one's internal experiences via consistent mindfulness practice.

Various personal, family, and societal variables operate as protective agents in at-risk youth, according to resilience research. Additionally, health and well-functioning may be the outcome of the agency gained by

gaining access to these protective agents and the suppression of harmful ones (Step leman, Wright, & Bottari, 2009). In other words, helping young people who are going through tough times requires taking a holistic view of their situation and trying to strengthen their personal, familial, and societal resources as a means of resilience.

One definition of mindfulness is "the practice of paying undivided attention in the here and now with an attitude of acceptance" (Germer, 2005). It is important to identify the conceptual and practical similarities between these systems to study the function of mindful attention in resilience. Conceptually, they know that mindfulness and resilience share similar processes. One of the most important factors in recovering from trauma is having an accepting attitude regarding one's life events. Among the many components of awareness, including self-acceptance, a transcendent sense of self, adaptability, and flexibility, is awareness (Germer, 2005). In addition, practicing attentive awareness entails accepting oneself and one's personal experiences without passing judgment. Similarly, self-compassion is an important part of building resilience and well-being (Kabat-Zinn, 2005). To cope with adversity and build resilience, it is crucial to learn to control one's emotions and to cultivate generally positive feelings. Mindfulness training also emphasizes the experiences of regulating one's emotions and bringing about good changes in response to challenging life circumstances (Rogers, 2013).

In the field of personality psychology, the term "locus of control" describes the point at which a person anticipates or feels that he or she has some influence, or lack thereof, over the circumstances surrounding an occurrence. Julian. B. Rotter first proposed the idea of LOC in 1954. Along with neuroticism, self-efficacy, self-esteem, and locus of control (LOC), care self-evaluation includes LOC as a dimension. Psychological Monographs featured research by Rotter in 1966. A generalized expectation for internal as opposed to external control of reinforcements" was Herbert M. Lefcourt's 1976 definition of perceived LOC. The second Rotter student to provide two categories of "expectancy shifts" was William H. James. The first one is known as "typical expectancy shifts," and it refers to the belief that a similar outcome will follow a success or loss. "Believing that success or failure would be followed by a dissimilar outcome" is the definition of the second, an unusual expectation shift. A letter of credit (LOC) has two parts. An individual's perception that their behaviour in each context is the primary or only factor influencing the outcomes of their life events is known as internal locus of control (Carlson, 2007). When bad things happen, they appear to take the burden on themselves.

The practice of mindfulness entails bringing one's whole awareness to the here and now without dwelling on the past or the future. When one's mindfulness levels are high, they can step back and examine their internal experiences without attaching any value judgments to them. Here, the person is fully present and experiences life as it happens. The act of practicing mindfulness entails paying attention, in the present moment, to one's subjective conscious experience as seen from a first-person viewpoint. A quality of awareness that is increased by the actions it is involved in, but not identical to them. Included as "A form of nonjudgmental,

present-centred awareness in which each idea, feeling, or experience that comes in the attention field is observed and accepted as it is". Considering its origins, the word "sati" (pale) refers to a Buddhist practice known as mindfulness (Uipassana, Satipa Hana, and An Apanasati). According to Israel (2013), Jon Kabat-Zinn popularized it in 1994 through his Mindfulness-Based Stress Reduction (MBSR) Program. Translated as "Right Mindfulness; the active, watchful mind" in English by Pali language expert Thomas. W. R. Davids (1843-1922), the term was initially used in 1881. In his definition, Davids states that "Sati is literally 'memory' but is used concerning the constantly repeated phrase 'mindful and thoughtful' (sato sampajâno); and means that activity of mind and constant presence of mind which is one of the duties most frequently inculcated on the good Buddhist." In 1976, J. Zinn launched the Mindfulness Movement, which has since spread to other spheres of society, including educational institutions, businesses, prison programs, and government agencies.

LITERATURE REVIEW

Fletcher, D., & Sarkar, M. (2013) reviewed and critiqued the many ways in which psychological resilience is conceptualized, defined, and analysed. This is why the story is structured into three primary parts. First, they look at the definitions of resilience that have appeared in the field of psychology. There are many other ways that construction may be defined, but the two main ideas that underpin most of them are adversity and positive adaptation. A large amount of research indicates that resilience is necessary in the face of various types of adversity, from small, everyday problems to large, life-altering catastrophes. Additionally, it has been found that positive adaptation needs to be conceptually relevant to the type of adversity being studied in terms of the domains being evaluated and the severity of the criteria employed. In the second part, they look at resilience from several angles, differentiating it from other similar concepts and considering it as a process or a quality. The concept of resilience is based on the idea that different psychological traits interact with one another when faced with adversity. The latter portion of the study provides a summary of resilience theories and then takes a close look at one idea that often appears in resilience studies. The conceptual difference between coping and resilience, as well as the many pressures that people face, should be included in future theories in this field. Meta-cognitive and emotive processes also play a role in the resilience-stress link. Careful management of people's immediate environments and the development of protective and promotive variables that people may proactively employ to build resilience are among the policy, practice, and research implications that the review closes with.

Schwarz, S. (2018) evaluated that in the past, mental health professionals in the fields of psychiatry and clinical psychology sought to explain the relationship between high levels of stress and mental illness. As the field of positive psychology gained popularity, the emphasis changed to ideas like resilience and how to thrive despite hardship. Nevertheless, there has been no decrease in the prevalence of mental problems. Society's power inequities and prejudice might be perpetuated through the idea of resilience if psychology continues to take a neoliberal, Western, decontextualizing approach. To show how Western psychology fails,

resilience is examined critically from a variety of angles, including Marxism, Foucauldian discursive techniques, and a scientific criticism of the present mental health system. To go above this ethnocentric and neoliberal prejudice, this essay shows how to comprehend resilience in its context, which is to take into consideration historical, political, and economic factors at analytical levels beyond the individual.

CRĂCIUN, A. (2013) said the concept of resilience is a great way to put it: it's a positive psychology trend that stresses the importance of a person's resources, which are the things that help them survive, overcome challenges, and recover from traumatic experiences. Identifying and promoting resources, those internal psychological elements that support during hard times and to which they are all exposed in some way, are replacing approaches that view the psychological life from a pathological perspective and prioritize symptom search. The most distinctive aspect of other psychology approaches is the focus on how people manage to stay healthy through their efforts, an approach also called sanogenesis. As a result, they think resilience is an important topic that needs further research and thorough understanding from all angles so that they can arrive at an optimistic and solidly grounded strategy for effective mental and emotional functioning.

Vella, S. L. C., & Pai, N. B. (2019) said that before this paradigm change, researchers in the field of positive psychology had been studying resilience for decades. Various concepts of resilience are examined in this study. The capacity to recover quickly from setbacks is a typical description of resilience, however, there is no universally accepted definition. Stress and other adverse life experiences have long been acknowledged as potential causes of mental disease. Similarly, for quite some time, people have been curious about the good things that may arise out of terrible circumstances. Resilience is the ability to respond positively even when faced with extreme danger or difficulty. To inform future study and theory, this study surveys the many definitions of resilience and phenomena associated with resilience, as well as a historical overview of the emphasis of resilience research across the decades. The essay finishes by stressing the need for scholars to come to a consensus on resilience and by urging them to clarify their understanding of the notion. And although resilience studies have indeed developed and advanced over the years, it doesn't mean they're finished. Therefore, academics need to continue their quest for a comprehensive understanding of resilience and its intricacies, as well as methods for fostering resilience in other communities or among people facing comparable challenges.

Heidari, M., & Kumar, S. (2024) stated that People can benefit from cultivating more skilful interactions with the world around them by practicing mindfulness, an internal psychological condition. The positive effects of mindfulness have been extensively shown in the field of psychology. Being mindful helps individuals pay attention in the here and now, which in turn helps them respond rather than react in high-pressure circumstances where solving problems or making decisions is crucial. Also, in many discussions about psychology, the locus of control (LOC) is a concept that is associated with mindfulness. A person's locus of control is the degree to which he attributes agency for his life's events to internal factors rather than to factors beyond his control. While most discussions centre on whether practicing mindfulness might help

people develop a stronger sense of agency, this research takes the opposite track. It looked at how LOC affected dispositional or trait mindfulness. The participants' trait mindfulness was evaluated using the Five Facet Mindfulness Questionnaire (FFMQ), and their LOC was measured using the Internal, External LOC (IELC) scale. One hundred sixty-seven people have taken part in this study. The current study established that LOC affects trait mindfulness. The beneficial effects of ILOC on trait awareness were previously recognized.

Shapiro, S., & Weisbaum, E. (2020) stated that Mindfulness-based interventions (MBIs), which encompass both practices and procedures, have recently grown in popularity across all societal domains, including the medical, academic, corporate, and governmental spheres. The exponential growth of mindfulness over the past 25 centuries necessitates careful consideration of its historical context, which includes insights and traditions, and its recent history, which includes adaptations and applications in healthcare, therapy, and modern culture, mainly since the 1980s. Numerous studies have demonstrated the many positive effects of MBIs on human health, including alleviation of symptoms of anxiety, panic attacks, insomnia, and stress, as well as improvements in sensory perception, processing speed, empathy, focus, reaction time, motor skills, and cognitive abilities such as memory recall (both short- and long-term) and academic achievement. Careful consideration of what to keep and what to change is required for every adaptation.

Malinowski (2008) explained that over the past quarter of a century, the concept of mindfulness has emerged as a significant psychological factor. More and more fields of applied psychology, from healthcare to employee development, are incorporating mindfulness-based psychological therapies due to the growing consensus on their efficacy. Mindfulness needs more precise operational definitions since its theoretical underpinnings are unclear. Existing operational definitions, their translation into mindfulness self-report measures, and their validity are critically examined in this paper, which also analyses various advancements in the field. Next, it discusses the value of disentangling mindfulness from its consequences, and it offers a look at future advancements and essential features. Lastly, methods for advancing this field are proposed to tap into the promise that many perceive in incorporating mindfulness-based therapies into applied psychology.

Ryon, H. S., & Gleason, M. E. (2014) Conceivably One's sense of agency, or locus of control, is associated with their mental and physical well-being. The purpose of this study was to determine if locus of control is a state variable, if its daily volatility is linked to stressful events and anxiety, and if it predicts health behaviours and symptoms daily. In a study of pregnant couples who kept diaries throughout pregnancy, they discovered that daily anxiety and hassles predicted daily fluctuation in locus of control. Specifically, they observed that lower levels of control were reported by those who reported high levels of anxiety and hassles both the previous day and the same day. In addition, having a daily locus of control predicted unfavourable health symptoms and was favourably linked with healthy practices. These findings support the idea that people's

feeling of control is formed and maintained through social learning, and they also indicate that future studies should include locus of control as a construct at both the state and trait levels.

Sorensen, K. L. (2006) analysed the connections between LOC and many kinds of job results. The Author classified these findings based on three theoretical frameworks: LOC and happiness, LOC and drive, and LOC and behavioural orientation. They examined hypotheses that reflected these three points of view. Pleasant work outcomes, including increased job motivation, pleasant social experiences, and positive task experiences, were shown to be positively related to internal locus. In this section, they review the literature on the Big Five personality characteristics and fundamental self-evaluation considering results.

Mancini, J. A. (2021) explained that Many scholars have focused on mindfulness and resilience. Both terms have entered the vernacular of the mental health and social scientific communities and have contributed to an explosion of research. However, they are typically shown as separate attributes, abilities, or states, and there has been a dearth of research and literature exploring their connections and symbiotic relationships. The work of Masten, who characterized resilience as "ordinary magic" in his important publications from 2001 and 2009 and his following book from 2014, has significantly influenced resilience research. These works have shown that resilience is more prevalent in humans than previously thought. In this work, they investigate the possibility that mindfulness, an often overlooked yet pervasive protective characteristic, plays a role in building and maintaining resilience. This will be accomplished by exploring the logical connections between mindfulness and resilience and by proposing that mindfulness is important to resilience. They will also investigate the unexplored links between the two in the literature. Also, as mindfulness may inspire resilience and resilience can inspire mindfulness, they argue that the symbiotic relationship between the two is relevant and practical.

Sünbül, Z. A., & Güneri, O. Y. (2019) examined Adolescents from economically disadvantaged backgrounds in Turkey who experience challenges with emotion regulation and mindfulness as a means of resilience. A total of 752 pupils (with a mean age of 15.82 and a standard deviation of 0.88), including 426 females and 326 males, made up the study's sample. The suggested model was tested using route analysis. Mindfulness was found to have a positive and statistically significant effect on self-compassion but a negative and statistically significant effect on emotion control issues. Additionally, resilience was shown to be significantly predicted by self-compassion and problems in emotion management. Additionally, the model highlighted the importance of indirect pathways from mindfulness to resilience, such as self-compassion and challenges in emotion regulation. A total of 21% of the variation in resilience scores could be explained by the proposed model.

Zhang et al. (2023) conducted a meta-analysis on 'Trait Mindfulness and Resilience' based on 18 quantitative studies. The findings indicated a consistent positive correlation between mindfulness and resilience ($r \approx 0.38$). This study confirmed that mindfulness is a significant psychological resource that supports resilient behavior,

especially among youth and students. The authors recommended integrating mindfulness in educational programs to promote resilience

Sharma and Gupta (2020) examined 'Mindfulness and Academic Stress Among Undergraduate Students'. Using MAAS, CD-RISC, and Academic Stress Inventory, a survey was conducted with 200 students. Findings indicated that mindfulness reduced academic stress through enhanced resilience, suggesting the importance of implementing mindfulness-based programs in higher education

METHODOLOGY

AIM : This study aims to explore how college students' beliefs about control over their lives (locus of control) and their ability to stay present and aware (mindfulness) relate to their ability to bounce back from challenges (resilience).

Objective

- To understand how much control college students believe they have over their lives
- To examine whether locus of control and mindfulness together can help explain differences in students' resilience levels.
- To assess how well students are able to recover from stress and challenges

Research problem

- Many college students face stress and emotional pressure, but not enough focus is placed on their internal strengths like resilience, mindfulness, and locus of control that help them cope.
- There is a lack of research on how mindfulness and locus of control work together to influence resilience, especially in the context of college students' mental well-being.

Hypothesis

H¹: There is a significant positive relationship between mindfulness and resilience among college students.

H²: There is a significant positive relationship between locus of control and mindfulness.

H³: Locus of control and mindfulness together significantly predict levels of resilience among college students.

RESEARCH DESIGN:

The current research has Descriptive, Correlation research design and Inferential Statistics.

SAMPLE:

The sample consisted of adults (N= 100) who were in college. The participants were from both urban and rural areas who were students. The sampling was based on the Simple Random Sampling method.

Inclusion Criteria

- Participants must be college students currently enrolled in undergraduate or postgraduate programs.
- Age range between 18 to 25 years.
- Both male and female students are included.

Exclusive criteria

- Students below 18 or above 25 years of age.
- Students not currently enrolled in college
- Those who have attended mindfulness training programs

Tool Used

1. **Resilience** : The Brief Resilience Scale (BRS; Smith et al., 2008) evaluates how well individuals can bounce back from stress. It comprises six items that were developed partly based on insights from research team members and testing with undergraduate students. Participants rate each item on a five-point agreement scale. The BRS was given to two groups of undergraduate students, The factor analysis indicated a single factor solution. The internal consistency was reliable, with Cronbach's alpha scores ranging from .80 to .91. Additionally, there was evidence supporting convergent validity, as the BRS showed positive correlations with other resilience assessments, optimism, purpose in life, as well as indicators of social support, active coping, and positive reframing.
2. **Mindfulness** : The five facet mindfulness (FFMQ-15 Baer et al., 2006;) evaluate how can be helpful to mesure mindfulness are related to decreases in distress. It studies on a large scale population including student . FFMQ-15 is a predictor for positive thinking, an overall uplifted mood, and subjective feelings of well-being. he five facet scales of the FFMQ demonstrated adequate to good internal consistency, with alpha coefficients ranging from .75 to .91 and the measure was found to be sensitive to change over the course of Mindfulness-Based Cognitive Therapy.
3. **Locus of control** : To evaluate the locus of control in college students, the research employed a short-form Locus of Control Questionnaire comprising 8 items, which were modified from Rotter's original

scale. Participants rated the items on a 5-point Likert scale from 1 (Strongly Disagree) to 5 (Strongly Agree). A higher total score on the scale reflects a more external locus of control, while lower scores indicate a stronger internal orientation. This instrument was chosen for its concise nature, clarity, and relevance for student populations, facilitating the effective assessment of control beliefs in both academic and personal contexts.

PROCEDURE

Using Random sampling, the researcher approached the participants who were eligible to participate in the study. The data collection online informed consent was taken from the participants to ensure that they were willing to take part in the study. The participants were briefed about the study and their queries were addressed to their satisfaction. They were also asked to fill socio demographic details. Participants will be informed that the data collected will be kept confidential and will be used for research purposes only.

STATISTICAL ANALYSIS

The acquisitions were analyzed using a computer software application SPSS. The analysis was carried out in three phases.

1. **Normality Test:** The data normality was assessed using the Shapiro-Wilk Test of Normality as it is a reliable test.
2. **Descriptive Statistics:** The description of the data collected was calculated using Correlation and T-test.
3. **Inferential Statistics:** The Inferential Statistics used in the current study is Correlation.

Result : The study examines the interplay between three psychological constructs: mind (mindfulness and cognitive awareness), resilience (positive psychology's recovery from adversity), and locus of control (Rotter's theory on control orientations). The research, involving 100 individuals, by using Pearson's correlation and multiple regression analyses to explore the relationships between these variables. The findings provide insights into the psychological mechanisms associated with adaptability and self-regulation in challenging situations.

With the theoretical foundation established, the statistical analysis was initiated to explore the empirical relationships among the variables. The findings are presented below, beginning with descriptive statistics and correlation analysis.

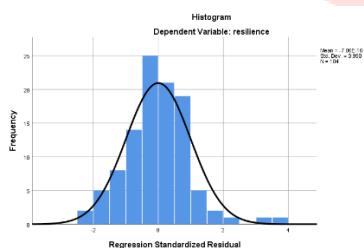
• Variable	Mean	SD	Mind	Resilience	Locus
Mind	43.31	5.48	1.000	0.096	-0.053
Resilience	16.16	2.34	0.096	1.000	0.306**
Locus	27.13	4.27	-0.053	0.306**	1.000

Note: * $p < .05$, ** $p < .01$, *** $p < .001$

Using Pearson's correlation coefficient, a preliminary investigation was conducted to look into the relationship between resilience and the mind. According to the descriptive statistics, the 104 participants had moderate levels of both resilience and mind, with the average score for resilience being 16.16 (SD = 2.34) and the average score for mind being 43.31 (SD = 5.48). A very weak positive correlation between resilience and mind was found by the correlation analysis ($r = 0.096$). A very weak positive link between mindfulness and resilience was found by the correlation analysis ($r = 0.096$). However, the fact that this link was not statistically significant ($p = 0.333$) suggests that any little association found is probably the result of chance. The results presented here indicate that greater 'mind' scores do not necessarily correspond to higher resilience levels, despite the fact that mindfulness, or mental attention, has theoretically been linked to better emotional control and adaptation. This suggests that cognitive awareness or mental present as assessed may not significantly affect people's capacity to bounce back from stress or adversity within the cohort under study. The findings highlight the two notions' independence in this particular setting and suggest that there may be additional unmeasured variables at play. The descriptive statistics showed that the average score for mind was 43.31 (SD = 5.48), whereas the average score for locus of control was 27.13 (SD = 4.27), indicating moderate levels for both constructs in the sample. To investigate the relationship between these two variables, a Pearson's correlation analysis was performed. The findings indicated a very weak negative correlation ($r = -0.053$) between mind and locus, implying nearly no linear association. Furthermore, the p-value of 0.591 suggests that this correlation was not statistically significant. This indicates that changes in an individual's cognitive awareness or mindset do not significantly relate to their sense of control over life circumstances. The final bivariate analysis examined the connections among resilience, mind, and locus of control. Descriptive statistics indicated that the average score for resilience was 16.16 (SD = 2.34), whereas the mean scores for mind and locus were 43.31 (SD = 5.48) and 27.13 (SD = 4.27), respectively. Pearson's correlation coefficients indicated a weak positive correlation between resilience and mind ($r = 0.096$) and a moderate positive correlation between resilience and locus ($r = 0.306$). Nevertheless, only the correlation between resilience and locus reached statistical significance at the $p < .01$ level, suggesting that individuals with a stronger internal locus of control were more likely to demonstrate higher resilience levels. In contrast, the correlation between resilience and mind was not statistically significant ($p = 0.167$), indicating no meaningful linear relationship between these two variables in the sample.

Model		Sum of squares	df	Mean square	f	Sig.
1	Regression	60.276	2	30.138	6.016	.003 ^b
	Residual	505.946	101	5.009		
	Total	566.221	103			

To further explore the roles of mind and locus of control in predicting resilience, a multiple linear regression analysis was performed. The findings indicated that the model was statistically significant, with $F(2, 101) = 6.016$ and a p-value of 0.003, highlighting that the combined effect of the two predictors was meaningful. The model explained approximately 10.6% of the variance in resilience scores ($R^2 = 0.106$), suggesting a modest yet pertinent influence from these psychological characteristics. Among the predictors, locus of control was identified as a significant positive predictor of resilience (standardized coefficient = 0.312, $p = 0.001$). This implies that individuals who perceive they have control over their life outcomes are generally more resilient when facing challenges. Conversely, mind (understood as mindfulness or cognitive awareness) did not significantly predict resilience (standardized coefficient = 0.113, $p = 0.235$). Although there was a slight positive correlation, it was not robust enough to be deemed statistically significant. These findings underscore the greater impact of belief in control compared to cognitive awareness in influencing an individual's ability to adapt and recover from adversity.



To conclude, the statistical results from this research provide important insights into the relationship between internal psychological traits and resilience. Although mindfulness (representing cognitive awareness) demonstrated weak and insignificant links to both resilience and locus of control, locus of control itself proved to be a significant predictor of resilience. The relationship between resilience and locus of control was moderate and statistically meaningful, with regression analysis affirming that individuals who feel they have greater control over their lives tend to show higher levels of resilience. Even though the overall

regression model accounted for only a small portion of the variance in resilience, it underscores the vital importance of control beliefs in handling difficulties. These findings imply that while mindfulness might enhance well-being in other aspects, the sense of agency and personal control is the primary factor contributing to psychological resilience in this scenario. Future studies could investigate additional mediating variables or broaden the framework to incorporate emotional and environmental elements for a more comprehensive view of resilience.

Discussion

This research focused on examining the psychological factors of mindfulness and locus of control in relation to resilience among college students, who often face considerable academic and social pressures. Utilizing a sample of 104 participants, the findings provide an in-depth insight into the interplay of these internal psychological elements, while also resonating with and differing from previous studies.

The key results indicate a statistically significant positive association between locus of control and resilience. In contrast, mindfulness—despite its theoretical relevance—did not show a significant correlation or predictive ability when locus of control was taken into account. These findings carry significant implications for understanding resilience as a psychological characteristic, especially for young adults dealing with academic stress and life changes.

The foundational research on resilience, including work by Fletcher & Sarkar (2013) and Vella & Pai (2019), defines it as a dynamic process instead of a static characteristic—highlighting positive adaptation during adversities. These viewpoints resonate with the study's understanding of resilience as not just the lack of stress, but also as the ability to bounce back from difficulties, bolstered by internal resources. Researchers like Crăciun (2013) have also underscored the significance of examining resilience from a sanogenic perspective, concentrating on factors that help individuals maintain mental well-being, rather than focusing exclusively on pathology or stress symptoms. The descriptive statistics in this research revealed moderate resilience levels ($M = 16.16$, $SD = 2.34$), indicating that while participants did not exhibit extreme resilience, they generally had a reasonable level of coping skills. This finding aligns with Zhang et al. (2023), who determined in their meta-analysis that resilience significantly varies based on protective psychological resources, particularly in youth populations. The initial significant finding revealed a very weak positive correlation between mindfulness and resilience ($r = 0.096$), which was not statistically significant ($p = 0.333$). This implies that, within this group of college students, higher levels of mindfulness do not necessarily align with increased levels of resilience. Despite existing literature (Shapiro et al., 2006; Mancini, 2021) identifying mindfulness as an important psychological resource that enhances emotional regulation and fosters adaptive coping, the current data does not demonstrate a direct, quantifiable relationship between trait mindfulness and resilience in this situation. Several factors might account for this result. Firstly, it is conceivable that mindfulness, although helpful, influences resilience indirectly—via mechanisms such as

self-compassion, decreased rumination, or improved emotion regulation—as observed in studies by Sünbül & Güneri (2019). Furthermore, the demographic of the sample, comprising young adults aged 18 to 25, may still be in the process of nurturing established mindfulness practices or emotional growth, which could influence how mindfulness translates into resilience results.

This finding diverges from research like that of Sharma & Gupta (2020), which concluded that mindfulness alleviates academic stress by bolstering resilience among undergraduates. Nonetheless, it is essential to note that their study involved structured interventions, whereas the present research assessed naturally occurring (trait) mindfulness. The distinction between trained mindfulness and dispositional mindfulness may be pivotal here, underlining the need for further investigation into how various forms and degrees of mindfulness interact with stress and resilience. The initial significant finding revealed a very weak positive correlation between mindfulness and resilience ($r = 0.096$), which was not statistically significant ($p = 0.333$). This implies that, within this group of college students, higher levels of mindfulness do not necessarily align with increased levels of resilience. Despite existing literature (Shapiro et al., 2006; Mancini, 2021) identifying mindfulness as an important psychological resource that enhances emotional regulation and fosters adaptive coping, the current data does not demonstrate a direct, quantifiable relationship between trait mindfulness and resilience in this situation.

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of a significant correlation in this study may suggest that mindfulness and control beliefs function on different psychological levels, or that external influences, such as stressors or support systems, might mediate their interaction. Furthermore, Ryon and Gleason (2014) highlight that locus of control can vary daily and is impacted by life events, stress, and anxiety. This transient nature of locus of control may obscure any enduring relationship with trait mindfulness unless studied through a longitudinal or experimental approach. It is also plausible that while mindfulness enhances awareness, it does not always amplify one's perceived agency or control—particularly if individuals develop a greater acceptance of uncertainty or external realities as part of their mindfulness practice. The regression analysis unveiled more profound insights into the collective influence of the two predictors. The overall model showed statistical significance ($F(2,101) = 6.016, p = .003$), accounting for 10.6% of the variance in resilience. Yet, only locus of control was identified as a significant individual predictor (standardized coefficient = 0.312, $p = 0.001$), while mindfulness did not show significance (standardized coefficient = 0.113, $p = 0.235$). This outcome indicates that, although both factors are conceptually associated with resilience, locus of control has a more substantial and independent role in forecasting resilience levels among students. Essentially, when analyzed together, the impact of mindfulness appears to lessen—potentially due to shared variance or the more dominant effect of control beliefs. This observation aligns with earlier research such as that of Fletcher & Sarkar (2013), which highlights that resilience stems from intricate interactions between personality traits and coping strategies, with internal control beliefs often acting as a psychological shield against challenges. The takeaway is that even if someone practices mindfulness, it is their sense of agency and belief in self-direction that may more effectively drive resilient behavior. **Practical Implications**

The results bear significant consequences for interventions targeting student mental health. Firstly, initiatives designed to bolster internal locus of control—such as cognitive-behavioral training, goal-setting workshops, and decision-making skills—could greatly aid in developing resilience.

Secondly, while mindfulness by itself may not have a direct predictive relationship with resilience in this cohort, combining mindfulness-based strategies with exercises aimed at building control might amplify their overall effectiveness. Moreover, institutional initiatives to foster student well-being ought to emphasize not solely stress management but also empowering students to feel competent, independent, and proactive. This approach may better equip them to handle academic and personal adversities.

Limitations and Future Research

Certain limitations warrant recognition. The sample size, albeit adequate for the analyses conducted, consisted of only 104 participants, potentially limiting the findings' generalizability. Furthermore, since all data were self-reported, there are concerns regarding subjectivity, social desirability, and measurement bias. The cross-sectional nature of the study also constrains causal interpretations. Future research should explore

longitudinal or experimental methodologies, possibly incorporating mindfulness training interventions alongside repeated assessments of locus of control and resilience over an extended period.

Additionally, investigating the mediating or moderating effects of other factors such as self-compassion, emotional regulation, and coping style would be valuable, as these may impact or clarify the relationship between mindfulness and resilience.

Conclusion

This research aimed to investigate the relationship between two key psychological traits—mindfulness and locus of control—and college students' capacity to recover from stress and hardship, referred to as resilience. The results present an insightful view of how these personal strengths operate both separately and in conjunction to influence students' mental health.

Although mindfulness has been traditionally linked to emotional regulation and stress alleviation, the study's findings indicate that, for this specific group of students, being present in the moment or self-aware (mindfulness) did not significantly forecast their level of resilience. While a few minor positive correlations were identified, they were not robust enough to be statistically significant. This does not imply that mindfulness lacks value; it likely contributes to resilience through alternative emotional channels, such as aiding students in calming themselves or gaining a better understanding of their reactions, yet it may not serve as an independent catalyst for resilience. Conversely, locus of control proved to be a clear and reliable predictor of resilience. Students who felt they had greater control over their lives—those with an internal locus—demonstrated stronger resilience. This finding supports the concept that having faith in one's ability to affect outcomes is a significant psychological advantage. It encourages students to remain motivated, accept responsibility, and confront challenges actively rather than feeling helpless or overwhelmed.

When mindfulness and locus of control were analyzed together in regression analysis, it became apparent that locus of control significantly overshadowed mindfulness in its predictive power regarding resilience. While mindfulness was still somewhat linked, it provided limited additional predictive significance once locus was accounted for. This indicates that, for college students, having a sense of personal agency is more critical for recovering from setbacks than merely being mindful of one's thoughts or feelings.

Collectively, these insights imply that fostering a sense of control and ownership in students could be one of the most effective strategies for bolstering their resilience. Mindfulness remains beneficial, particularly as a practice for calming and enhancing awareness, but to genuinely enable students to thrive, educational institutions, counselors, and mental health professionals should also prioritize enhancing students' self-efficacy, autonomy, and confidence in decision-making.

In real-world situations, resilience is not derived from a single trait; rather, it emerges from a combination of mental habits, beliefs, and skills that collectively function. This study contributes to the expanding body of research highlighting that when students are instructed not just in managing their thoughts (mindfulness) but also in believing in their capacity to shape their futures (internal locus), they become better prepared to navigate the inevitable challenges of life.

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