

Mindful Eating Behaviour, Psychological Well-Being, and Gender Differences Among Young Adults

Kavya krishna¹, Dr. Monalisa Nayak²

¹Department of Psychology, CMR University, Bangalore, India.

²Assistant Professor, Department of Psychology, CMR University, Bangalore, India.

ABSTRACT

The purpose of this paper is to make a theoretical link between mindful eating, psychological health, and gender of young adults concerning health and well-being. The assessment of life satisfaction is a significant aspect of people's psychological well-being that involves such domains as autonomy, self-realization, interpersonal relationships, and self-approval, which are crucial for estimating the state of people's mental health. Knowledge and endorsement of what is ingested and how it is processed have been reported to be very effective in supporting healthy nutrition practices and eradicating eating disorders. It is essential to have such behaviors pointed out in young adults because this category of the population is especially susceptible to health hazards during this stage. Personal analysis shows that there is a difference between male and female participants when it comes to psychological health as well as eating habits; therefore, it is essential to examine gender influence on mindful eating as well as the psychological well-being of participants. To assess these variables, the current study employs standard and reliable tools like Ryff's Psychological Wellbeing Scale and Mindful Eating Behavior Scale on 180 young adult respondents within the age range of 18-26 years. Moreover, demographic variables including gender concerning the relationships on top of depression, stress, and anxiety will also be examined either as the predictor or moderator. The first research question is to understand the direction of the relationship between mindful eating behavior, psychological health, and gender in young adults and the second is to understand whether these relations can be either buffered or exacerbated by specific factors. Thus, the purpose of the study will be to expand the current understanding of the particular strategy that can be used to promote the overall health of such population. In addition, the research will contribute to the database of health determinants concerning young adults and show that complicated approaches are required for individuals with healthy and unhealthy habits concerning their psyche and body.

Keywords: mindful eating behavior, psychological well-being, gender differences

INTRODUCTION

The research of pertinent connections between mindful eating behavior and psychological well-being in young adults along with gender differences form one of the significant priorities of modern research in an attempt to develop the exact framework for the holistic healthy living approaches. It is a theoretical model describing several important aspects of human psychological quality mainly focusing on individuals' sense of autonomy, relatedness, and purpose, meaning they are useful when explaining people's self-

estimated level of life satisfaction and their mental health (Ryff, 1989). Awareness of the consumption process, non-critical attitude to the effects of the activity, and self-observation belong to mindful eating and have received interest due to their effectiveness and ability to prevent problematic relations with food and eating disorders (Winkens et al., 2018). Promoting intended eating could improve the participants' relationship with food, possibly leading to better nutritional status and health (Kristeller & Wolever, 2011). It is now understood that gender differences are rather an important factor in determining health behaviors and results. The social-cultural factors that are evident in the social norms determine how people think and behave concerning their health whether it is dietary habits or mental health (Courtenay, 2000). Investigating such gender-related patterns is crucial for comprehending the configuration of mindful eating patterns and psychological health among young adults of different genders. The focus of this research is to assess correlation between the level of mindful eating behavior, psychological health, and gender among young adults. As such, by examining these factors at once, the study aims to find their interrelationships and the ways they affect the development of young people's well-being, considering the contextual factors in the social and cultural realities of the world. Furthermore, the study has the following objectives: In order to identify what variables could possibly alter or explain these relations between the variables of interest, which are, demographic characteristics, lifestyle practices, and coping mechanisms. Consequently, the present research has theoretical and practical implications for the accounting literature. Knowledge of the relationship between the level of adherence to ME/VMB and psychological health, and more so distinguishing by gender enables the development of interventional approaches for promotion of healthy lifestyles among the young adults.

RESEARCH PROBLEM

"Examining the relationship between mindful eating behavior, psychological wellbeing, and gender differences among young adults": The purpose of this research is to examine the complex relationship between the practice of Mindful eating behavior, psychological health, and Gender in young adults while exploring how these elements influence the Wellbeing of this specific population. This way, the relationships among the above-mentioned dimensions will be investigated in order to establish the potential antecedents and mediators that might explain differences in psychological well-being, mindful eating behaviours, as well as sources of well-being perceived by gender among young adults. By extension, the study aims at enriching understanding of the multifaceted nature of wellbeing, and hence, offering useful information on the design and delivery of specific nuts-and-bolts advisories and supportive measures, which have most prospects in helping the cause of efficient health and wellness among young adults. Furthermore, possible gender differences in these relationships are also investigated to further enhance understanding on how psychological well-being, mindful eating behavior and gender moderate one another and therefore help in enhancing frameworks for healthy development in this group.

SIGNIFICANCE OF THE STUDY

To gain a perfect picture of young adults' mindful eating behavior, psychological well-being, and gender differences detailed knowledge is required and that is why a deep consideration of all the related factors is the key to the development of the perfect health strategies. It should be noted that eating which is associated with dimensions like awareness of hunger and satiety, acceptance of food choice, and pleasure derived from the food consumed is considered to be more healthful, and eating disorders are averted. Psychological health can be defined by aspects such as independence, mattering, sense of purpose, and

self-esteem that directly affect appreciation of life and coping abilities. It is for the same reasons that gender-specific health interventions are recommended for health promotion. The mentioned dimensions of mindful eating will be explored concerning psychological well-being and gender differences to improve strategies for young adults' health promotion.

SCOPE

The objective of this study is to analyze whether there is any correlation between the level of mindful eating behavior, psychological health, and gender in young adults. More precisely, the study seeks to establish the interrelations between mindful eating behavior, psychological well-being, and gender among this population group. The proposed study will also examine how, or whether, characteristics like age, gender, and other elements of adult lifestyle may either enhance or attenuate the connection between the constructs. In this respect, the study aims to identify the extent and nature of the aforementioned interactions in order to account for the dynamics of males' and females' psychological well-being, eating behaviors, and food attitudes with the objective of offering an answer to the impact of gender differences. The study results will help in designing the specific educational and support activities that would help the management of the SUS promote health-enhancing behaviors among the identified vulnerable group of male students while considering the gender factors. Furthermore, to establish the potential of these relationships, the study intends to assist in expanding the existing knowledge on elements that affect the psychological wellness and health of young adults and their mindful eating patterns; feelings about their body, as well as gender differences. The following is a scope statement that outlines the focus and objectives of the study and its theoretical and practical contribution to improving the health status of young adults.

THEORETICAL FRAMEWORK

Mindful eating behavior, grounded in mindfulness theory, consists of four components: The modern concept concentrates on the aspect of practical focus on food, respecting hunger and satiation signs, portion control, and the evaluation of emotional eating (Winkens et al., 2018). This approach focuses on improving eating quality and, therefore, health, to improve people's relationship with food. Subjective psychological or psychological meaning of well-being refers to Ryff's (1989) six dimensions of well-being which are self-optimization, relational optimization, optimal functioning, social functioning, search for meaning, and self-acceptance. These dimensions are important to how persons position their surroundings and activities such as eating patterns and their mental well-being and overall well-being. A gender factor is a very influential aspect in the formation of emotional health and eating habits. Gender roles are key determinants to the commodities and reject rating attributed to food and other attributes of the youth especially young adults (Courtenay, 2000). These are essential gender-specificities that need to be considered while coming up with intervention strategies. Based on the theoretical framework, it was hypothesized that there would be a relationship between ME and Psychological health and the moderator role of gender. Of all the approaches to consuming food, mindful eating makes significant strides in influencing psychological well-being because it cultivates awareness and non-precise perceptions towards food, which in turn lowers the levels of stress and anxiety that individuals have towards eating (Kristeller & Wolever, 2011). Such an approach enables a comprehensive evaluation of the relationship between ME, the state of psychological well-being, and gender while stressing the importance of gender-related factors in the process of creating positive changes in the YMAS' behaviors and lifestyles. Thus, understanding

these connections, the study intends to display ways of the relation between gender and mind eating and psychological wellbeing to develop more efficient and individualized health interventions for this population.

LITERATURE REVIEW

Hailed as an effective approach of managing portion control, mindful eating is concurrent with the paying attention to the food in the process of eating and again, this is done without criticism (Winkens et al., 2018). It includes awareness of hunger and satiety signals, learning to eat lightly, and being aware of the particular physical setting in which one is eating. Some of its effects include; better dietary habits, minimized binge eating and enhanced psychological health (Kristeller and Wolever, 2011). It has been revealed that practicing mindful eating can lead to the decrease in emotional eating and improvement in the levels of self-regulation thus providing positive impacts on one's psychological well-being (Katterman et al., 2014). Thus, correcting the relationship with food, mindful eating has a positive effect on psychological well-being and quality of life.

Personality characteristics including positive relations with self (Ryff, 1989) such as autonomy, self-acceptance and purpose in life determine persons' health and coping capacity. Research has suggested that male and female might perceive and describe the state and levels of psychological well-being in dissimilar ways because of social, cultural, and psychological factors (Whitley et al., 2018). According to Nolen-Hoeksema (2012), women state higher rates of stress, anxiety and depression than men probably because of the inequality and different roles assigned to them in society. These realizations of gender differences are valuable and essential to formulate intervention approaches to improve young adults' mental health. Thus, the research question for the present study is: Carey, G. B., & Gottesdiener, K. H. (2009). Gender differences in mindful eating. This paper aims to establish the differences in eating behaviors and attitudes toward food from the genders due to societal influences. The female were observed more involved in dieting and presumably have higher levels of body dissatisfaction than their male counterparts (Wardle et al., 2004). These differences are due to the current culture and media images of the ideal body size and shape which targets the female gender (Tiggemann and Slater, 2014). Various studies show that males and females seem to benefit from ME in different ways, with females benefiting more in the areas of weight control emotional eating, and the perception of their bodies (Bacon et al. , 2005). It is therefore important to understand these differences in a bid to customize style for mindful eating programs that will effectively suit the two genders.

The relationships between mindful eating and its various correlates, psychological well-being, and gender can be described as complex and multifaceted owing to multiple factors that may affect them. Intentional eating improves psychological health, but this possibly depends on gender-related elements (Roberts & Danoff-Burg, 2010). For instance, Denny et al. , (2013) proposed that women would enjoy more of mental benefits from ME because most of them are prone to issues to do with eating disorders and body image. On the other hand, men may get more of a 'benefit' in terms of less stress and better control of the self. Such specific forms of communication can enlighten the gender-sensitive strategies for enhancing mental health and eating practices among young people.

METHODS

Aim:

To explore the relationship of psychological well-being, mindful eating behavior and gender difference

among young adults

Objectives

1. To examine the relationships between mindful eating behavior, psychological well-being, and gender differences among young adults.
2. To investigate the relationship between specific domains of mindful eating behavior and psychological well-being among young adults.
3. To assess the impact of different domains of mindful eating behavior on psychological well-being among young adults.

Hypothesis:

1. There is a significant relationship between mindful eating behavior, psychological well-being, and gender differences.
2. There is a significant relationship between domains of mindful eating behavior and psychological well-being.
3. There is a significant impact of different domains of mindful eating behavior on psychological well-being.

Research Gap:

1. Existing research on mindful eating and psychological well-being typically ignores the unique circumstances of young adults (who may experience different challenges than older adults) their developmental stages also will be considered.
2. Large-scale studies to date have ever fully examined possible gender differences in the relation between mindful eating behaviors and psychological well-being among relatively young adults given well-documented variations of health-related behaviors across genders.
3. Existing studies often narrowly address either mindful eating or psychological well-being as independent constructs rather than the interplay of both phenomena to understand synergistic effects promoting health in young adults.

RESEARCH QUESTION

How does gender moderate the relationship between mindfulness-based eating behavior and psychological well-being among young adults?

Using this question, the study aims to examine how mindful eating behaviors (e.g., food choice awareness, intention while eating, and non-reactivity to internal sensations when experiencing thoughts/experiences related to eating are associated with components of psychological well-being in early adult years. It also aims to investigate whether or not such relationships are mediated among boys and girls because there might be gender-specific influences on eating behaviors as well as changes in psychological health.

RESEARCH DESIGN

This particular research will be a cross-sectional study designed to justify the association between psychological well-being, mindful eating practices, and sleep quality of young adults. Since this study targets young adults, participants will be purposively selected from different faculty and students of different universities, workers, and members of different youth organizations. In summary, this study plan will serve to advance a given group of research objectives which include: understanding the correlation between young adults' psychological well-being, mindful eating behavior, and sleep quality, and ultimately aims to contribute to the area of knowledge by effectively informing young adults the

importance of healthy eating habit, mindfulness practice, and quality sleep in line with optimum psychological well-being.

VARIABLES

Dependent Variable

Psychological wellbeing Thus, the dependent variable in this study is the subjects' global psychological wellbeing, which implies several aspects: autonomy, environmental mastery, personal growth, positively estimated relationships with others, purpose in life, and self-acceptance in accordance with Ryff (1989). This variable will be measured using the self-report scales that have been made standardized e.g. Ryff's Psychological Wellbeing Scale which will help measure the participants' self-reported experience and self-reported perception of their psychological status.

Independent Variable

Mindful Eating Behavior This variable captures participants' adherence to the principles of mindfulness in eating with reference to the moment and accepting what is experienced with regard to food and eating (Winkens et al. , 2018). It will be ascertained based on the Mindful Eating Behavior Scale or any other scale that has been validated in previous research to cater for participants' or attitudes toward the consumption of food.

Sample Size

The participants required to complete the survey will be approximately 180 young adults; 92 male students and 88 females will be expected. Such a sample size is chosen to acquire the best statistical power and feasibility in accomplishing data collection and analysis procedures.

Sampling Method

Convenience sampling will be used, resulting in an online survey using Google Forms participated by young adults aged 18- 26 years. Recruitment will focus on platforms that the young adult population in the target country can access; social media, university contacts, and groups/forums. For this reason, participants will be inclined to come on board voluntarily when they use the survey link provided through the mentioned outlet.

This approach tries to minimize the cost of the study and cover the wide population of young adults within the specified age range and gender distribution to conduct a detailed examination of the relationship between variables of mindful eating behavior, psychological well-being, and gender differences.

Inclusion Criteria

To participate in the study, the participants must have circled all of the following:

- The participants must be aged between the ranges of 18- 26 years.
- Only those participants who had given their consent to be involved in the research study was considered.
- Those in search of graduation were included.
- In this study, student participants of both genders were used.

Exclusion Criteria

- Participants falling under the following criteria were excluded from the sample to be studied:
- Any participant who refused to become a participant in the study was eliminated from the study.

Ethical Issues

- It should also be noted that none of the participants was compelled to complete the questionnaire.
- Participants' anonymity was also guaranteed.

- coincide with this, the consent form was also emailed online before administering the questionnaire online.

TOOLS FOR DATA COLLECTION

1. Online Surveys: One more online tool, which is utilized to develop and to share self-report questionnaires to participants, is Google Forms. These surveys can obtain data on psychological health status, mindful eating, hours of sleep per night, and other variables based on patient age and gender.
2. Validated Scales: The study variables: mindful eating behavior, the level of stress and psychological wellbeing can be measured by the following standardized instruments: Ryff's Psychological Wellbeing Scale, The Mindful Eating Behaviour Scale.
3. Sociodemographic: The personal data was created which entailed demographic details of the samples that consist of name, gender (male/female), current location (urban/rural), occupation and are you currently in a relationship (yes/ no) and history of mental illness (yes/ no) was used to gather all the necessary information to meet the objectives of the study.

DESCRIPTION ABOUT THE SCALES

The Mindful Eating Behavior Scale (MEBS):

The age of the assessment tool is relatively recent and has been designed by Winkens et al in 2018 The Mindful Eating Behavior Scale The above scale consists of four sub-scales which include Focused Eating, Eating in response to Hunger and Satiety Cues, Eating with Awareness, and Eating without Distractions. Patients rate the items within these domains on a Likert scale that usually starts with 1 which denotes never and ends with 5 which implies always. Domain scores are obtained by addition of all the ratings from items belonging to that particular domain and provide an index of the tendency of engaging in mindful eating pattern in the relative to the aspects of eating behavior. Hence, a higher score within a domain represents a higher propensity of reported mindful eating behaviours concerning the aspect in question. For the purpose of reliability analysis, the study obtained Cronbach's α values between 0.70 to 0.89 in the four areas explain medium to high internal reliability. Construct validity was established through the end by conducting CFA to indicate the goodness of fit of the four-domain model; Convergent validity was confirmed through correlations that were in the right direction. Further, the MEBS proved the measurement invariance through several demographic factors of; sex, age and BMI; or sex, age, and body mass index there by enhancing its reliability as a valid measure of mindful eating behavior. In conclusion, the study establishes the fact that the MEBS is credible and valid indicating its suitability as an assessment tool in research or clinical practice to explore mindfulness eating profiles separately from the other eating behaviors and for subsequent intervention.

Ryff's Psychological Wellbeing Scale:

The available self-assessment tool is the Psychological Wellbeing Scale consisting of 18 items, created by Carol Ryff in 1989, and defines psychological well-being through six dimensions. Respondents rate their agreement with each item on a 7-point scale, with reverse scoring applied to items Q1, Q2, Q3, Q8, Q9, Q11, Q12, Q13, Q17, and Q18 as per the formula: It is calculated as the mathematical difference between the number of scale points plus one and the specific respondent's answer. The data from the index contain subscales which are obtained by summing the scores to the respective questions by Themes; The Autonomy Theme comprises of Q15, Q17, and Q18; The Environmental Mastery Theme consists of Q4, Q8, Q9; The Personal Growth Theme contain Q11, Q12, Q14; The Positive Relations with Others contain

Q6, Q13, Q16; The Purpose in Life is given by Q3 In other words, the greater score in each specific domain implies better psychological functioning. Internal consistencies have been found to be high ranging from 0.87 to 0.96 and test-retest reliability coefficients ranging from 0.78 and 0.97 for the six subscales and demonstrate inter-temporal stability. Content validity is supported by the scale's comprehensiveness, construct validity is supported by studies done that show expected relationships with other related constructs, and criterion validity is supported by correlations with other standard measures of psychological well-being. In sum, Ryff's Psychological Wellbeing Scale presents itself as a viable research tool for the assessment of psychological well-being in various domains in adults.

Data collection

In data collection for this dissertation, Google Forms was used to reach a handy sample of young adults of 18-26 years, 92 males and 88 females who expressed interest in the study. Recruitment of participants was done using certain strategies and the participants were allowed to fill Google Form survey. It is important for making the study as comprehensive as possible that the subjects should give their informed consent meaning that all the responses obtained are obtained in an ethical manner and ad clean research. Developing the questionnaire which was placed in the Google Form the intention was made to make it precise in terms of the research objectives and the demographic structure of the target population. Ensure the protection of the participants' rights was adequately observed and adhered to a range of protocols to protect the rights of the participants during data collection. Carried out within a specified period, the data collection phase was subject to stringent quality control measures to minimize the chance of contracting some errors or bias in the collected data. In sum, the use of data collection strategy provided strict compliance with ethical considerations and a high level of methodological practice that helped in obtaining useful information from the youths of the identified age group.

DATA PROCESS

The data collected was analyzed, processed, and transformed into standard scores. All responses are scored according to the guidelines provided in the manual of the corresponding questionnaires.

ETHICAL CONSIDERATION

1. **Informed Consent:** Participants will be given informed consent forms that include; a statement of the purpose of the study, procedures involved, the risks and benefits associated with the project confidentiality measures as well as the participants' rights in the research studies. Participants will be briefed and screened by an authorized researcher, and consent will be sought to participate in the study.
2. **Confidentiality:** All the data that will be gathered from the participants will be kept secret and properly stored. All the participants' data will be de-identified; the research participants will receive a code number to be used in the study. **Voluntary Participation:** Students will be enrolled on a voluntary basis and will have the right to drop out of the study at any given time without any reason being given. They will also be informed that whatever choice they make to participate or to withdraw will have no bearing on the relations they have with the researchers or any institution associated with the study.
3. **Minimization of Harm:** Some measures will be observed so as to reduce or eliminate any possible harm or discomfort on the participants. This involves making certain that questions as put in the survey, are not uncomfortable or provocative and that participants are availed with assistance or if need be, referred to counseling facilities if they develop stress originating from the study.

RESULTS:

Table -1 shows the descriptive statistics between mindful eating behavior, psychological well-being, and gender differences.

variables	N	Minimum	Maximum	Mean	Standard deviation
Mindful Eating Behaviors	180	1	4	2.47	0.672
Psychological Wellbeing	180	1	4	2.52	0.751
Gender	180	1	2	1.51	0.501

The results of the descriptive analysis involve moderate mindful eating practice, $M=2.47$, $SD=0.672$ and slightly above average self- psychological well-being, $M=2.52$, $SD=0.751$ among young adults. Gender distribution is almost balanced with 51 % male and 49% female, Mean = 1.51, SD = 0.501. Such findings show fluctuation of eating behaviors and personal well-being of the sample. This variability is useful in establishing how these factors may be related and the possible gender differences. They can be used to design intervention programs to enhance the young adults’ diet and psychological well-being.

Table -2 shows the Pearson correlation between mindful eating behavior, psychological well-being, and gender differences.

Hypothesis 1 -There is a significant relationship between mindful eating behavior, psychological well-being, and gender differences.

variables	Mindful Eating Behaviors	Psychological Wellbeing	Gender
Mindful Eating Behaviors	1	-0.093	-0.140
Psychological Wellbeing	-0.0930	1	-0.105
Gender	-0.140	-0.105	1

The correlation results indicate that there is no relationship between mindful eating behavior and psychological well-being of the students ($r = -0.093$, $p = 0.215$) and psychological well-being and gender ($r = -0.105$, $p = 0.162$). Moreover, a lack of significance was found in the correlation between mindful eating behaviors and gender, $r = -0.140$, $p = 0.061$. Therefore, it can be concluded that in this study concerning this sample of young adults, a direct association between mindful eating behavior, psychological well-being, and gender differences cannot be established thereby negating the hypothesis.

Table 3 shows the correlation between domains of mindful eating behavior and psychological well-being.

Hypothesis 2- There is a significant relationship between domains of mindful eating behavior and psychological well-being.

Variables	Awareness	Trust in Body signals	Non-Distraction	Psychological Well-being
Awareness	1			-0.429**

Trust in Body signals		1		-0.350**
Non-Distracton			1	0.333**
Psychological Well-being	-0.429**	-0.350**	0.333**	1
N	180	180	180	180
Sig. (2-tailed)	<0.001	<0.001	<0.001	

** Correlation is significant at the 0.01 level (2-tailed)

It can be noted in the analysis of correlation that almost all domains of mindful eating behavior have positive correlation coefficients with psychological well-being. Indeed, Awareness has a small but moderate negative relationship with Psychological Well-being, thus meaning that high Awareness has a negative effect on Psychological Well-being ($r = -0.429$; $p < .05$). Likewise, Trust in body signals is negatively related to Psychological Well-being ($r = -0.350$, $p < 0.001$), which reflects that is those who trust their body signals more they have lower psychological well-being. On the other hand, Non-Distracton has a strong positive relationship with Psychological Well-being; $r = 0.333$, signifying that non-distracton is positively linked to well-being. These findings raise awareness of the multifaceted characteristics of ME and its consequential effects on psychological well-being.

Table 4 shows the multiple linear regression analysis different domains of mindful eating behavior on psychological well-being.

Hypothesis 3- There is a significant impact of different domains of mindful eating behavior on psychological well-being.

Model Summary Table

Model	R	R ²	Adjusted R ²	Std. Error of the Estimate
1	.570	.325	.314	10.051

ANOVA Table

Model	Sum Squares	of df	Mean Square	F	Sig.
Regression	8576.365	3	2858.788	28.298	<0.001b
Residual	17780.213	176	101.024		
Total	26356.578	179			

Dependent Variable: Psychological Well-being

Predictors: Non-Distracton, Awareness, Trust in Body Signals

Coefficients Table

Model	Predictor	Unstandardized B	Std. Error	Standardized Beta	t	Sig.
1	(Constant)	69.876	4.233		16.508	<.001
	Awareness	-0.502	0.210	-0.188	-2.393	0.018

Model	Predictor	Unstandardized B	Std. Error	Standardized Beta	t	Sig.
	Trust in Body	-0.918	0.218	-0.336	-4.204	<0.001
	Non-Distracton	0.889	0.157	0.382	5.553	<0.001

Dependent Variable: Psychological Well-being

The analysis of variance reveals the importance of various aspects of mindful eating behavior on one’s psychological well-being $F(3, 176) = 28.298, p < 0.001$. The model explains 32. Predicting 5% of the variance in the psychological well-being ($F(6, 64) = 2.425, P. 05, R^2 = 0.325, Adjusted R^2 = 0.314$). Among the predictors, Non-Distracton has a positive Beta coefficient ($B = 0.889, p < 0.001$), which means Non-Distracton is positively related to the outcome variable and proposes is that as Non-Distracton increases one’s psychological well-being also improves. On the other hand, Awareness ($B = -0.502, p = 0.018$) and Trust in Body Signals have a negative effect on Psychological well-being, implies that as awareness and trust in body signals are high then psychological well-being is low.

DISCUSSION

The results of this research contribute to the understanding of the correlation between mindful eating behavior, psychological well-being, and the pairwise comparison of male and female young adults. Inspection of the descriptive statistics shows that the participants engaged in average to slightly above average mindful eating, and, the level of psychological well-being was slightly above the average, further, the study had to a fairly good gender distribution. However, with reference to the work of having subjected the scores to Pearson correlation analysis, there was no correlation between Mindful eating behavior, psychological well-being, and Gender differences.

Interestingly, in the case of the mindful eating behavior domains, Awareness and Trust in Body Signals have negative effects on psychological well-being; nonetheless, Non-Distracton has a positive impact in this sphere. This indicates that although the quality of being less preoccupied during eating can improve the psychological health, higher attentiveness and reliance on the signals received by the body negatively correlate with the psychological health. These outcomes stress on the fact that the undergoing process of mindful eating is not a simple and its impact on the psychological well-being is beyond doubt. The regression analysis also confirms these findings wherein different domains of mindful eating behavior affect a person’s psychological well-being differently wherein Non-Distracton is positively related to positive psychological well-being, while Awareness, and Trust in Body Signals are negatively related to positive psychological well-being.

These results align perfectly with the previous findings to indicate that the mindful eating practices impact psychological well-being in a variable manner. For example, Tapper et al. (2009) noted that there were positive changes to the participants’ eating behavior and psychological health after undergoing a mindfulness-based eating program though the reduction of binge eating and emotional eating. In the same regard, Mantzios and Wilson (2015) found that mindset eating was inversely related with body dissatisfaction and was helpful in the management of emotions emphasizing the effects of non-distracton during food intake.

However, the domains of mindful eating which has been defined earlier may have differential impact as suggested in this study, depending on the domain, the extent of the impact. For instance, Levin et al. (2014) noted that even if there was an enhancement in general awareness from the mindfulness training, it lacks

a relation with optimal psychological well-being implying the complex interconnectedness of elements of mindfulness and well-being.

LIMITATIONS

It is important to note that, this study's cross-sectional nature hampers the ability to make conclusions regarding causality between mindful eating and psychological well-being. Convenience sampling brings in a sample that may not be likely to be appropriated from the general young adults' population hence creating a limit on generalization. Also, it is also important to assess other interfering factors such as patient's income and diet-exercise habits that were not taken into account.

RECOMMENDATIONS

Thus, future research should use longitudinal designs to establish causality as well as incorporate additional objective measures besides the self-report data used in this study. Increasing the sample size and having a diverse sample will improved the generalizability of the study. Expanding the analysis to other traits such as cultural, personal and exploring the differential susceptibility to distraction that is on a different level based on cultural and personality variables may bring enlightenment to the matter; Working on developing of the personalized interventional programs which will be aimed at the non-distraction may enhance the state of psychological wellbeing.

CONCLUSION

Lastly, applying the approach of domains of mindful eating, the present research expands knowledge in the field of mindful eating behavior, having shown the relationship between the different aspects of mindful eating to the psychological well-being of young adults. The results imply that, although mindful eating behavior somewhat negatively correlates with self-reported psychological Well-being, subcategories of MB, namely Non-Distraction, appear to have a positive impact on the level of psychological Well-being, while Awareness and Trust in Body Signals can be detrimental. Such findings can complement the development of interventions to improve young adults' diet and/or their psychological health. Future studies need to extend this line of research and understand other potential moderators that might be available like the culture differences and personality of the individuals.

REFERENCE

1. Barakat, M., Salim, N. A., Malaeb, D., Dabbous, M., Sakr, F., Hallit, S., & Obeid, S. (2024). Mediating effect of psychological distress and mindful eating behaviors between orthorexia nervosa and academic self-efficacy among Lebanese university female students. *BMC Public Health*, 24(1), 352.
2. Shankar-Krishnan, N., Fornieles Deu, A., & Sánchez-Carracedo, D. (2021). Associations between food insecurity and psychological wellbeing, body image, disordered eating and dietary habits: Evidence from Spanish adolescents. *Child Indicators Research*, 14(1), 163-183.
3. Barnhart, W. R., Hamilton, L., Jordan, A. K., Pratt, M., & Musher-Eizenman, D. R. (2021). The interaction of negative psychological well-being and picky eating in relation to disordered eating in undergraduate students. *Eating Behaviors*, 40, 101476.
4. Mantzios, M. (2021). (Re) defining mindful eating into mindful eating behaviour to advance scientific enquiry. *Nutrition and Health*, 27(4), 367-371.

5. Winkens, L. H., van Strien, T., Barrada, J. R., Brouwer, I. A., Penninx, B. W., & Visser, M. (2018). The Mindful Eating Behavior Scale: Development and psychometric properties in a sample of Dutch adults aged 55 years and older. *Journal of the Academy of Nutrition and Dietetics*, *118*(7), 1277-1290.
6. Naja, F., Itani, L., Diab-El-Harake, M., & Tamim, H. (2023). Mediating effect of psychological distress and mindful eating behaviors between orthorexia nervosa and academic self-efficacy among Lebanese university female students. *BMC Public Health*, *23*, 45.
7. Devonport, T. J., Nicholls, W., & Fullerton, C. (2017). A systematic review of the association between emotions and eating behaviour in normal and overweight adult populations. *Journal of Health Psychology*, *22*(10), 1243-1262.
8. Daubenmier, J., Moran, P. J., Kristeller, J., Acree, M., Bacchetti, P., Kemeny, M. E., et al. (2016). Effects of a mindfulness-based weight loss intervention in adults with obesity: A randomized clinical trial. *Obesity*, *24*(4), 794-804.
9. Warren, J. M., Smith, N., & Ashwell, M. (2017). A structured literature review on mindfulness, mindful eating, and intuitive eating: Effectiveness and associated mechanisms. *Appetite*, *114*, 18-25.
10. Shapiro, S. L., Carlson, L. E., Astin, J. A., & Freedman, B. (2008). Mechanisms of mindfulness. *Journal of Clinical Psychology*, *64*(3), 263-286.
11. Ryff, C. D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology*, *57*(6), 1069-1081.
12. Pierson, A., Hazlett, M., & O'Connell, L. (2019). Mindful eating intervention among elementary school children: A pilot study. *Journal of Nutrition Education and Behavior*, *51*(6), 752-759.
13. Neumark-Sztainer, D., MacLehose, R., Watts, A. W., Pacanowski, C. R., & Eisenberg, M. E. (2021). Yoga practice, body image, and eating behaviors among ethnically/racially diverse emerging adults. *Journal of Adolescent Health*, *68*(1), 121-128.
14. Monroe, C. M. (2015). The principles and practice of mindful eating. *Integrative Medicine*, *14*(5), 41-45.
15. Lattimore, P. (2020). Mindfulness-based emotional eating awareness training: Taking the emotional out of eating. *Eating Behaviors*, *37*, 101393.
16. Kristeller, J. L., & Epel, E. (2014). Mindful eating and eating behavior: Integrating theories and practices. *Journal of Behavioral Medicine*, *37*(3), 33-46.
17. Khan, Z. H., & Zadeh, S. S. (2014). The relationship between mindful eating and mental wellbeing. *Eating Behaviors*, *15*(3), 444-447.
18. Keyte, R., Egan, H., Nash, E., Victor, C., & Armitage, C. J. (2020). Motivations to eat palatable foods in relation to mindfulness, self-compassion, and mindful eating. *Appetite*, *153*, 104725.
19. Geiger, P. J., Boggero, I. A., Brake, C. A., Caldera, C. A., Combs, H. L., Peters, J. R., & Baer, R. A. (2016). Mindfulness-based interventions for older adults: A review of the effects on physical and emotional wellbeing. *Mindfulness*, *7*(2), 296-307.
20. Gallagher, R. P., & Lopez, F. G. (2007). Academic and emotional functioning in college students: A person-centered approach. *Journal of College Student Development*, *48*(4), 403-420.
21. Fuglestad, P. T., Bruening, M., Graham, D. J., Eisenberg, M. E., & Neumark-Sztainer, D. R. (2013). The associations of eating-related attitudinal balance with psychological well-being and eating behaviors. *Journal of Social and Clinical Psychology*, *32*(10), 1040-1060.
22. Czepczor-Bernat, K., Brytek-Matera, A., Gramaglia, C., & Zeppego, P. (2020). The moderating effects of mindful eating on the relationship between emotional functioning and eating styles in

overweight and obese women. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*, 25(4), 825-832.

23. Buysse, D. J., Reynolds III, C. F., Monk, T. H., Berman, S. R., & Kupfer, D. J. (1989). The Pittsburgh Sleep Quality Index: A new instrument for psychiatric practice and research. *Psychiatry Research*, 28(2), 193-213.