



IMPACT OF MINDFULNESS AND RESILIENCE ON SAVORING OF YOUNG ADULTS

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ABSTRACT

The aim of the research is to study the Impact of Mindfulness and Resilience on Savouring in working individuals aged between 25 to 35 years of age. Mindfulness, Resilience and Savoring the moment are different, combined analysts of optimistic emotions and spiritual health. We can involve Mindfulness, Resilience and Savouring into our daily lifestyle by recalling our preceding or current episodes at the present event when that episodes were pleasant. Mindfulness, Resilience and Savouring contribute towards constructing visions of emotional intelligence. Mindfulness and Resilience postulate solid support for undoing consequences of savouring and suggest that increase in levels of savouring may deteriorate the relationship between depression and undesirable life dealings. Savouring through behavioural illustration appears to change the relationship between Mindfulness and Resilience. Mindfulness is a conspicuous factor of savouring. Mindfulness, resilience and savoring contribute towards obstacle against exhaustion. The research included three variables which are mindfulness, resilience and savoring. Mindfulness and resilience are independent variables while savoring is a dependent variable. Freiburg Mindfulness Scale was used for mindfulness. Nicholson McBride Resilience Questionnaire was used for resilience variable and Savoring Belief Inventory was used for savoring variable. The research was conducted on 100 job related individuals between the age of 25 to 35 years. The individuals who participated in the research were from various professions like marketing, teaching, engineers, doctors, lawyers etc. Hence we concluded that there is a positive Impact of Mindfulness and Resilience on Savouring in Individuals. The aim of the research i.e to study the Impact of Mindfulness and Resilience on Savouring in working individuals was achieved.

Keywords: Mindfulness, Resilience, Savoring, Young Adults

INTRODUCTION

Mindfulness denotes aiming upon the now and present, rather than considering about the former, or interesting apprehensions and ambitious opinion concerning the outlook. Mindfulness originated from Buddhist psychology and is vital in clinical psychology. Mindfulness is an opposite of mindlessness. Mindlessness is known as a condition of vigilance known through minor insight of what remains believed at the existing moment. Mindfulness is a budding avenue to larger sovereignty as it elaborates our knowledge of choices by separating us after automatic contemplation outlines and regular reactions. Mindfulness is an essential element for an individual's personality modification and better lifestyle. Mindfulness is linked to complete attentiveness. Mindfulness creates conditions for contentment to develop. Mindfulness meditation is the most dominant interventions in psychology, the term which develops every year. Mindfulness is one of the firmest developing of positive psychology, whose magnifying expedition of examining individuals flourishing has fascinated numerous attention. Mindfulness contributes towards enhancing overall well being.

The concept of mindfulness involves individuals to inherit qualities like being patient, acceptance and non judgemental. Mindfulness evokes us to give our attention to the fullest. Mindfulness helps in inheriting traits like being patient, non judging, having acceptance and letting-go. Mindful Attention Awareness Scale and Freiburg Mindfulness scale are some of the scales designed by positive psychologists to measure the levels of mindfulness in individuals. Moreover Gestalt therapy is also used to explain upgraded quantities of mindfulness. Following conclusions were made according to the recent mindfulness studies:

- Children who practiced mindfulness on their regular basis got higher scores on the mindful attention awareness scale than a normal sample.
- Training in mindfulness reduced the risk of breast cancer and prostate cancer in women.
- Mindfulness contributed towards increase in levels of autonomy and lower levels of stress in individuals.
- Mindfulness contributes towards positive mental health and also leads to rise in self understanding.
- Mindfulness improves one's skill to maintain attentiveness and also plays key role in the improvement of creativity.

Resilience is another basis of positive well being. Resilience is defined as development in one's physical and mental well-being succeeding challenge. It is characterized by bouncing back from unenthusiastic experiences in a less time duration. Researches based on Resilience are projecting in developmental psychology. According to recent findings children who were more resilient were performing well across the dynamics of health despite the encounters due to poverty. Resilience is more connected with the health and well being of the individuals than with the nature of the misfortune. Resilience commemorates individual's skill to come out of catastrophe. Following are some of the foundations of Resilience:

- Healthy relationships with others
- Independence

- Sense of purpose in life
- Self approval

Resilience means springing back from undesirable events in lesser time. Clinical Psychologist make utmost use of interventions of resilience for treatment of psychological disorders. Masten defined resilience as an nonexistence of psychopathology. Societal assets are vital in resilience. Resilient responses are known as the capability of a human being who has experienced critical situations in life for example death of a close family member to maintain strong levels of physical, social and psychological performance. Resilience can be judged by the way a person behaved at a life threatening situation.

Savouring is defined as the ability to attend to, appreciate and enhance the positive happenings in one's life. Savouring requires us to keep calm and to be close to our surroundings, feelings and experiences. Savoring is more focused on enhancing our positive experiences. Savoring requires us to have a relaxed state of mind. Savoring can contribute towards positive emotions which further leads to happy and contented life. Moreover the concept of savoring also characterizes flow experiences. According to recent studies savoring is beneficial for older adults as it help in improving their psychological well being. Bryant and Veroff gave four savouring processes which include the following:

- (1) Gratitude
- (2) Pride
- (3) Awe
- (4) Luxuriating

Mindfulness, Resilience and Savoring are psychological variables related to optimistic emotions and spiritual health. Mindfulness and Resilience have a positive impact on Savoring with leads to an positive and healthy well being both physically and mentally. We can involve Mindfulness, Resilience and Savoring into our everyday lifestyle by recollecting our former or current episodes at the present event when that episodes were amiable. Mindfulness, Resilience and Savoring contributes nearness in relations. Mindfulness, Resilience and Savoring contribute towards constructing visions of emotional intelligence.

According to Rosenzweig gratitude is considered to be the "sister of mindfulness" as gratitude is closely linked to mindfulness. Mindfulness promotes emotion regulation and positive emotions including gratitude. People practising mindfulness on their daily basis are more likely to notice positive life experiences and be grateful for them. In a randomized controlled trial of an online 8-week mindfulness plan, mindfulness practices increased gratitude at both immediate and one-month posttests. Besides mindfulness, savoring positive experiences is also correlated to feelings of gratitude. Recently in a research study by Bryant in 2020 involving older adults, savoring life lessons predicted life satisfaction through gratitude as a mediator. That is, savoring

enables positive feelings of gratitude, which further augments life satisfaction. As such, recent studies have underlined the relationships between mindfulness, savoring, and gratitude.

Mindfulness is constantly at the existing state. Mindfulness is not about when one wants to be unique rather, we can utilize savouring. To regard savouring as dependent on mindfulness and resilience, mindfulness and resilience are based on an individual's inner abilities. Resilience is a fragment of everyone's lifecycle. High levels of savouring and resilience contribute to elevated levels of happiness, reduced depression, and life satisfaction. Mindfulness and Resilience leads to augmented levels of savouring.

There is an optimistic correlation between Mindfulness, Resilience and Savouring. Individuals scoring high on mindfulness tend to score more on resilience and savouring. Mindfulness arouses close relationships and self awareness amongst individuals.

The resulting reasons emerge towards the greatest quantity of association among these three grounds of psychology:

- Positivity
- Management of sensations.
- Problem Solving and Decision making
- Autonomy

Resilience is fundamental in crafted by positive brain research. For instance if mindfulness, resilience and savouring are practiced together can actually reduce the possibility of the amygdala and increase our anxiety reactivity threshold. Together, Mindfulness and Resilience postulate solid support for undoing consequences of savouring and suggest that increase in levels of savouring may deteriorate the relationship between depression and undesirable life dealings.

Savouring through behavioural illustration emerges to change the correlation between Mindfulness and Resilience. Mindfulness is a conspicuous factor of savouring. It is due to the trait of befriending and acceptance that allows mindfulness to savour. Mindfulness, resilience and savoring contribute towards obstacle against exhaustion. Mindfulness and resilience help in the treatment of burnout. Lack of mindfulness and lack of resilience to would lead to lack of savoring.

An intervention named 'mindfulness focused retrieval enrichment' is designed for training in mindfulness. This therapeutic process focuses mainly on three therapeutic processes which include Resilience, Savouring and Reappraisal. This mindfulness intervention is different from other interventions positive psychological well being. The objective of the intervention is to foster self actualization and therapeutic modification.

Savoring correspondences hypothetically with mindfulness as it includes current experiences, and it demands mindfulness of a satisfying proficiency following that can stand savored. Combination of mindfulness and

savoring can lead to affirmative emotions and health in ones lifetime. Techniques like mindfulness and savoring are considered to be effective for well being promotion. The foundational mindfulness ideas of recognition and non- judgmental attention were integrated into the training of the positive reappraisal and savouring strategies for increased exercise benefits.

Resilience acts as an essential feature of the level of advantage from positive psychology. Resilience is related to mindfulness and savouring interventions that gives rise to health assistance with the help of positive emotions. There is an inclination of indirect involvement between mindfulness and resilience to strengthen increase in concentrations of savoring. Correlation between mindfulness and resilience contribute towards progressive changes in emotional health indicators. Interventions based on mindfulness and resilience have an impact on burnout subtypes but their impact may occur in changed ways, hypothetically resolved by optimistic and adverse distress.

According to recent researches mindfulness and resilience are crucial to distinctions in savoring. Additional variables can control relations between mindfulness or savoring and psychological health. Programs and interventions are being designed further to help in the improvement of mindfulness, resilience and savoring in individuals.

REVIEW OF LITERATURE

Klibert and Sturz (2022) reported that interventions related to savoring leads to increase in positive emotions in reaction to a social stressful situation. The research comprised of an experimental mixed subject design study including a college student sample. All the research participants finished a hassle induction task and were then randomly allotted into different intervention groups. Positive emotion ratings were collected at three points which includes baseline, post-induction task, post-intervention. The study concluded that individuals in the savoring the moment intervention reported higher levels of positive emotions as compared to individuals allotted to the true control group, guided imagery control group, and savoring through reminiscence intervention.

Cheung and Lau (2021) set out to study whether mindfulness is linked to life satisfaction through testing savoring optimistic experiences and gratitude as mediators. The study included 133 Chinese mindfulness practitioners between the age group of 20-72 years who were chosen from a 3-day transnational meditation event in Hong Kong. The study concluded that dispositional mindfulness share positive correlation with life satisfaction, with life savoring positive experiences and gratitude as mediators.

Pillay (2020) aimed to investigate the impact of positive affect and mindfulness on the levels of resilience of female leaders in higher education institutions in South Africa. The study indicated that positive affect and mindfulness were found to be important predictors of resilience. Moreover, mindfulness was found to be a partial mediator in the relationship between positive affect and resilience. The research gave the implication that higher education institutions can assist female leaders by investing in positive psychological resources

such as mindfulness and positive affect to enhance the levels of resilience. This study contributed minorly on the role of internal resources to enhance resilience in a workplace setting and more specifically amongst female leaders.

Li Liang (2019) studied about savouring and psychological well being in family members whose beloved ones are getting rid of cancer. This research worked on the role of savouring in psychological well-being within patient caregivers emphasizing the consequence of exploring positive emotional pathways in their collaborative variation.

Hobbs and Arthur (2019) at Harvard University aimed to study the function of empathy and mindfulness in constructing parent resilience while concerned for kids amongst prolonged circumstances. The objective of the research was to portray a model and to assess the requirement for paternal care mediations for this populace. This research introduced a standard of Resilience and Mindfulness in paternal care giving. This research outlined upcoming guidelines for intervention development and study to examine the effect of CMBIs on parent resilience.

Newman (2019) set out to study the effect of stress on resilience. The research was meant to examine the controlled impact of a savoring intervention. The aim of the study was to assess if a savoring intervention could safeguard the impact of stress on resilience. This research provided understanding on upcoming studies involving savoring, stress and resilience.

Glenda (2018) at Sheffield Hallam University conducted a study on the function of mindfulness in the progress of resilience in business persons. According to this research mindfulness is vital in broadening our understanding of how best to support entrepreneurial resilience.

Younes and Alzahrani (2018) discussed about whether Resilience and Flourishing be facilitators in the association between mindfulness and life satisfaction in Saudi college undergraduates. According to this research mindfulness and resilience scales had good reliability and validity. According to this research resilience had an effect on flourishing.

Mindfulness partially had an impact on life satisfaction.

Janssen (2018) aimed to study the impact of Mindfulness related stress reduction and mindfulness related cognitive therapy on the emotional wellbeing of employees. The result of this review of literature concluded that mindfulness related therapies helped in reducing the stress level of employees and contributed towards positive mental health in employees

Kiken (2017) conducted a study which suggested that dispositional mindfulness and perceived ability to savor the moment are relatively related concepts that connect to expect positive emotions and mental health.

Smith (2017) reviewed the effect of savouring mediation on Resilience and Well being of older adults. This research suggested that the savoring intermediation has the capability to develop resilience and better psychological well-being in older adults.

Huang (2017) at University of Colorado Law School in 2017 reported that practicing mindfulness can lead to better decision making , ethics and leadership abilities in lawyers. According to this review of literature

practicing mindfulness can help advocates become more cognizant of how to succeed in various challenging and difficult roles and responsibilities that lawyers face to help their clients.

Garland (2017) examined that mechanisms of mindfulness can be known for the treatment for chronic illness and stress. According to this review of literature practicing mindfulness meditation contributes towards coping with stress. Mindfulness leads to the capability to discover value in hardships. Coping stress through mindfulness meditation provides the opportunity to adjust and adapt oneself to a challenging environment.

Badri Bajaj (2017) at Jaypee Institute of Information Technology to studied the role of self esteem in the relationship between stress, resilience and mindfulness. According to this finding it was concluded that self esteem is an incomplete facilitator concerning mindfulness and stress. This research suggested that mindfulness and self-esteem play a vital role in ones mental health. This research revealed that self-esteem is a full intermediary of the relationship among mindfulness and resilience. Mindfulness nurture resilience as people with higher level of mindfulness respond to difficult situations easily.

Smith and Bryant (2017) studied about savouring and well-being which included recording the emotional and cognitive environment of the contented brain. The study concluded that savoring is different from happiness and savouring contributes towards promotion of positive well being.

Musich (2016) reviewed the effect of resilience among older people. The research concluded that resilience is most often considered as a process rather than a personality trait; as such many older adults are capable of improving their resilience later in life.

Ivtzan (2016) examined the impact of mindfulness practices on wellbeing. The study found that mindfulness to be the first programme which can contribute towards positive changes in human beings and increase levels of wellbeing in individuals.

Leon (2015) at Sothern Cross University aimed to study about resilience and the role of savouring gratification. This study further elaborated the broaden and build theory given by Fredrickson in the year 2001. The objective of this research was to find out the correlation regarding the ability to savour positive understandings ongoing affect and emotional resilience.

Fredrickson (2015) revealed that mindfulness expands ones knowledge and understandings as well as constructs eudaimonic value. According to this review of literature mindfulness is one of the most powerful model of positive emotion regulation. This process is meant to complete in a progressed capability for meaning manufacture and better life commitment.

Darwin (2015) aimed to study the relationship between emotional intelligence and mindfulness. This study concluded that there is a positive relationship between mindfulness and emotional intelligence. According to this research people who practice mindfulness meditation on their daily basis attained the ability to understand emotions of oneself as well as of others.

A research was published in 2015 at University of Zaragoza. The aim of the review was to assess the connotations of mindfulness and resilience with the qualities of the exhaustion kinds in major clinicians, considering the possible facilitating function of adverse and progressive distress. The review concluded that mediations involving both mindfulness and resilience can impact exhaustion subtypes, but their influence can happen in various methods which are hypothetically resolved by confident and unconstructive distress. According to this review mindfulness is a suitable intervention for preventing initial stages of burnout while resilience is more effective for curing progressive stages of burnout.

Smith (2014) opted to study about Savoring, resilience, and emotional health in senior human beings. This current study observed the association among savoring optimistic skills i.e., the aptitude to see and adjust positive moods and inner well being for grown-up people with superior and minor intensities of resilience. The findings of this research had insinuations aimed at the growth of psychological intervention that could help in the improvement of resilience and health in elderly people.

Garland, Fredrickson and Barbara L. (2013) studied about Mindfulness and reviewed that Mindfulness expands ones consciousness and contribute towards building importance at the attention sensation edge.

Hennelly (2011) at Oxford Brookes University set out to study the speedy and nonstop results of the .b training on mindfulness on youths overall well-being as well as educational performance. The study concluded that .b training helped in significant improvements of mindfulness as well as resilience and moreover provided greater stability among well-being of youths studying in schools.

A research in 2010 at University of Cambridge studied that mindfulness and meditation leads to rise in psychological well being particularly in teenager males. According to this research mindfulness is the activity of absorbing to become more aware of our current situation and increases the level of psychological well-being in teenager males.

Collins (2009) observed the impact of hope and mindfulness on the correlation among life experiences and resilience, and direct interactions between these concepts. According to this research both hopefulness and mindfulness are related to resilience. The research concluded that mindfulness is a mediator of the affiliation between resilience and life events and mindfulness is a factor of resilience.

METHODOLOGY

AIM: The aim of the research is to study the Impact of Mindfulness and Resilience on Savouring in working individuals aged between 25 to 35 years of age.

OBJECTIVES: This study includes three variables which are Mindfulness, Resilience and Savouring. The main objective of this study is to analyze the Impact of Mindfulness and Resilience on Savouring on working Individuals aged from 25 to 35 years of age.

HYPOTHESIS: There will be positive Impact of Mindfulness and Resilience on Savouring in Individuals .

SAMPLE DESCRIPTION:

Size of sample: 100 samples

Age: 25 to 35 years

Sex: Male and Female

Educational Qualification: Graduate and above

TOOL DESCRIPTION:

FREIBURG MINDFULNESS SCALE

The scale was developed by Freiburg in the year 2006. The Freiburg Mindfulness Scale is a convenient, valid and reliable scale for measuring mindfulness. The aim of the questionnaire is to find the experience of mindfulness in individuals. The scale consists of 14 questions which include every part of mindfulness. The subject is asked to answer honestly and no time limit is given to the subject to complete the questionnaire. Scoring is done by adding up all items to get a summay score. While scoring one must make sure that there are couple of negative items for which the score is be reversed as 1 into 4, 2 into 3, 3 into 2 and 4 into 1. The reliability of the scale is considered to be .86. The scale is reliable and valid for measuring mindfulness.

NICHOLSON MCBRIDE RESILIENCE QUESTIONNAIRE (NMRQ)

The scale was developed by Nicholson McBride in the year 2010. The questionnaire consists of 12 items. This resilience has a reliability of .76 and is valid and reliable measuring Resilience. For each question the subject is instructed to score himself/herself between 1 to 5 where 1 is meant for strongly disagree, 2 for disagree, 3 for neither agree nor disagree, 4 for agree and 5 for strongly agree. Scoring is done by adding up all the scores to get a resilience score. A subject scoring in the range between:

0 - 37: Subject scoring between 0 to 37 have a evolving level of resilience.

38 – 43: Subject scoring in the range of 38 to 43 are considered to have an conventional level of resilience.

44- 48: Subject scoring in the range between 44 to 48 have a strong level of resilience.

49-60:Subject scoring in the range of 49 to 60 have an exceptional level of resilience.

SAVORING BELIEFS INVENTORY (SBI)

Savoring Belief Inventory was developed by Fred B. Bryant in 2003 to measure beliefs about savoring. The questionnaire has about 24 items. The subject is instructed to circle the number that best indicates him/her. The items are ranged from 1 i.e strongly disagree to 7 i.e strongly agree. The subject is instructed that there are no right or wrong answers. The subject is instructed to answer honestly. Scoring of SBI is calculated by summing up all the odd numbered items and then even numbered items. The total SBI is calculated by subtracting the sum of even numbered items from the sum of odd numbered items.

PROCEDURE

The research included three variables which are mindfulness, resilience and savoring.

Mindfulness and resilience are independent variables while savoring is a dependent variable.

Freiburg Mindfulness Scale was used for mindfulness. Nicholson Mcbride Resilience Questionnaire was used for resilience variable and Savoring Belief Inventory was used for savoring variable. The research was conducted on 100 job related individuals between the age group of 25 to 35 years. The individuals who participated in the research were from various professions like marketing, teaching, engineers, doctors, lawyers etc. Proper rapport formation was done with the participants after which instructions were given to fill the questionnaires of this research. This process is known as data collection. After data collection scoring was done of the three variables which are mindfulness, resilience and savoring. After scoring of each questionnaires the scores were put on the excel sheet. The last step included statistical analysis which was done with the help of famous statistical software SPSS. The scores were placed on the SPSS sheet and then analysis was done. Since the aim of the research was to study the Impact of Mindfulness and Resilience on Savoring in working individuals aged between 25 to 35 years of age Regression analysis was done. Other statistical analysis such as mean and standard deviation was also done. The data analysis was tabularized in the tables above.

STATSTICAL ANALYSIS

Regression

Variable Entered/Removed^a

Model	Variables Entered	Variables Removed	Method
1	Resilience Scale Freiburg Mindfulness Scale ^b	.	Enter

a) Dependent Variable: Savoring Belief Inventory Scale

b) All requested variables entered.

Table 1.1

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.385 ^a	.148	.131	15.035

a. Predictors: (Constant), Resilience Questionnaire, Freiburg Mindfulness Scale

Table 1.2

ANOVA^a

MODEL		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	3820.085	2	1910.042	8.450	.000 ^b
	Residual	21926.475	97	226.046		
	Total	25746.560	99			

a) Dependent Variable: Savoring

b) Predictors: (Constant), Resilience, Mindfulness

Table 1.3

COEFFICIENTS^a

a. Dependent Variable: Savoring

Table 1.4

Correlations				
		Mindfulness	Resilience	Savouring
Mindfulness	Pearson Correlation	1	.457**	.333**
	Sig. (2-tailed)		.000	.001
	N	100	100	100
Resilience	Pearson Correlation	.457**	1	.325**
	Sig. (2-tailed)	.000		.001
	N	100	100	100
Savouring	Pearson Correlation	.333**	.325**	1
	Sig. (2-tailed)	.001	.001	
	N	100	100	100
Correlation is significant at the 0.01 level (2-tailed).				

Table 1.5

Correlations					
			Mindfulness	Resilience	Savouring
Spearman's rho	Mindfulness	Correlation Coefficient	1.000	.432**	.319**
		Sig. (2-tailed)	.	.000	.001
		N	100	100	100
	Resilience	Correlation Coefficient	.432**	1.000	.344**
		Sig. (2-tailed)	.000	.	.000
		N	100	100	100
	Savouring	Correlation Coefficient	.319**	.344**	1.000
		Sig. (2-tailed)	.001	.000	.
		N	100	100	100
Correlation is significant at the 0.01 level (2-tailed).					

Table 1.6

Descriptives

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Mindfulness	100	28	54	40.69	5.855
Resilience	100	15	57	43.46	6.195
Savoring	100	1	70	22.88	16.127
Valid N (listwise)	100				

Table 1.7

ANALYSIS OF RESULT

The topic of the research was to find the effect of mindfulness and resilience on savoring.

Mindfulness and Resilience are independent variables while savoring is a dependent variable. The research was conducted on 100 working individuals between the age of 25 to 35 years.

The individuals were from various variety of professions such as teaching, lawyers etc.

The results are totally significant on the whole. The result of the descriptive statistics are totally significant on the whole. The mean and standard deviation of all the three variables i.e mindfulness, resilience and savoring have been obtained in the table above,

The score of mean in the case of mindfulness is 40.69 and the score of standard deviation is 5.855. The score of mean in resilience is 43.46 and the the score of standard deviation is 6.195. The score of mean in the case of savoring i.e the dependent variable is 22.88 and the score of standard deviation is 16.127.

Since the aim of the research was to study the Impact of Mindfulness and Resilience on Savouring in working individuals aged between 25 to 35 years of age. To study the impact among three variables under study Regression analysis and Correlation analysis has been put to user. Pearson product-moment correlation coefficient and Spearman's rank correlation coefficient methods were applied in correlation analysis.

The value of Regression came out to be 3820.085 where mindfulness and resilience were constant and savoring is a dependent variable. Correlation was found to be significant at the 0.01 level The value of degree of freedom came out to be 2 which gave the mean square of 1910.042. The value of f-test or ANOVA came out to be 8.450 where mindfulness and resilience are constant and savoring is a dependent variable. The t values of Mindfulness came out to 2.213 and the t value of resilience came out to be 2.069 as these two variables were constant and savoring was a dependent variable.

Hence we prove that there is a positive Impact of Mindfulness and Resilience on Savouring in Individuals.

The aim of the research i.e to study the Impact of Mindfulness and Resilience on Savouring in working individuals was achieved.

DISCUSSION

An individual who is resilient is the one who is adaptable and cheerful as well as retains the capability to prosper in the field of hardship. It is true that mindfulness acts as a foundation for the increase in levels of emotional intelligence. Positive mental states are lifelines to resilience that lead individuals path of living a meaningful and better life. To savour a positive emotion or understanding is to be mindfully be conscious of the gratification originated from the environment.

The skill to normalize one's mindsets through savouring (hope, gratitude, and ruminating) may be worth cultivating to help in developing protective health factors. According to recent researches mindfulness protects an individual from suicidal thoughts and desires. A resilient person is the one who is adaptable and cheerful and retains the aptitude to survive in hardship. Savoring is the ability to be careful of optimistic understandings as well as to be familiar of positive feelings about those practices. Savoring intercessions are useful in enlightening welfare of young adults. Guidance in savouring alleviates depressive indicators and negative affect. Training in savouring contributes towards reducing symptoms of present mental and physical disorders by helping people to maintain positive emotions from good events in ones life. Individuals who finalized the savoring intervention with high fidelity reported improvements in resilience, depressive symptoms, and happiness over time. The researches suggest that the savoring intervention has the potential to enhance resilience and psychological well-being of older individuals. Home and school environment is useful in development of vocational maturity of individuals.

Mindfulness, Savouring and Resilience are linked with positive emotions for individuals who can also retain approaches to abstract numerous progressive emotions after satisfying understandings. Dispositional mindfulness can probably temperate the relative concerning savoring capability plus optimistic feelings in everyday lifestyle such that the magnitude to which the power to savor the instant expects every day positive emotions depends on the extent of receptive present-moment awareness provided by dispositional mindfulness. Dispositional mindfulness may help people to notice and value pleasant aspects of everyday experience, providing more opportunities to use one's ability to savor the moment.

The individuals who savour their encounters are better ready to append significance to them, perceive the silver linings among the foreboding shadows, and appreciate these silver linings without limit. Keeping an appreciation diary and building up an inside locus of control can assist you with enhancing your capacity to enjoy life's certain encounters, and discover all the more significance throughout everyday life.

According to the studies greater levels of characteristic mindfulness are associated with higher trait resilience, higher levels of savouring , lower levels of negative affect, and greater life satisfaction. These results are consistent with previous preliminary research on the relationship between mindfulness, savouring and resilience. Savouring is thus the capability to attend to appreciate and enhance the positive happenings in one's life. Savouring refers to being calm and close to our surroundings, feelings and experiences. Moreover

mindfulness improves aspects of attention span. In their report on the integration of meditation concluded that empathetic responses are increased with meditation and mindfulness practices.

Training individuals how to mindfully savour positive emotions in lieu of depressive symptoms may generate more intrapersonal and interpersonal support to alleviate pressing emotional concerns more expediently. For instance, recalling and sustaining attention towards empowered life images and memories i.e a savouring process which may help individuals minimize depressive states by generating greater levels of coping resources e.g., optimism, resilience, wisdom, speeding up cardiovascular recovery and eliciting support from friends and family.

Following conclusions were drawn from the above research findings in the recent years which include:

- Dispositional mindfulness share positive correlation with life satisfaction, with life savouring positive experiences and gratitude as mediators.
- Mindfulness is vital in broadening our understanding of how best to support entrepreneurial resilience.
- Mindfulness related therapies helps in reducing the stress level of employees and contributes towards positive mental health in employees.
- Savoring intermediation has the capability to develop resilience and better psychological well-being in older adults.
- Self-esteem is a full intermediary of the relationship among mindfulness and resilience. Mindfulness nurture resilience as people with higher level of mindfulness respond to difficult situations easily.
- There is a positive relationship between mindfulness and emotional intelligence. People who practice mindfulness meditation on their daily basis attained the ability to understand emotions of oneself as well as of others.
- Mindfulness is a suitable intervention for preventing initial stages of burnout while resilience is more effective for curing progressive stages of burnout.
- Mindfulness as well as resilience provide greater stability among well-being of youths studying in schools.
- Mindfulness is a mediator of the affiliation between resilience and life events and mindfulness is a factor of resilience

The aim of the research was to study the Impact of Mindfulness and Resilience on Savouring in working individuals aged between 25 to 35 years of age. This study included three variables which are Mindfulness,

Resilience and Savouring. The main objective of this study was to analyze the Impact of Mindfulness and Resilience on Savouring on working Individuals aged from 25 to 35 years of age. The Hypothesis of the study was that There will be positive Impact of Mindfulness and Resilience on Savouring in Individuals .

The research included three variables which are mindfulness, resilience and savoring.

Mindfulness and resilience are independent variables while savoring is a dependent variable.

Freiburg Mindfulness Scale was used for mindfulness. Nicholson Mcbride Resilience Questionnaire was used for resilience variable and Savoring Belief Inventory was used for savoring variable. The research was conducted on 100 job related individuals particularly male and female between 25 to 35 years of age. The individuals who participated in the research were from various professions like marketing, teaching, engineers, doctors, lawyers etc. Proper rapport formation was done with the participants after which instructions were given to fill the questionnaires of this research. This process is known as data collection. After data collection scoring was done of the three variables which are mindfulness, resilience and savoring. After scoring of each questionnaires the scores were put on the excel sheet. The last step included statistical analysis which was done with the help of famous statistics software SPSS. The scores were placed on the SPSS sheet and then analysis was done. Since the aim of the research was to study the Impact of Mindfulness and Resilience on Savouring in working individuals aged between 25 to 35 years of age Regression analysis was done. Other statistical analysis such as mean and standard deviation was also done. The data analysis was tabularized in the tables above.

The Hypothesis of the study there will be positive Impact of Mindfulness and Resilience on Savouring in Individuals was proved .

CONCLUSION AND SUMMARY

Mindfulness is the most prevalent interventions in psychology, the term which upgrades itself year after year. Resilience had an effect on flourishing. Mindfulness partially had an impact on life satisfaction. Resilience is an important factor of the level of advantage from positive psychology. People who practice mindfulness meditation on their daily basis attained the ability to understand emotions of oneself as well as of others. Mindfulness, resilience and savouring if practiced together can actually reduce the scope of the amygdala and increase our anxiety reactivity threshold. Mindfulness is a vital in broadening our understanding of how best to support entrepreneurial resilience. Training in savouring contributes towards reducing symptoms of present mental and physical disorders by helping people to maintain positive emotions from good events in ones life. Guidance in savouring alleviates depressive indicators and negative affect. Mindfulness expands ones knowledge and understandings as well as constructs eudaimonic value.

According to recent researches mindfulness is a powerful model of positive emotion regulation. Mindfulness is the activity of absorbing to become more aware of our current state as well as increases the level of psychological well-being in male adolescents. Savouring is about being calm and close to our surroundings, feelings and experiences. Moreover mindfulness improves aspects of attention span. There is a optimistic relationship between Mindfulness, Resilience and Savouring. People who score high on mindfulness tend to score more on resilience and savouring. Mindfulness meditation stimulates close relationships and self awareness among people. Kindness and mindfulness associated contributions and therapies build to maintain paternal resilience by supporting adaptive stress evaluation and coping , concrete child-care and self-empathy.

The aim of the research was to study the Impact of Mindfulness and Resilience on Savouring in working individuals aged between 25 to 35 years of age. The study included three variables which are Mindfulness, Resilience and Savouring. The main objective of this study was to analyze the Impact of Mindfulness and Resilience on Savouring on working Individuals aged from 25 to 35 years of age. The Hypothesis was that There will be positive Impact of Mindfulness and Resilience on Savouring in Individuals .

The research included three variables which are mindfulness, resilience and savoring.

Mindfulness and resilience are independent variables while savoring is a dependent variable.

Freiburg Mindfulness Scale was used for mindfulness. Nicholson Mcbride Resilience Questionnaire was used for resilience variable and Savoring Belief Inventory was used for savoring variable. The research was conducted on 100 job related individuals particularly male and female between 25 to 35 years of age. The individuals who participated in the research were from various professions like marketing, teaching, engineers, doctors, lawyers etc. Proper rapport formation was done with the participants after which instructions were given to fill the questionnaires of this research. This process is known as data collection. After data collection scoring was done of the three variables which are mindfulness, resilience and savoring. After scoring of each questionnaires the scores were put on the excel sheet. The last step included statistical analysis which was done with the help of famous statistics software SPSS. The scores were placed on the SPSS sheet and then analysis was done. Since the aim of the research was to study the Impact of Mindfulness and Resilience on Savoring in working individuals aged between 25 to 35 years of age Regression analysis was done. Other statistical analysis such as mean and standard deviation was also done. The data analysis was tabularized in the tables.

The aim of the research i.e to study the Impact of Mindfulness and Resilience on Savouring in working individuals was achieved. Hence we proved that there is a positive Impact of Mindfulness and Resilience on Savouring in Individuals.

LIMITATIONS

The above research study includes the following limitations and constraints:

- To begin with the sample size was small i.e the research comprised of only 100 job related individuals.
- Secondly, the research had a lot of age barriers. Only individuals between the age of 25-35 years typically young adults were made to participate in the research.
- The research only comprised of individuals who are from job related backgrounds. The individuals who participated in the research were from various professions like marketing, teaching, engineers, doctors, lawyers etc. The research did not comprise of other professionals or individuals from the same age group which includes homemakers, businessclass, politicians, freelancers etc.