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Relationship Between Mindfulness, Psychological Well Being And Psychological Inflexibility Among Young Adults

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Being mindful is being aware of one's experiences without passing judgement on them. Meditation and other similar disciplines and activities are not interchangeable or synonymous. Certain positive functioning levels, such as [interpersonal connections and self-explanatory attitudes](#) that encompass an individual's perception of personal development, are referred to as psychological well-being. The capacity to react to stimuli in a way that is both compatible with one's personal ideals and useful in each situation is known as psychological flexibility. In the present study, we examined the relationship between Mindfulness, Psychological Well Being and Psychological Inflexibility among Young Adults. For the study data was collected from sample of 100 participants, using different scales. After the data was collected, each variable was calculated separately using the manual of respective scales. After score were taken, they were calculated by using different statistical analysis tools, that is Pearson Correlation Coefficient. Through this study, it is concluded that there is a positive correlation between [Mindfulness and Psychological Well-being](#) and negative correlation between Mindfulness and Psychological Inflexibility and negative correlation between Psychological Well-being and Psychological Inflexibility.

Biography

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