

# Meditation and Life Satisfaction among College Students: The Dual Mediating Role of Emotion and Behavior

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Meditation; Life Satisfaction; meditation; Emotion and Behavior; Dual Mediation

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**Abstract**

This study aims to explore the role of emotion and behavior in the relationship between meditation and life satisfaction. Using a literature analysis approach, the study examines the connections among emotion, behavior, meditation, and life satisfaction. Meditation training can effectively improve life satisfaction and enhance physical and mental health. The mechanisms by which emotion and behavior influence life satisfaction are relatively complex and require further in-depth research. Given that meditation can promote positive emotions, reduce depression and anxiety, aid in relaxation, improve sleep quality, and decrease insomnia, it can effectively lower stress levels in modern individuals. The government should prioritize the promotion of meditation training techniques across society to benefit more people.

**Introduction**

As the 100th anniversary of the founding of the Communist Party of China approaches, our country has successfully achieved the grand goal of building a moderately prosperous society in all respects, marking a new historical stage in our social development. Considering both domestic and international trends, China is still in an important period of strategic opportunities for development. It is believed that under the correct leadership of the Central Committee, China can basically achieve socialist modernization by 2035. From a sociological perspective, social development is essentially a state of social existence formed and manifested by the continuous development of people. Thus, in the current era, as people's material lives are increasingly satisfied, the importance of satisfaction with their spiritual lives becomes particularly prominent. However, in recent years, alongside China's rapid social development, psychological crises among university students have been frequent, with an increasing number of students experiencing psychological issues due to social changes. This study aims to examine the role of self-efficacy in the influence of social support on college students' life satisfaction, providing actionable recommendations for improving their life satisfaction.

**Domestic and International Related Research****Meditation**

Quinn et al. (2019) outlined several potential mechanisms through which meditation training can improve telomere biology by altering habitual and acute stress processes. This model may help explain why various meditation interventions, as well as other mind-body interventions, have been found to positively impact telomere biology and other stress-sensitive biological outcomes. As methods for measuring telomere biology become more reliable and accessible, the next generation of research will be able to more definitively determine whether meditation interventions meaningfully affect telomere biology. Understanding how these practices impact telomere biology requires

a more systematic investigation of the various dimensions that constitute meditation interventions, as well as better methods to capture the phenomena and psychological changes that may occur. Arnaud et al. (2019) conducted research on mind-wandering and meditation, showing that meditation may help reduce the frequency of mind-wandering. Therefore, assessing the quality of meditation should be based not only on the depth of meditation but also on the valence of mind-wandering and its ability to attract attention during meditation, which will benefit future meditation research. Additionally, physiological responses to these thoughts, such as muscle tension, are also important. These measurements could be used to predict the potential harmful effects of intensive meditation practice on certain individuals.

### Life Satisfaction

Jia Yifan et al. (2021) and Chu Shuya et al. (2021) argue that when college students receive more social support, they can enhance their social-emotional skills and indirectly improve their life satisfaction through a sense of security and positive psychological capital, thereby increasing their overall life satisfaction. Niu Xueting et al. (2021) found that female college students with lower levels of social support tend to accumulate stress due to insufficient psychological resources when coping with stressful situations or negative events. Good social support can effectively reduce female college students' perception of stressful events, decrease the impact of negative emotions, and play a crucial protective role in their mental health. Zhu Yangli and Tao Yun (2021) conducted a study on the life satisfaction and social exclusion of 2,297 college students, confirming that social exclusion is significantly negatively correlated with life satisfaction among college students. The more severe the social exclusion, the lower the students' subjective evaluation of their life satisfaction. To mitigate the negative impact of social exclusion events, psychological educators need to guide students to positively and actively evaluate the psychological aspect of these events and adopt positive cognitive and behavioral coping strategies to alleviate the negative effects brought by such stressors (social exclusion).

### Emotion and Behavior

Julia et al. (2022) found that there is an important and complex relationship between aggressive script rehearsal, difficulties in emotion regulation, and aggressive behavior. The results indicate that, in addition to the initiating effect of emotions on script rehearsal, aggressive script rehearsal may also play a regulatory role in emotions. Assessing an individual's tendency to rehearse aggressive scripts, their emotion regulation abilities, and the relationships between these variables and aggression is essential for matched treatment. However, these conclusions and

recommendations are tentative; further research is needed to better understand the directional relationships among emotions, difficulties in emotion regulation, aggressive script rehearsal, and aggression, as well as to test the intervention strategies proposed in this paper. Judith et al. (2012) conducted a longitudinal study on the relationship between emotion regulation in childhood and aggressive/externalizing behaviors published in the past five years. The findings show that emotional dysregulation in children is significantly related to externalizing problems such as aggression, making it an important risk factor. Since researchers frequently claim a lack of longitudinal studies in examining emotion regulation and psychopathology, this paper focuses solely on current research using this design. Although the number of existing longitudinal studies is limited, the hypothesis that emotion regulation problems lead to or contribute to aggressive behavior appears to be supported. So far, there has been little research on this connection in infants and adolescents. Therefore, future studies should employ emotional questionnaires and simple coping behavior scales to collect data on adolescents' emotions and behaviors, exploring the causal relationships between emotion and behavior.

### Current Research Deficiencies

There is considerable theoretical research on meditation both domestically and internationally, with consistent conclusions indicating that meditation training can effectively reduce anxiety levels and improve concentration. However, research on life satisfaction has mainly focused on the factors influencing college students' life satisfaction. The main deficiency is the lack of empirical studies confirming that meditation can predict college students' life satisfaction. Additionally, few studies explore the relationships between emotions, behavior, meditation, and life satisfaction. This gap in research poses challenges for universities in finding ways to further enhance students' life satisfaction. Furthermore, the relationship between emotions and behavior is quite complex, with emotional dysregulation being a significant risk factor for mental health problems. Therefore, it is particularly important to understand how to maintain a balanced emotional state, which is a key area that future research needs to address.

### Conclusion

In conclusion, meditation training plays an important role in reducing anxiety levels among college students, thereby enhancing their life satisfaction. meditation allows individuals to maintain a non-judgmental state of awareness in life, helping them to face reality correctly and playing a significant role in improving mental health. To benefit more people, it is recommended that educational authorities incorporate meditation training and meditation into school curricula, enabling children to gradually master

and apply these techniques as they grow. Additionally, the pressures faced by society should also be addressed, which may require a greater reliance on community efforts to gradually improve mental health intervention mechanisms. This can be achieved by organizing lectures, workshops, or online courses to introduce the benefits and techniques of meditation, attracting more participation.

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