

THE RELATIONSHIPS BETWEEN MINDFULNESS, DECISION- MAKING, AND SOLUTION-FOCUSEDNESS AMONG UNIVERSITY STUDENTS: A MULTIPLE REGRESSION ANALYSIS

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ABSTRACT

This study aimed to investigate the impact of mindfulness levels on university students' decision-making skills and solution-focused approaches. The sample consisted of 209 students from Bursa Technical University, with 109 (52.1%) female and 100 (47.9%) male participants. Data were collected using the "Adolescent and Adult Mindfulness Scale" to measure mindfulness levels, the "Decision-Making Scale for Adolescents" to assess decision-making skills, and the "Solution-Focused Inventory" to evaluate solution-focused attitudes. The data were analyzed using t-tests, Pearson correlation analysis, and multiple regression analysis. The findings revealed significant positive relationships between mindfulness, decision-making, and solution-focused approaches. These results suggest that mindfulness practices help individuals better manage their internal processes, enabling more conscious and balanced decision-making. Additionally, mindfulness plays a crucial role in enhancing solution-focused skills. However, the relatively weak effects indicate that mindfulness alone may not be sufficient, and that individual characteristics, social support, and cultural factors should also be considered.

The study recommends developing mindfulness training programs tailored for university students to improve their stress management, emotional regulation, and problem-solving abilities. Further large-scale studies involving diverse demographic groups and longitudinal research assessing the long-term effects of mindfulness are also suggested. Such research could enhance the sustainability of mindfulness practices and contribute to improving students' decision-making and problem-solving processes.

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