

**A COMPREHENSIVE ANALYSIS OF MINDFULNESS PRACTICES AND STRESS
REDUCTION BETWEEN MALES AND FEMALES**

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ABSTRACT:

This study examines the relationship between mindfulness practices and stress reduction across gender with the goal of determining whether their effectiveness differs between male and female. A total of 120 participants, divided evenly into two groups: 60 males and 60 females to analyzed in order to determine if their mindfulness practices differed by gender and if gender variations influenced the effectiveness of these practices for stress reduction.

The study found no significant differences between men and women in terms of mindfulness practice or reported stress levels. Both groups produced similar results, indicating that mindfulness practices are as beneficial in stress reduction regardless of gender. These results indicate that gender does not play a substantial role in moderating the effectiveness of mindfulness activities for stress relief.

Keywords: Mindfulness practice, Stress reduction, Gender variation, Effectiveness of mindfulness, Substantial role

INTRODUCTION:

Mindfulness, a mental state reached by focussing consciousness on the present moment while quietly observing and accepting one's feelings, thoughts, and body sensations without judgement, has become a key component of stress management treatments. The concept of mindfulness is based on ancient contemplative traditions, particularly Buddhism, has grown in popularity in modern psychology and healthcare due to its effectiveness in enhancing mental well-being. The technique promotes people to develop a greater sense of awareness and presence, which helps to reduce ruminative and automatic thought processes that can worsen stress.

Mindfulness has frequently been shown in studies to reduce stress. Kabat-Zinn's (1990) foundational work established the Mindfulness-Based Stress Reduction (MBSR) program and demonstrated its efficacy in reducing stress, anxiety, and depressive symptoms in a variety of populations. Subsequent meta-analyses have demonstrated that regular mindfulness practice improves emotional control, lowers cortisol levels (a biological measure of stress), and increases general well-being.

In essence, it is somewhat unknown whether mindfulness varies with gender differences. Crisis issues related to gender-specific stress response, coping mechanism, and emotional processing suggest that mindfulness practices may, after all, have different effects on men and women. For instance, women who are beleaguered with gender expectations, responsibilities of caregiving, and perhaps even biological factors that tend them to high levels of stress, are in better positions to take much healing from those mindfulness practices targeting self-compassion and emotional regulation, thus allowing them to a state of calmness. Men, on the other hand, are more likely to take a lot out of the mindfulness practices that are less judgmental-but quite profound because they are transformed due to the social pressure mounting when they better control their emotions.

Grossman et al. (2004) conducted a meta-analysis on MBSR efficacy has indicated that mindfulness practice effectively leads to significant reductions in anxiety, depression, and pain, demonstrating its fit on stress reduction as part of an intervention.

Creswell et al. (2012) examined how gender influences mindfulness practices and discovered that women often experience greater benefits in emotional regulation and psychological well-being, likely because they are more attuned to emotional signals. On the other hand, men showed enhancements in cognitive focus and physical health outcomes.

RESEARCH OBJECTIVES:

- To explore the differences in mindfulness practice between males and females.
- To understand the effectiveness of mindfulness practices for reducing stress differ between gender?

HYPOTHESES:

- There is a notable difference in how often and what types of mindfulness practices are engaged in by males and females, with females participating more frequently in activities like meditation and mindful journaling than males.
- The effectiveness of mindfulness practices in reducing stress varies between males and females, with females experiencing greater decreases in perceived stress levels after participating in these practices compared to males.

METHODOLOGY:

Sample area: The study was conducted in two distinct geographical areas of India: Assam and Rajasthan.

Sample size: The sample size comprises of 120 adults with 60 males and 60 females of 18-35 age group.

PSYCHOLOGICAL TOOLS:

Five-Facet Mindfulness Questionnaire-15: It consists of 15 items which related to the five dimensions of mindfulness which are observation, description, acting with awareness, non -judging and non -reactivity. Higher scores indicating greater mindfulness of the individual.

Perceived Stress Scale: A 10-item questionnaire designed to measure the degree to which participants perceive their life situations as stressful. Higher scores on the PSS indicate higher levels of perceived stress of an individual.

RESULTS :

For mindfulness

Table-1

Gender	Mean	SD
Male	3.15	0.35
Female	3.24	0.56

FOR STRESS

Table-2

Gender	Mean	SD
Male	20.60	4.52
Female	20.25	8.47

Table 1 and table 2 indicates the difference in mean scores for mindfulness and stress between males and females appeared to be negligible, which indicates that the difference may not be of practical significance. This means that males and females self-report on average a similar level of mindfulness and stress.

Interpretation table

Table-3

Measure	Correlation (r)	p-value	t-statistic	t-test score	Significance (p < 0.05)	Interpretation
Mindfulness	-0.02	0.90	0.11	-1.07	Not Significant	No meaningful difference in mindfulness practices between males and females.
Stress	0.05	0.66	-0.43	0.28	Not Significant	No meaningful difference in stress reduction between males and females.

The results suggest that the gender does not substantially affect the mindfulness practices and its stress reduction effects. The very weak negative correlation ($r = -0.015$) and a p-value of 0.908 indicate that there is no meaningful difference or association on the completeness or effectiveness of mindfulness practices performed, as associated with gender. Likewise, stress reduction results yield a low positive correlation with gender (0.057) and a high p-value (0.660), again highlighting the non-significance of gender-based differences. The findings indicate that mindfulness practices and their ability to reduce stress are relevant and effective for everyone, regardless of gender. This underscores their potential as inclusive methods for enhancing mental well-being for all individuals.

DISCUSSION:

The results show that gender doesn't matter when it comes to mindfulness practices and stress reduction. With tiny and weak correlations ($r = -0.015$ for mindfulness practices and $r = 0.057$ for stress reduction) and high p-values ($p = 0.908$ and $p = 0.660$ respectively) there is no significant difference. So both men and women practice mindfulness at the same level and get the same benefits in stress reduction. This confirms that mindfulness is a universal intervention that works across genders as previous research has shown it works in diverse populations. This consistency means mindfulness is adaptable and inclusive and can be used for stress management regardless of gender.

The research shows that gender neutral mindfulness is just as effective for men and women. So mindfulness must be working independently of gender differences. But the lack of difference between the two means we need to look at other factors that might influence the effectiveness of these interventions. Cultural, psychological and contextual variables will play a big role in how we respond to mindfulness so we need a more subtle approach to designing and evaluating mindfulness interventions.

Despite the useful findings the study has some limitations. Focusing on gender only overlooks other potential determinants of mindfulness effectiveness like socioeconomic status, ethnicity or personality traits. Using a small sample size limits the generalisability to diverse populations. Using self-reported data to measure mindfulness and stress introduces subjective bias which may compromise the results. Future research should address these limitations by looking at broader demographic and psychological factors, using longitudinal designs to look at long term outcomes and using objective measures like cortisol levels to get a more complete picture of the impact of mindfulness on stress reduction.

CONCLUSION:

Mindfulness practices have gained recognition for enabling emotional control, instilling calmness, lowering cortisol levels, and alleviating stress. However, studying the differences in men and women is important for creating programs that truly work for people. When stress is considered, problems such as coping strategies that are distinct for different genders, hormonal changes, and gender role socialization all play important parts. These differences can be dealt with more effectively by developing mindfulness

skills for specific purposes within particular social contexts, such as postpartum, or occupational environments for women and men, respectively. This opens up mindfulness to different people, making it easier to practice, and more importantly, helps a greater number of people deal with stress effectively. Such an inclusive methodology serves to strengthen the effectiveness of mindfulness and guarantee that its advantages reach people in the way best suited to their life and needs.

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