

World Summit on

# STRESS, MINDFULNESS AND PHILOSOPHY &

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# STRESS, MENTAL HEALTH AND DEMENTIA

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## **The construction of universities student's mindfulness, positive coping and negative emotions: Unlocking the secret power of making a better life**

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Hsiu Ling Pai (Professor of Education and Counseling, University of Taipei, Taiwan; Visiting Professor of Department of Psychology, Harvard University) based on the theory and related research, this study proposed the negative emotional model of Taiwanese college/university students. This model assumes that the individual's mindfulness traits affect his/her negative emotions through the intermediate effect of positive coping. Therefore, the researchers obtained 900 valid samples from the stratified random sampling of college/university students in 21 counties and cities in Taiwan. The structural equation modeling was used to analyze the theoretical model of mindfulness, positive coping and negative emotions. It is found that the negative emotional causality model of Taiwanese college/university students can be verified and supported by the research, and It showed that the mindfulness trait not only affects the negative emotions indirectly through the intermediary variable of positive coping but also has a direct effect on negative emotions. The researchers found that out of all the negative emotions mindfulness had the most impact on depression. Finally, the researchers conducted an exploratory experimental research on the mindfulness PACKS model the researchers developed. It is expected that the mindfulness PACKS model will improve college/university students' mindfulness and also effectively decrease their negative emotions. Suggestions are made for university students, parents, teachers, counselors and for future research.

### **Biography**

Hsiu Ling Pai completed her Counselor Education, PhD at the age of 31 from the University of New Orleans. She is the Professor of Education and Counseling at the University of Taipei. She had been the director of the Counseling Center at the University. She has published more than 30 papers in journals and has been serving as an editorial board member in Taiwan. Currently, she is the Visiting Professor of Psychology at Harvard University. Her expertise is in the evaluation and passion for mindfulness, counseling and improving health and wellbeing. She has brought mindfulness into everyday life for years. She has built her model of mindfulness after years of experience in research and practice in hospital and educational institutions. She likes to help people learn the resource of mindfulness within themselves so they can be happy and healthy and make their world more beautiful.

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