

# Mindfulness, Resilience and Life Satisfaction Among Yung Adults: A Correlational Study

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## Abstract

Young adulthood is a critical phase of life where individuals navigate various personal and professional challenges. This study explores the connection between mindfulness, resilience, and life satisfaction in young adults. A total of 200 participants, including both males and females, took part in the study. Standardized psychological measures were used to assess their levels of mindfulness, resilience, and overall life satisfaction. Statistical analysis using Pearson's correlation revealed a strong positive relationship between mindfulness and resilience, indicating that individuals who are more mindful tend to be more resilient. Furthermore, both mindfulness and resilience were positively linked to life satisfaction, suggesting that young adults who cultivate these qualities tend to experience a greater sense of fulfillment and well-being. These findings emphasize the value of mindfulness and resilience in enhancing life satisfaction and highlight the potential benefits of mindfulness-based programs in supporting young adults' psychological well-being. Future research could further examine these relationships using experimental or longitudinal approaches.

**Keywords:** Mindfulness, Resilience, Life satisfaction, Youth

## Introduction

Young adulthood is a pivotal stage in life characterized by rapid personal growth, evolving responsibilities, and the pursuit of identity and purpose. During this transitional period, individuals often grapple with academic pressures, career uncertainties, and social expectations, all of which can significantly influence their psychological well-being. The ability to navigate these challenges effectively is crucial for maintaining a sense of fulfillment and life satisfaction. However, not all young adults possess the same coping mechanisms, making it essential to explore the psychological traits that contribute to resilience and overall well-being.

Mindfulness has emerged as a powerful psychological tool that fosters emotional balance and mental clarity. It involves being fully present in the moment, cultivating awareness without judgment, and developing a deeper connection with one's thoughts and emotions. Research has consistently highlighted mindfulness as a key factor in reducing stress, improving emotional regulation, and enhancing overall psychological health. Individuals who practice mindfulness tend to experience lower anxiety levels, greater self-acceptance, and improved coping strategies when faced with life's inevitable difficulties.

Resilience, another crucial psychological attribute, plays a fundamental role in determining how well ind-

individuals recover from adversity. It is the inner strength that enables people to withstand hardships, adapt to change, and emerge stronger from challenges. Resilient individuals are not only better equipped to handle stress but also demonstrate greater optimism and problem-solving skills, which contribute to a higher sense of life satisfaction. The dynamic interplay between mindfulness and resilience suggests that those who cultivate mindfulness are likely to develop stronger resilience, allowing them to maintain emotional stability even in the face of adversity.

Life satisfaction, a vital component of subjective well-being, reflects an individual's overall assessment of their quality of life. It encompasses feelings of contentment, fulfillment, and the perception that life is meaningful and rewarding. Numerous studies indicate that both mindfulness and resilience significantly contribute to higher life satisfaction, as they enable individuals to respond more positively to life's ups and downs. Despite these insights, there remains a need for a deeper exploration of how these psychological factors interact specifically within the young adult population.

This study seeks to examine the intricate relationship between mindfulness, resilience, and life satisfaction among young adults. By understanding how these elements influence one another, this research aims to provide valuable insights into fostering mental well-being during this critical life stage. The findings have the potential to inform mental health interventions, personal development programs, and educational strategies that support young adults in cultivating greater resilience, emotional balance, and overall life satisfaction.

## **Review of Literature**

Understanding the complex relationship between mindfulness, resilience, and life satisfaction has gained significant attention in psychological research. Various studies have explored how these psychological constructs interact and contribute to overall well-being, particularly among young adults. This section examines existing literature on each of these variables and their interconnections.

1. Kütük et al. (2023) explored the relationship between mindfulness, resilience, wisdom, and life satisfaction among Turkish adults. The study, involving 1,158 participants, used structural equation modeling to assess the mediating roles of resilience and wisdom in the relationship between mindfulness and life satisfaction.

The results revealed that mindfulness significantly contributes to life satisfaction, but its effect is partially mediated by resilience and wisdom. Among these, wisdom played a stronger mediating role than resilience, suggesting that individuals who practice mindfulness tend to develop wisdom, which in turn enhances their overall life satisfaction. Additionally, resilience also played a positive role by helping individuals cope with stress and adversity, further contributing to their life satisfaction. These findings highlight the importance of mindfulness in fostering well-being, showing that developing wisdom and resilience can strengthen the impact of mindfulness on life satisfaction. The study suggests that mindfulness-based interventions should focus not only on stress reduction but also on enhancing wisdom and resilience to maximize psychological well-being.

2. Fenzel and Richardson (2021) explored how spirituality, mindfulness, resilience, and self-compassion influence life satisfaction and depressive symptoms among emerging adults aged 18 to 30. The study examined how these psychological resources help individuals manage stress and enhance well-being during the transition to adulthood. The findings revealed that resilience and self-compassion play a crucial role in promoting life satisfaction, as individuals who can adapt to challenges and treat themselves with kindness tend to experience greater overall well-being. Additionally, mindfulness and self-compassion

were found to be strong predictors of lower depressive symptoms, highlighting that maintaining present-moment awareness and self-compassion can significantly reduce distress. Spirituality emerged as an important moderating factor, demonstrating that individuals with higher spiritual well-being were less negatively affected by stress, experiencing higher life satisfaction and lower depressive symptoms.

These results emphasize the importance of incorporating mindfulness practices, self-compassion exercises, and resilience-building strategies into mental health interventions for young adults. By fostering these psychological strengths, individuals can develop effective coping mechanisms that support their emotional well-being and enhance their overall quality of life, particularly in educational settings.

**3.** Marei and Alzahrani (2018) examined how mindfulness, resilience, and flourishing contribute to life satisfaction among Saudi college students. The study aimed to explore whether resilience and flourishing mediate the relationship between mindfulness and life satisfaction.

The study included two samples of students from Umm Al-Qura University, with 562 participants in the first phase and 534 in the second phase, covering various academic disciplines. Participants completed measures assessing mindfulness, resilience, flourishing, and life satisfaction. The research also validated the Arabic versions of the Mindful Attention Awareness Scale (MAAS) and the Brief Resilience Scale (BRS), confirming their reliability.

Findings showed that mindfulness positively affects life satisfaction, but this relationship is partially mediated by resilience and flourishing. Students who practiced mindfulness were more resilient, allowing them to cope better with challenges, leading to greater personal growth (flourishing) and higher life satisfaction. Furthermore, resilience had a direct positive impact on flourishing, highlighting its role in promoting well-being.

The study emphasizes the importance of mindfulness in enhancing student well-being. It suggests that mindfulness-based programs in universities can help students develop resilience, promote personal growth, and ultimately improve their life satisfaction and mental health.

**4.** Shi et al. (2015) investigated the relationship between stress, resilience, and life satisfaction among Chinese medical students, focusing on the mediating role of resilience. The study aimed to understand how resilience influences the link between perceived stress and overall life satisfaction in medical students, a group known to experience high levels of academic and psychological stress.

The study was conducted using a cross-sectional survey involving 2,925 students from four medical universities in Liaoning Province, China. Participants completed standardized questionnaires measuring perceived stress, resilience, and life satisfaction. The results revealed that stress was negatively correlated with life satisfaction, meaning that students who experienced higher levels of stress tended to report lower levels of life satisfaction. However, the study also found that resilience played a significant mediating role, meaning that students with higher resilience were better able to cope with stress and maintain a higher level of life satisfaction. Specifically, stress accounted for 12% of the variance in life satisfaction, while resilience explained an additional 18% of the variance, highlighting its crucial role in mitigating the negative impact of stress.

The findings emphasize the importance of fostering resilience in medical students to improve their well-being. The study suggests that medical schools should implement evidence-based interventions to reduce stress and enhance resilience, ultimately promoting higher life satisfaction among students. By integrating resilience-building programs and stress management strategies into medical education, universities can better support students in maintaining their mental health and academic success.

5. LeBlanc, Uzun, and Aydemir (2019) explored the relationship between mindfulness, cognitive reappraisal, and life satisfaction, with positive affect as a mediating factor. The study, grounded in self-determination theory, investigated how emotion regulation strategies impact well-being among young adults.

Using structural equation modeling, the researchers analyzed data from 370 undergraduate students. The findings revealed that both mindfulness and cognitive reappraisal positively influence life satisfaction, but this effect is indirectly mediated by positive affect. Specifically, individuals who engage in mindfulness and cognitive reappraisal experience higher levels of positive affect, which in turn enhances their life satisfaction. The study further emphasizes that mindfulness regulates emotions by altering their impact, while cognitive reappraisal modifies the content of thoughts, making both strategies effective for emotional well-being.

These results highlight the importance of integrating mindfulness and reappraisal techniques into psychological interventions, particularly for young adults facing high levels of stress and emotional difficulties. The study suggests that mental health programs should incorporate positive emotion regulation strategies to promote well-being and improve overall life satisfaction.

6. Doğan and Metin (2023) investigated how mindfulness influences life satisfaction in adolescents, focusing on the mediating roles of social competence and self-esteem. The study aimed to identify whether these psychological factors help explain the positive link between mindfulness and well-being in young individuals.

The research was conducted with 406 adolescents aged 14–18 years from secondary schools in Turkey. Participants completed measures assessing mindfulness, social competence, self-esteem, and life satisfaction. Findings revealed that mindfulness is positively associated with life satisfaction, meaning that adolescents who practice mindfulness tend to feel more content with their lives. However, this relationship was partially mediated by self-esteem and social competence, suggesting that mindfulness enhances social and personal confidence, which in turn improves overall life satisfaction.

Specifically, self-esteem emerged as a stronger mediator than social competence, indicating that mindful adolescents tend to develop a more positive self-image, which significantly contributes to their happiness. Additionally, a serial mediation effect was observed, where mindfulness improved social competence, which then boosted self-esteem, ultimately leading to greater life satisfaction. The study also found no significant gender differences in how mindfulness affects life satisfaction, implying that these mechanisms work similarly for both boys and girls.

These findings highlight the importance of integrating mindfulness practices into adolescent education, as they can foster greater self-esteem, social confidence, and overall life satisfaction. The study suggests that mindfulness-based programs could be valuable tools for enhancing adolescent well-being.

7. Ramos-Díaz et al. (2018) investigated the role of resilience as a mediator between perceived emotional intelligence (PEI) and life satisfaction among adolescent students. The study aimed to explore how different dimensions of emotional intelligence—emotional attention, emotional clarity, and emotional repair—influence adolescents' overall life satisfaction and whether resilience plays a crucial role in this relationship. The study was conducted on 945 secondary school students in Spain, who completed standardized self-report measures assessing emotional intelligence, resilience, and life satisfaction. The results showed that resilience significantly mediated the relationship between all three dimensions of PEI and life satisfaction. Among the three, emotional repair had the strongest direct influence on life satisfaction, meaning that adolescents who could regulate and improve their emotions were more likely to

experience higher levels of satisfaction. Additionally, emotional clarity and resilience played key roles, as students who understood their emotions well were more likely to develop resilience, which in turn enhanced their overall well-being. The findings suggest that fostering emotional intelligence and resilience in educational settings can significantly improve adolescent life satisfaction. The study highlights the importance of resilience-based school interventions, as they can help students develop emotional regulation skills and effectively cope with challenges, ultimately leading to a more fulfilling life.

### **Research Gap:**

The relationship between mindfulness, resilience, and life satisfaction has been widely studied, yet significant gaps remain in understanding how these factors interact, particularly among young adults. Existing literature emphasizes the positive role of mindfulness in improving emotional regulation and well-being (LeBlanc et al., 2019). However, most studies have either focused on mindfulness as an independent variable or examined its effects in clinical or older populations, leaving a need for more research on young adults who face unique psychological and social challenges during their transition to adulthood.

Resilience has been identified as a crucial factor in mitigating stress and enhancing life satisfaction (Shi et al., 2015). However, studies exploring the mediating role of resilience between mindfulness and life satisfaction remain limited. While some research suggests that mindfulness enhances resilience, which in turn improves life satisfaction, further investigation is needed to confirm this relationship among young adults in different cultural and academic settings.

Additionally, most existing studies employ cross-sectional designs, limiting the ability to infer causal relationships. There is also a lack of research exploring gender differences and socio-cultural influences in how mindfulness and resilience contribute to life satisfaction. Moreover, while some studies highlight the role of emotion regulation and cognitive reappraisal in improving life satisfaction, their connection to mindfulness and resilience as mediators needs further exploration.

Given these gaps, this study aims to examine the correlation between mindfulness, resilience, and life satisfaction among young adults, providing insights into how these psychological factors interact. The findings will contribute to the development of mindfulness-based interventions and resilience-training programs aimed at enhancing well-being and life satisfaction in young adults.

### **Theoretical framework**

This study on mindfulness, resilience, and life satisfaction among young adults is grounded in well-established psychological theories that explain how these constructs interact to influence well-being. The theoretical framework integrates Self-Determination Theory (SDT) and Resilience Theory, providing a foundation for understanding the relationship between mindfulness, resilience, and life satisfaction.

#### **1. Self-Determination Theory (SDT)**

Self-Determination Theory (Deci & Ryan, 2000) suggests that individuals achieve well-being when their fundamental psychological needs for autonomy, competence, and relatedness are met. Mindfulness, which promotes self-awareness and emotional regulation, aligns with SDT by fostering autonomy and self-regulation. When individuals practice mindfulness, they develop a deeper awareness of their emotions, enabling them to respond to challenges with greater clarity and control. This process enhances resilience, as mindful individuals are more likely to approach difficulties with acceptance and adaptability, ultimately leading to higher life satisfaction.

## **2. Resilience Theory**

Resilience Theory (Masten, 2001) explains how individuals adapt and recover from adversity, emphasizing the role of personal strengths and external support systems. Resilience acts as a protective factor against stress, helping individuals maintain emotional stability and positive life outcomes despite challenges. Mindfulness contributes to resilience by fostering emotional regulation and cognitive flexibility, allowing individuals to navigate stress more effectively. Consequently, resilience serves as a mediator between mindfulness and life satisfaction, reinforcing the idea that individuals who are both mindful and resilient tend to experience greater overall well-being.

This theoretical framework provides a structured approach to understanding the relationships between mindfulness, resilience, and life satisfaction, offering insights into how psychological well-being can be nurtured among young adults.

## **Methodology**

### **Purpose**

The purpose of this study is to explore the relationship between mindfulness, resilience, and life satisfaction among young adults. As young adulthood is a critical phase of personal and professional development, understanding how mindfulness and resilience contribute to life satisfaction can provide valuable insights for mental health and well-being.

### **Objective**

#### **The study aims to:**

1. Assess the levels of mindfulness, resilience, and life satisfaction among young adults.
2. Examine the correlation between mindfulness and resilience.
3. Investigate the relationship between resilience and life satisfaction
4. Analyze whether mindfulness is positively associated with life satisfaction.

### **Hypothesis**

1. Mindfulness and resilience will have a positive correlation.
2. Resilience and life satisfaction will be positively correlated.
3. Mindfulness will be positively associated with life satisfaction.

### **Variables**

Independent Variable: Mindfulness, Resilience

Dependent Variable: Life Satisfaction

### **Research Design**

This study employs a correlational research design, focusing on the relationship between mindfulness, resilience, and life satisfaction among young adults. A quantitative approach was used, utilizing standardized self-report questionnaires for data collection.

### **Sample**

The study was conducted on a sample of 200 young adults (both male and female) aged 18 to 30 years. Participants were selected through convenience sampling, ensuring diversity in educational and professi-

onal backgrounds.

### Tools

1. Five Facet Mindfulness Questionnaire (FFMQ) – Measures mindfulness across five dimensions: observing, describing, acting with awareness, non-judging, and non-reactivity.
2. Brief Resilience Scale (BRS) – Assesses an individual's ability to bounce back from stress and adversity.
3. Satisfaction with Life Scale (SWLS) – Evaluates individuals' overall judgment of their life satisfaction.

### Data collection

Participants were provided with an online questionnaire containing demographic details and the three scales. Ethical considerations, including informed consent and confidentiality, were maintained throughout the study.

### Scoring

Each psychological scale followed a Likert-type scoring system, where participants rated their agreement with each item. The scores for each scale were calculated as per the standard guidelines of FFMQ, BRS, and SWLS, with higher scores indicating greater levels of mindfulness, resilience, and life satisfaction, respectively.

### Data Analysis

The collected data was analyzed using SPSS 24.0. Pearson's correlation analysis was conducted to determine the strength and direction of the relationships between mindfulness, resilience, and life satisfaction. The significance level was set at  $p < 0.05$ .

### Results

The study aimed to examine the correlation between mindfulness, resilience, and life satisfaction among young adults. Pearson correlation analysis was conducted using SPSS to assess the relationships between these variables. The findings are presented below.

### Descriptive Statistics

The table below presents the mean and standard deviation for each variable included in the study:

| Variable              | Mean     | Std. Deviation | N   |
|-----------------------|----------|----------------|-----|
| Mindfulness Observing | 23.99    | 8.902          | 200 |
| MD                    | 24.3800  | 9.15174        | 200 |
| MAA                   | 22.1400  | 8.88454        | 200 |
| MNJ                   | 25.2000  | 8.50657        | 200 |
| MNR                   | 24.8900  | 9.66358        | 200 |
| MT                    | 130.3200 | 11.33490       | 200 |
| Res                   | 98.0800  | 8.28231        | 200 |
| SWLS                  | 110.7000 | 9.35777        | 200 |

## Correlation Analysis

Pearson correlation analysis was performed to examine the relationships between mindfulness, resilience, and life satisfaction. The correlation coefficients and significance levels are presented below.

|                       | Mindfulness Observing | MD     | MAA   | MNJ   | MNR    | MT     | Res    | SWLS   |
|-----------------------|-----------------------|--------|-------|-------|--------|--------|--------|--------|
| Mindfulness Observing | 1                     | .063   | .011  | .110  | .089   | .007   | -.007  | .018   |
| MD                    | .063                  | 1      | -.007 | .026  | .211** | -.072  | -.066  | -.061  |
| MAA                   | .011                  | -.007  | 1     | -.013 | -.076  | -.062  | -.038  | -.133  |
| MNJ                   | .110                  | .026   | -.013 | 1     | -.066  | -.066  | -.097  | -.044  |
| MNR                   | .089                  | .211** | -.076 | -.066 | 1      | -.049  | -.071  | -.058  |
| MT                    | .007                  | -.072  | -.062 | -.066 | -.049  | 1      | .806** | .808** |
| Res                   | -.007                 | -.066  | -.038 | -.097 | -.071  | .806** | 1      | .814** |
| SWLS                  | .018                  | -.061  | -.133 | -.044 | -.058  | .808** | .814** | 1      |

Note: \* $p < .01$  is indicated by \*\*.

The results of the correlation analysis revealed significant positive relationships between mindfulness, resilience, and life satisfaction:

**Mindfulness and Resilience:** A strong positive correlation was found between total mindfulness and resilience ( $r = .806$ ,  $p < .01$ ), suggesting that individuals with higher mindfulness scores tend to have greater resilience.

**Resilience and Life Satisfaction:** The correlation between resilience and life satisfaction was also significant ( $r = .814$ ,  $p < .01$ ), indicating that resilience contributes positively to overall life satisfaction.

**Mindfulness and Life Satisfaction:** A strong positive correlation was observed between total mindfulness and life satisfaction ( $r = .808$ ,  $p < .01$ ), suggesting that mindfulness is associated with a greater sense of life satisfaction.

**Facets of Mindfulness:** Among the different dimensions of mindfulness, non-reactivity (MNR) showed a weak but statistically significant positive correlation with resilience ( $r = .211$ ,  $p < .01$ ), indicating that individuals who are less reactive to inner experiences tend to have higher resilience levels.

## Discussion

The present study examined the relationship between mindfulness, resilience, and life satisfaction among young adults. The findings revealed significant positive correlations between these variables, highlighting the crucial role of mindfulness in fostering resilience and improving overall life satisfaction.

### Mindfulness and Resilience

The results indicated a strong positive correlation between total mindfulness and resilience ( $r = .806$ ,  $p < .01$ ). This finding is consistent with previous research, which suggests that mindfulness enhances psychological resilience by promoting emotional regulation and reducing stress reactivity. Individuals with higher mindfulness scores tend to be more aware of their thoughts and emotions without becoming overwhelmed by them. This ability enables them to navigate challenges more effectively and maintain psychological stability in difficult situations.

Additionally, non-reactivity (MNR) demonstrated a weak but significant positive correlation with resilience ( $r = .211, p < .01$ ). This suggests that individuals who can observe their thoughts and emotions without immediate reaction may develop greater emotional stability and adaptability. Such findings align with studies that emphasize the role of non-reactivity in reducing emotional distress and fostering resilience in the face of adversity.

### **Resilience and Life Satisfaction**

The study also found a strong positive correlation between resilience and life satisfaction ( $r = .814, p < .01$ ), indicating that higher resilience is associated with greater overall life satisfaction. This result supports the notion that resilient individuals possess better coping mechanisms, allowing them to handle stress and adversity more effectively, ultimately leading to a greater sense of well-being. Resilience enables individuals to maintain a positive outlook on life, even in the presence of challenges, thereby enhancing their overall life satisfaction.

### **Mindfulness and Life Satisfaction**

A significant positive correlation was also observed between total mindfulness and life satisfaction ( $r = .808, p < .01$ ). This finding suggests that individuals who practice mindfulness tend to experience greater levels of life satisfaction, possibly due to their ability to remain present, regulate their emotions, and cultivate a sense of gratitude. Mindfulness has been widely associated with lower levels of anxiety, depression, and stress, all of which contribute to improved life satisfaction.

The findings further indicate that acting with awareness (MAA) exhibited a weak positive relationship with life satisfaction ( $r = .133$ ). This suggests that individuals who engage in activities with full awareness and presence may experience greater contentment in life. Prior research supports this idea, emphasizing that mindful awareness enhances daily experiences and fosters a sense of fulfillment.

### **Implications of the Findings**

The results of this study highlight the importance of incorporating mindfulness practices into daily life to promote resilience and improve overall well-being. Mindfulness-based interventions (MBIs), such as meditation, mindful breathing, and cognitive training, have been shown to enhance emotional regulation and foster adaptive coping strategies. These practices could be particularly beneficial for young adults, as they navigate various academic, social, and personal challenges.

Additionally, educators, psychologists, and mental health professionals can integrate mindfulness training into their programs to help individuals build resilience and enhance life satisfaction. By fostering mindfulness skills, individuals may develop a greater ability to cope with stress, maintain emotional balance, and experience a more positive outlook on life.

### **Limitations and Future Directions**

While this study provides valuable insights, several limitations must be acknowledged:

1. **Sample Size and Demographics** – The study focused on a specific group of young adults, limiting the generalizability of the findings to other populations. Future research should include a more diverse sample across different age groups and cultural backgrounds.
2. **Self-Report Measures** – The use of self-report questionnaires may have introduced response bias, as participants may have provided socially desirable answers. Future studies could incorporate objective

measures or experimental designs to validate these findings.

3. **Causal Relationships** – This study established correlations but did not determine causality. Future research should consider longitudinal studies or experimental designs to examine the direct effects of mindfulness training on resilience and life satisfaction.

## Conclusion

The present study explored the relationship between mindfulness, resilience, and life satisfaction among young adults. The findings revealed that higher levels of mindfulness are strongly associated with greater resilience and increased life satisfaction. Specifically, individuals who engage in mindful practices tend to develop better coping mechanisms, emotional regulation, and a more positive outlook on life, ultimately enhancing their overall well-being.

Additionally, the results demonstrated a significant correlation between resilience and life satisfaction, suggesting that individuals who can effectively adapt to challenges and maintain emotional stability are more likely to experience a fulfilling and satisfying life. These findings reinforce the importance of cultivating mindfulness-based strategies to improve psychological well-being and foster resilience in everyday life.

The study has several practical implications, particularly in mental health interventions, education, and personal development. Encouraging mindfulness practices, such as meditation, mindful breathing, and cognitive awareness training, could be highly beneficial in promoting emotional stability and life satisfaction, particularly among young adults facing academic and personal stressors.

Despite its valuable insights, the study has some limitations, including its reliance on self-report measures and a limited sample size, which may affect the generalizability of the findings. Future research should consider employing longitudinal or experimental designs to explore the causal relationships between mindfulness, resilience, and life satisfaction. Expanding the participant pool to include diverse age groups and cultural backgrounds could further strengthen the applicability of these findings.

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