

عنوان مقاله:

Effectiveness of Mindfulness on Test Anxiety and Educational Well-being in Secondary School Female Students

محل انتشار:

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خلاصه مقاله:

Abstract Introduction: The present study was aimed to assess the effectiveness of mindfulness on test anxiety and educational well-being in secondary school female students. **Method:** The study has been conducted based on a semi-experimental design of pretest-posttest type with a control group and a follow up stage. Forty students were selected based on a purposive sampling method and were assigned to two groups: (control and experimental groups, Each containing ۲۰ individuals) based on a simple randomized method. One of the experimental group received mindfulness training for a period of ۱۰ sessions, each lasting for ۴۵ minutes (twice a week). Data analysis was conducted using Multivariate Covariance Analysis (MANCOVA) and ANCOVA's single-variable analysis method using SPSS software. **Results:** The results of MANCOVA showed a positive and significant effect of mindfulness training on test anxiety and academic well-being ($p < 0.01$). Also, the results of treatment in the follow-up test were stable after one and a half months ($p < 0.01$). **Conclusion:** According to the findings of this study it can be stated that mindfulness training can help reduce test anxiety and improve academic well-being.

کلمات کلیدی:

Keywords: Mindfulness, test anxiety, Educational Well-being

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