
Relationship between Mindfulness and Quality of Life in Early Adulthood during the COVID-19 Pandemic

Hubungan Mindfulness dengan Kualitas Hidup pada Masa Dewasa Dini Selama Pandemi COVID-19

Marchelina Febe¹

¹Universitas Bunda Mulia, Jakarta, Indonesia

ARTICLE INFO

Article history:

DOI:

[10.30595/pssh.v2i.93](https://doi.org/10.30595/pssh.v2i.93)

Submitted: July 30, 2021

Accepted: Aug 12, 2021

Published: Sept 24, 2021

Keywords:

COVID-19 Pandemic,
Mindfulness, Quality of
Life, Early Adulthood

ABSTRACT

This study aims to see whether awareness impacts the quality of life in early adulthood, especially during the Covid 19 pandemic. This research was conducted because Indonesia is currently experiencing the Corona Virus, better known as Covid 19, which is known to be known. This pandemic has a carom effect on many aspects. The public has started to feel the impact of the Corona Virus more than recently. Many people feel bored, cannot be productive, and even feel sad because of this situation. So that began to be done various ways to overcome this effect so as not to spread more widely. One of them is mindfulness, which is expected to affect how a person thinks and later will impact the quality of one's life. The quality of life itself is very influential in a person's life because it is related/covers almost all aspects of life, starting from emotional, social, and even physical in one's life. If the quality of life is good, it cannot make someone feel prosperous and impact happiness, creativity, productivity, etc. Therefore, researchers want to see whether one's awareness can affect aspects of the quality of life with this pandemic. This quantitative research uses a questionnaire as the primary data technique and uses SPSS ver.26 for data processing. The results showed that mindfulness has a relationship or can affect a person's quality of life, especially individuals in early adulthood.

This work is licensed under a [Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/).



Corresponding Author:

Marchelina Febe

Universitas Bunda Mulia, Jakarta, Indonesia

Email: msumbaga@bundamulia.ac.id

1. INTRODUCTION

On March 11, 2020, the World Health Organization (WHO) officially announced the status of a global pandemic due to the coronavirus 2019 (COVID-19). In medical terms, a pandemic means a disease that involves many people simultaneously in various countries worldwide. Therefore, regarding COVID-19, the World Health Organization (WHO) has declared this disease a pandemic because all world citizens can be infected with COVID-19, including Indonesia, which currently has quite many people affected by COVID-19. Although Indonesia is not the first country in Southeast Asia to be infected with COVID-19, Indonesia is a backward country. Still, according to data obtained from the government, the growth of COVID-19 cases in Indonesia only takes 12 days to reach the first 50 cases (Pudjiastuti, 2020).

The outbreak of the Covid-19 pandemic has changed the way people live a lot. All forms of activity must now adapt to the situation to slow the Coronavirus's spread rate following the government's appeal. Several countries decided to implement regional quarantine or lockdown. In this case, Indonesia chose to implement the PSBB (Large-Scale Social Restrictions) regulation, wherein the PSBB, several strategic agencies, were still allowed to operate. Apart from impacting people's way of life, the Coronavirus pandemic also impacts the quality of life, especially in urban communities (Jonarsi, 2020). Jabodetabek is one of the urban networks in Indonesia, consisting of DKI Jakarta as the central city, and Bogor, Depok, Tangerang, and Bekasi as the supporting satellite cities for DKI Jakarta. Jabodetabek has a population of approximately 30 million people (Suhendra, 2014).

Life in a big city can be both good and bad. Although urban residents generally have a better quality of life

than rural residents in terms of sanitation, nutrition, contraception, and health care, urban life is also characterized by an increased incidence of chronic disease, stressful social life, and social inequality (Pruessner et al., 2011). The stressful conditions experienced by urban residents certainly also impact the quality of life, especially those related to health. Especially now, the Covid-19 pandemic has affected the health and economic aspects, government, religion, food, and education (Department, 2021).

Data from the Central Statistics Agency (BPS) explained that Indonesia's human development index (HDI) in 2020 was 71.94 or grew slightly by 0.03 percent or 0.02 points compared to 2019, 71.92. HDI is a reference for measuring the quality of human life as seen from the quality of health, education, and per capita expenditure per year. Head of BPS Suhariyanto said the highest HDI was in DKI Jakarta at 80.77, Yogyakarta at 79.97, and East Kalimantan at 76.24. At the same time, the lowest occurred in Papua, namely 60.44, West Papua 65.19, and East Nusa Tenggara 66.11. According to Suhariyanto (Department, 2021), the increase in Indonesia's HDI this year is small compared to previous years due to the impact of the Covid-19 pandemic. The average growth is 0.78 percent per year.

Based on these data, it can be concluded that during the COVID-19 pandemic, there was a minimal improvement in the quality of life in the Greater Jakarta area compared to previous years. The related quality of life is a multidimensional concept that refers to a person's perception of his ability in terms of movement (mobility), self-care, daily activities, the presence of pain/physical discomfort that is felt, and the presence or absence of depression/anxiety (Schimmack et al., 2009).

Why is the quality of life so important? Quality of life (quality of life) is an individual's point of view of his situation in life. So it can be interpreted that the quality of life is a person's perception of himself in his environment. An exemplary individual's quality of life will positively impact himself and those around him (Schwarz & Strack, 1999).

Given the importance of information about the quality of life, various ways have emerged to measure the quality of a person's life from multiple aspects of human life and relate this to how it is improved. One of them can be connected to mindfulness. This has become one of the trends, where recently, in various countries in general, especially Indonesia, research on transpersonal topics has started to develop. Mindfulness is a part of it. Mindfulness itself can be defined as focusing our attention on what is happening consciously without any judgment. This method can calm the mind, so some experts argue that it is closely related to improving the quality of human life (Reb & Narayanan, 2013). Therefore, this research aims to see whether awareness impacts the quality of life in early adulthood, especially during the Covid 19 pandemic.

2. THEORITICAL FRAMEWORK

Quality of Life

Quality of life is a way of life, something that is important to encourage life. The existence of individuals' various physical and mental experiences can change the next life: the individual's future existence, high social status, and image (Schwarz & Strack, 1999). Quality of life is a meditation practice that focuses on increasing mindfulness and awareness (Schimmack et al., 2009). According to Herpen, quality of life is an individual's feeling of health and well-being in a wide area, including physical, psychological, and social functions (Herpen et al., 2011). According to WHO, the quality of life according to a person's perception in the context of culture and norms following the person's place of life is related to his life's goals, hopes, standards, and concerns (Fayers, 2007).

Mindfulness

Mindfulness is defined as the ability to give attention or attention to oneself without assessing and accepting all experiences that arise today (Chang et al., 2018). Or, in short, explaining mindfulness as an individual's perception or point of view regarding the portion of their position in carrying out life, if drawn into a cultural context, is related to the values where people will find meaning in life (Kenyon & Sen, 2015). Of course, it will be closely related to life goals (goals), expectations, standards, and attention or focus. (Reb & Narayanan, 2013).

Besides, mindfulness is when the individual is aware of himself, both place and mentally, to the situation that occurs at that moment. Besides that, it is also a process of not thinking or not fixating on past and future events and only focusing on the present situation (Baer et al., 2008).

3. RESEARCH METHODOLOGY

This research design involved 56 participants who used a correlational research design, which is a study that aims to find out how significant the relationship between 2 variables is and is a quantitative study. Where using two instruments, namely is the Mindfulness instrument and quality of life. For the Mindfulness measurement instrument, researchers used an adaptation of the measuring device from Baer's Five Facet Mindfulness Questionnaire (FFMQ) (Baer et al., 2008) that's it SF FFMQ by Meng (Meng et al., 2020).

The original version of the FFMQ consisted of five factors that were translated back into 39 items, based on a combination of items from earlier versions of the mindfulness scale, such as the MAAS, Freiburg Mindfulness Inventory, and Kentucky Inventory of Mindfulness Skills that were tested to confirm by item factor analysis. The study results show that each factor has eight items, except for the non-reactivity aspect, which has seven items. The FFMQ sort consists of 20 items, consisting of 4 factors that have been modified to five items per factor. This selection is based on pre-measured factor loads and specific content. The measurement involved several

participants, who were asked to assess whether each item measured had been able to reflect their work and life facts to reflect the size of quality of life. The scale is given through a 5-point Likert scale, ranging from 1 point (never) to 5 (always) (Carmody & Baer, 2008). As for the quality of life instrument, researchers used the Quality of Life questionnaire from Flanagan, containing 15 statement items from 5 aspects (Flanagan, 1978).

4. RESULTS AND DISCUSSION

Based on the results of distributing questionnaires using 56 subjects, it is known that the three measuring instruments in this study are reliable measuring instruments to be used as data collection tools. In Flanagan's measuring instrument to measure the quality of life, it was found that Cronbach's Alpha was 0.724, which means this measuring instrument has a high level of reliability (Flanagan, 1978). Meanwhile, for Baer's mindfulness measurement tool, Cronbach's Alpha result was 0.863, which means that this measuring instrument also has a high level of reliability (Baer et al., 2008).

As for the level of validity, in measuring the quality of life, eight items fall out of the 20 statements because they have a corrected item value below 0.3. Items that are not good are item no 2 (has item correction value 0.032), item no 4 (has item correction value 0.194), item no 5 (has item correction value 0.000), item no 8 (has item correction value 0.000), item no 9 (having a correction item value of 0.008), item no 11 (having a correction item value of 0.194), item no 16 (having a correction item value of 0.000), item no 20 (having an item value of 0.000).

As for the validity of the mindfulness measuring instrument, five items are not good. These items are item number 2 (having a correction item value of 0.010), item number 5 (having a correction item value of 0.015), item number 8 (having a correction item value of 0.042), item number 11 (having a correction item value of 0.042), item number 15 (has an item correction value of 0.043).

In people who live in urban areas, there are many impacts caused and things that affect the quality of life, especially during a pandemic like this. One of the negative impacts of quality of life that is considered to appear in urban residents is mental health problems, namely depression, and anxiety. The results showed that urban residents had a greater risk of experiencing anxiety disorders (by 21%) and mood disorders (by 39%) (Peen et al., 2010).

These results are supported by Landerbergen's research which shows that urban residents who work have higher amygdala activity (the part of the brain associated with emotions and stress) when facing pressure both at work and social demands than residents who work and do not live in urban areas. Thus it can be concluded that urban communities, especially those who are already working, tend to have a poor quality of life (Pruessner et al., 2011).

The results of the study also found a relationship between mindfulness and quality of life, as shown in the table below:

Table 1. Correlation between SFFMQ with QoL

		SFFMQtotal	QoLtotal
SFFMQtotal	Pearson Correlation	1	.701**
	Sig. (2-tailed)		.000
	N	56	56
QoLtotal	Pearson Correlation	.701**	1
	Sig. (2-tailed)	.000	
	N	56	56

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

The table above shows that the Pearson correlation value obtained is 0.701, greater than 0.05, thus indicating a significant positive relationship.

Sari's research also found a relationship between mindfulness and quality of life in the Pekanbaru elderly, with $r = 0.527$ (Sari & Yulianti, 2017). The results of other studies also show that there is a positive and significant relationship between mindfulness and life satisfaction in students of the Guidance and Counseling Study Program, Faculty of Teacher Training and Education, Satya Wacana Christian University with a correlation coefficient of 0.172 (Waskito, P., Loekmono, J.T. L., & Dwikurnaningsih, Y, 2018).

5. CONCLUSION

So as for the correlation, it is calculated using SPSS ver 26. The result is 0.071 which is greater than 0.05, indicating a significant relationship between quality of life and mindfulness. The higher the mindfulness value, the higher the quality of life a person has—vice versa.

This study follows Carmody and Bear (Carmody & Baer, 2008) that those with mindfulness can decrease and increase distress psychological well-being of individuals who experience physical and psychological disorders. Mindfulness can balance and improve psychological function. Especially during the covid 19 pandemic, where individuals tend to have increased stressors, affecting their quality of life. So that with this research, it is hoped that individuals can improve their mindfulness and improve their quality of life.

Furthermore, this research is expected to be an illustration for future researchers to conduct further research on applying mindfulness techniques to improve the quality of life, as done by Chang et al. (Chang et al., 2018). Simply put, when individuals have more awareness or mindful thoughts, they will be more open, loving, self-aware, and keep away from negative thoughts so that they are easier to accept. And this is what can improve the quality of

life.

REFERENCES

- Baer, R. A., Smith, G. T., Lykins, E., Button, D., Krietemeyer, J., Sauer, S., Walsh, E., Williams, J. M. G., Baer, R. A., Smith, G. T., Button, D., Sauer, S., Duggan, D., & Williams, J. M. G. (2008). *Construct Validity of the Five Facet Mindfulness Questionnaire in Meditating and Nonmeditating Samples*. <https://doi.org/10.1177/1073191107313003>
- Carmody, J., & Baer, R. A. (2008). *Relationships between mindfulness practice and levels of mindfulness, medical and psychological symptoms and well-being in a mindfulness-based stress reduction program*. 23–33. <https://doi.org/10.1007/s10865-007-9130-7>
- Chang, Y. Y., Wang, L. Y., Liu, C. Y., Chien, T. J., Chen, I. J., & Hsu, C. H. (2018). The Effects of a Mindfulness Meditation Program on Quality of Life in Cancer Outpatients: An Exploratory Study. *Integrative Cancer Therapies*, 17(2), 363–370. <https://doi.org/10.1177/1534735417693359>
- Department, I. world health organisation. (2021). *Coronavirus Disease 2019 (COVID-19) Coronavirus Coronavirus Disease Disease Situation World Health World Health Organization Organization*. 2019(January), 1–11.
- Fayers, P. M. (2007). *Quality of Life*.
- Flanagan, J. C. (1978). A research approach to improving our quality of life. *American Psychologist*, 33(2), 138–147. <https://doi.org/10.1037/0003-066X.33.2.138>
- Herpen, E. Van, Trijp, H. Van, Herpen, E. Van, Chartrand, T. L., & Ratner, R. K. (2011). *Association for consumer research*. 39, 603–604.
- Kenyon, G. N., & Sen, K. C. (2015). The perception of quality: Mapping product and service quality to consumer perceptions. In *The Perception of Quality: Mapping Product and Service Quality to Consumer Perceptions*.
- Meng, Y., Mao, K., & Li, C. (2020). *Validation of a Short-Form Five Facet Mindfulness Questionnaire Instrument in China*. 10(January), 1–10. <https://doi.org/10.3389/fpsyg.2019.03031>
- Peen, J., Ra, S., At, B., & The, D. J. (2010). *The current status of urban-rural differences in psychiatric disorders*. 1, 84–93. <https://doi.org/10.1111/j.1600-0447.2009.01438.x>
- Pruessner, J. C., Rietschel, M., Deuschle, M., & Meyer-lindenber, A. (2011). *City living and urban upbringing affect neural social stress processing in humans* .: 5–8. <https://doi.org/10.1038/nature10190>
- Reb, J., & Narayanan, J. (2013). *Jochen Reb, Jayanth Narayanan & Zhi*. July 2016. <https://doi.org/10.1007/s12671-013-0236-4>
- Sari, R. A., & Yulianti, A. (2017). *Mindfulness Dengan Kualitas Hidup Pada Lanjut Usia Mindfulness and Quality of Life in Late Adulthood*. 13.
- Schimmack, U., Diener, E., & Oishi, S. (2009). *Life-Satisfaction Is a Momentary Judgment and a Stable Personality Characteristic: The Use of Chronically Accessible and Stable Sources*. <https://doi.org/10.1007/978-90-481-2354-4>
- Schwarz, N., & Strack, F. (1999). *Well-Being: - - - The Foundations of Hedonic Psychology*. April 2015.
- Waskito, P., Loekmono, J.T. L., & Dwikurnaningsih, Y. (2018). *Hubungan Antara Mindfulness dengan Kepuasan Hidup Mahasiswa Bimbingan dan Konseling*. 3(3), 99–107.
- Suhendra. (2014). *Jabodetabek Calon Megapolitan Terbesar ke-2 di Dunia*. <http://finance.detik.com/read/2014/02/19/123111/2501962/1016/jabodetabek-calonmegapolitan-terbesar-ke-2-di-dunia>.
- Suryowati, E. (2020). *Kualitas Hidup Warga DKI Jakarta Tertinggi di Antara 34 Provinsi*. <https://www.jawapos.com/jabodetabek/15/12/2020/kualitas-hidup-warga-dki-jakarta-tertinggi-diantara-34-provinsi/>