

Abstract

The purpose of this study was to investigate the effects of mindfulness meditation on perceived stress levels in college students. A randomized controlled trial was conducted with 100 participants divided into a mindfulness meditation group and a control group. The mindfulness meditation group participated in guided meditation sessions thrice a week for four weeks. Stress levels were measured using the Perceived Stress Scale (PSS) at the beginning and end of the study. Results showed that participants in the mindfulness meditation group reported significantly lower stress levels compared to the control group ($p < .01$). These findings suggest that mindfulness meditation may be an effective intervention for reducing perceived stress in college students. Further research is needed to examine the long-term effects of mindfulness meditation on stress reduction.

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Dennis Howitt, Duncan Cramer

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Writing about Quantitative Research in Applied Linguistics L. Woodrow,2014-09-28 With increasing pressure on academics and graduate students to publish in peer reviewed journals this book offers a much needed guide to writing about and publishing quantitative research in applied linguistics With annotated examples and useful resources this book will be indispensable to graduate students and seasoned researchers alike Data Analysis and Methods of Qualitative Research: Emerging Research and Opportunities Madondo, Silas Memory,2021-04-15 An intellectual property discussion is central to qualitative research projects and ethical guidelines are essential to the safe accomplishment of research projects Undertaking research studies without adhering to ethics may be dangerous to researchers and research subjects Therefore it is important to understand and develop practical techniques for handling ethics with a specific focus on qualitative projects so that researchers conducting this type of research may continue to use ethical practices at every step of the project Data Analysis and Methods of Qualitative Research Emerging Research and Opportunities discusses in detail the methods related to the social constructionist paradigm that is popular with qualitative research projects These methods help researchers undertake ideal qualitative projects that are free from quantitative research techniques concepts all while acquiring practical skills in handling ethics and ethical issues in qualitative projects The chapters each contain case studies learning outcomes question and answer sections and discuss critical research philosophies in detail along with topics such as ethics research design data gathering and sampling methods research outputs data analysis and report writing Featuring a wide range of topics such as epistemology probability sampling and big data this book is ideal for researchers practitioners computer scientists academicians analysts coders and students looking to become competent qualitative research specialists Doing a Master's Dissertation in TESOL and Applied Linguistics Lindy Woodrow,2019-10-11 Doing a Master s Dissertation in TESOL and Applied Linguistics is a practical guide for master s students tackling research and research writing for the first time Structured for use in class or as part of an independent study and divided into the four stages of designing researching writing up and submitting a dissertation this book carefully guides readers from the very beginning of producing a research proposal all the way through to assessment procedures and the provisions for resubmission covers publishing your dissertation and applying for higher research degrees including funding addresses all the most fundamental concerns students have about master s dissertations including how to choose a topic and conducting a literature review draws upon examples from master s dissertations from the UK US and Australia and provides numerous how to tables and checklists and includes activities and resources to facilitate master s research and dissertation writing as well as FAQs and solutions at the end of each chapter Tailormade for MA students in TESOL or Applied Linguistics this book is essential reading for students on these degrees around the world as well as for their supervisors and programme directors Apa/Mla Guidelines (Speedy Study Guides) Speedy Publishing,2014-06-21 APA MLA Guidelines provide writers with the information that they need to

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chapter focuses on a specific step in the research process This text provides an instruction in the experimental research and an introduction to non experimental approaches such as ex post facto research correlational research and survey research New Chapter 7 Validity in Experimental Research combines coverage of external and internal validity Combines Chapter 7 Control in Experimentation and Chapter 14 External Validity from last edition Incorporates the new APA code of ethics as in pertains to research Chapter opening Learning Objectives have been replaced with Visual Overviews to give students a visual overview of the upcoming material New end of chapter mini quizzes help students review material Online study questions written by author Incorporates both quantitative and qualitative research to give students a balanced perspective Chapter opening vignettes focus on current events to demonstrate the real life relevance of psychological research Study question

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