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The Impact of Trait Mindfulness on Nursing Student's Psychological Stress

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Purpose:

Nursing students face high levels of psychological stress during their nursing education. Mindfulness-based training has received attention from nurse educators regarding its effect on reducing nursing students' psychological stress. Mindfulness-based training is a stress reduction program which trains people in using mindful awareness when approaching stressful situations. Study evidence has supported that cultivation of trait mindfulness through Mindfulness-based training is the key to this effect. However, there is a lack of research that focuses on the intricate relationships between various facets of trait mindfulness and psychological stress. The purpose of this study is to examine those relationships, specifically examining the facets of observing, acting with awareness, non-judging, and non-reactivity.

Methods:

Using a cross-sectional design, a sample of 99 students from a Bachelor of Nursing program at a university in the south-eastern United States were recruited and consented to participate in this study. The participants answered an online questionnaire that was delivered via Qualtrics about their demographic information, trait mindfulness (*the Five Factor Mindfulness Questionnaire*), and psychological stress (*the Perceived Stress Scale-10*). Correlation and mediation analyses were applied.

Results:

The facets of acting with awareness, non-judging, and non-reactivity were negatively correlated with psychological stress. Observing had little to low correlations with non-judging and acting with awareness however, attained a moderately positive correlation with non-reactivity. Moreover, observing indirectly predicted psychological stress, when non-reactivity served as a mediator. Finally, non-judging partially mediated the relationship between acting with awareness and psychological stress.

Conclusion:

The results of the current study can assist nurse educators to better understand the relationships between various facets of trait mindfulness and psychological stress. Specifically, facets of acting with awareness, non-judging, and non-reactivity are directly relevant to the reduction of psychological stress. This is particularly important as nursing school can be stressful and students need to be equipped with better coping mechanism to reduce the likelihood of adverse psychological events such as suicide, depression, and other mental health correlates. Therefore, regardless of formal or

informal practices of mindfulness, nurse educators should assist students in cultivating these facets as means toward stress management.

Title:

The Impact of Trait Mindfulness on Nursing Student's Psychological Stress

Keywords:

Stress and psychological wellbeing, Nursing students and Trait Mindfulness

Abstract Summary:

Nursing school can be stressful and students need to be equipped with better coping mechanism to reduce the likelihood of adverse psychological events such as suicide and depression. Regardless of formal or informal practices of mindfulness, nurse educators should assist students in cultivating these facets as means toward stress management

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