

INTRODUCTION

Mindfulness is considered to be a state of consciousness that incorporates self-awareness and attention with core characteristics of being open, non-reactive, and non-judgemental (Brown & Ryan, 2003; Kabat-Zinn, 2003). Mindfulness refers to attention to one's experiences in the present moment with openness, curiosity, and acceptance (Bishop et al., 2004). Brown and Ryan (2003) further conceptualized mindfulness as an enhanced awareness and attention of the current activity or present reality. Mindfulness can also be considered as a trait, or stable tendency to be mindful in everyday life (Brown & Ryan, 2003). The tendency to be mindful can be increased through mindfulness-based interventions (Khoury et al., 2013).

Mindfulness, Resilience and Stress

Mindfulness may foster resilience as higher mindfulness levels reacting in non-adaptive and automated ways. Mindful people can overwhelmed, as they tend to be more creative and are open to new perceptual categories (Langer & Moldoveanu, 2000; Wallace & Shapiro, 2006). Mindfulness may lead to less rumination and

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indomitableness of individuals, leading to higher levels of hope, optimism, and resilience. Thus enhanced self-esteem increases levels of resilience (Karatas & Cakar, 2011). Also, Self-esteem has a close relationship with stress, and self-esteem is more likely to reduce stress levels (Bi et al., 2016). Individuals having low levels of self-esteem tend to believe that they are not competent, feelings associated with low self-worth, potentially leading to a heightened level of perceived stress (Eisenbarth, 2012). High self-esteem reduces stress levels by buffering the person against stress and other negative emotions (Leary et al., 1995).

Thus, considering the robust relation between self-esteem and resilience (Arslan, 2015; Fontaine et al., 2017; Karatas & Cakar, 2011; Martínez-Martí, & Ruch, 2017) and between self-esteem and stress (Bi et al., 2016; Mann et al., 2004) and the important role of mindfulness in self-esteem (Brown & Ryan, 2003; Pepping et al., 2013), it is hypothesized that self-esteem mediates the relation of mindfulness to resilience and stress. Thus, mindfulness would predict increased levels of self-esteem, which would, in turn, predict enhanced resilience and reduced stress levels. We also conducted multi-group analysis to identify whether the associations were similar in magnitude for male and female groups. These results provide preliminary support for the robustness of the mediation effect of self-esteem on the relationship between mindfulness to resilience, and stress. This study extends prior research on mental health by adding insights about the impact of mindfulness and self-esteem on resilience, and mindfulness as well.

Students at a university often have high levels of stress due to problems. University students also need to adapt to a new phase of life, and for that, they need higher resilience levels. Resilience helps individuals cope with adversity and achieve good adjustment and development during trying circumstances (Connor & Davidson, 2003). Therefore in this period, students may not only need to reduce stress levels but also to enhance

et al., 2016; Hamill et al., 2015). In the present study, the Cronbach

alpjc" eqghLekgpvu+." cpf" vjg" eqttgncvkqpu" hqt" cmm" uwwf{ " eqpuvtwevu"

Data Analysis

First, an initial correlational analysis was used to examine the relationships between mindfulness, self-esteem, resilience, and stress. The mediation role of self-esteem was tested using two-step Structural equation modeling (SEM) procedure using AMOS 18.0. A bias-corrected bootstrapping procedure was also employed vq" vguv" vjg" ukipkLecpeg" qh" vjg" o gfkcvkqp" ghggev" qh" ugnh/guvgg o l" 10000 bootstrapping samples were generated according to random sampling using the data set (N=462). Firstly, the measurement model was calculated. After getting satisfactory results of the measurement model, we tested the structural model in the AMOS Uqhvyctg0"Vjg"Lv"qh"vjg"o qfgn"vq"fcvc"ycu"gxcnwcvgf"d{ "ecnewncvki" some indices recommended by Hu and Bentler (1999) and Kline *4233+0" Ceeqtfkpin{." iqqfpguu/qh/Lv" etkvtkc" ygtg" wugf" kp" vjg" ewttgpv" uwwf{ " vjcv" cempqyngfigf" vjg" rvgpvkcn" hqt" ceegrvcng" Lv" * 4lfh>5."EHK@20; 2."UTOT>2032."TOUGC>202 :+"cpf"gzegnngpv"Lv" * 4lfh>4."UTOT>202 :." TOUGC>2028."EHK@20; 7+0" Cu" gcej" ncvgpv" factor was having multiple items, we divided the items into parcels vq"eqpvtqn"kpfcvgf" o gcuwtg o gpv"gttqtu0"Rctegnu" ygtg"etgcvgf" wukpi" an item-to-construct balance approach (Little et al., 2002). We divided the items for each of the mindfulness, self-esteem, and resilience latent factors into three parcels and for stress latent factor two parcels were formed.

RESULTS

Measurement Model

The descriptive statistics, reliability estimates (Cronbach’s

- qrgtcvkkpcn" fgLpkvkqp" *Clinical psychology: Science and practice*, 11(3), 230-241.
- Dtqyp."M0 Y0." ("T{cp."T0O0*4225+0"Vjg'dgpgLvu"qh'dgkpi"rtgugpv<" mindfulness and its role in psychological well-being. *Journal of personality and social psychology*, 84(4), 822.
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- J w."N0V0." ("Dgpngt."R0O0*3 ; ; ; +0" Ewvqhh"etkvtkc" hqt" L"kpfgzgu"kp" covariance structure analysis: Conventional criteria versus new alternatives. *Structural equation modeling: a multidisciplinary journal*, 6(1), 1-55.
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