

The Impact of Daily Mindfulness Practice and Meditation on Stress Reduction and Improvement in Quality of Life in Indonesia

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ABSTRACT

This study investigates the impact of daily mindfulness practice and meditation on stress reduction and quality of life improvement among individuals in Indonesia. Using a quantitative research approach, data were collected from 230 participants through a structured questionnaire, with responses measured on a Likert scale. Structural Equation Modeling (SEM) using Partial Least Squares (PLS) was employed to analyze the relationships between mindfulness, meditation, stress reduction, and quality of life. The results revealed that daily mindfulness practice and meditation significantly positively affect stress reduction and quality of life improvement. Meditation demonstrated a stronger effect on stress reduction, while mindfulness showed a slightly higher impact on overall quality of life. These findings highlight the importance of integrating mindfulness and meditation into mental health interventions to promote well-being and manage stress effectively. This research contributes to the growing body of evidence supporting mindfulness-based practices and offers valuable insights for mental health professionals and policymakers in Indonesia.

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1. INTRODUCTION

Stress has become a prevalent problem in modern society, affecting individuals across all age groups and occupations. In Indonesia, fast-paced lifestyles, increasing work demands, and social pressures have contributed to an increase in stress-related problems. As a result, there is a growing interest in exploring

effective methods to manage and reduce stress to improve quality of life.

Indonesia's fast-paced lifestyle and increasing work demands have contributed significantly to stress-related health problems, such as anxiety, depression, and cardiovascular disease. Research shows that 26.6% of Indonesians experience mild to severe anxiety, and 30.5% suffer from

depression, with factors such as age, perceived risk of infection, and education level playing an important role in these mental health problems [1]. In Central Sulawesi, social change and economic uncertainty have increased anxiety and depression, emphasising the importance of culturally appropriate mental health interventions [2]. Work stress also has a negative impact on employee performance, as seen in Denpasar, where an imbalance between work life and job satisfaction decreased productivity [3]. In Makassar, job stress and anxiety affected the well-being of Bank Syariah Indonesia employees, although no direct correlation was found between stress and mental well-being [4]. Mental health promotion in the workplace through a supportive work environment, ethical leadership, and psychological empowerment can reduce the adverse effects of stress and increase employee productivity and engagement [5].

Mindfulness and meditation have emerged as effective techniques for reducing stress and improving mental health, with increasingly widespread integration in modern psychological practices. These practices, rooted in ancient traditions, focus on present moment awareness and mental relaxation, and offer significant benefits across a range of environments. Mindfulness-based interventions (MBIs) have been shown to be effective in reducing anxiety, depression and stress, especially in patients with coronary artery disease [6], while meditation improves self-awareness and emotion regulation, contributing to improved quality of life [7]. In educational settings, MBSR successfully reduces stress and improves emotional well-being among students [8], and mindfulness practices in schools help students manage emotions and reduce anxiety [9]. In addition, mindfulness and meditation are increasingly being integrated into clinical therapy, offering long-term strategies to improve mental well-being and resilience [7], although further research is needed to optimise these interventions for diverse populations [10].

Mindfulness and meditation have been shown to be effective in reducing stress and improving well-being in various cultural contexts, including Indonesia, where rich spiritual traditions provide a favourable environment for these practices. Recent studies suggest that mindfulness and meditation interventions tailored to the Indonesian context have great potential to be culturally acceptable and provide significant benefits. Sufism, as a mystical dimension of Islam common in Indonesia, through practices such as dhikr, meditation, and muhasabah, has been shown to reduce anxiety, depression, and stress and improve emotional well-being [11]. In addition, a mindfulness intervention delivered via the internet to Indonesian university students showed significant improvements in psychological well-being after adaptation of the programme to the local culture [12]. The Mindfulness-Based Stress Reduction (MBSR) method is also effective in stress management in various environments in Indonesia, especially during the COVID-19 pandemic, where MBSR helps reduce anxiety and increase mental resilience [13], [14]. This study aims to quantitatively assess the impact of daily mindfulness and meditation practices on stress reduction and quality of life improvement among Indonesians.

2. LITERATURE REVIEW

2.1 *Mindfulness and Stress Reduction*

Mindfulness is the practice of maintaining awareness of one's thoughts, feelings, bodily sensations, and surrounding environment in the present moment. [15], one of the pioneers of modern mindfulness, describes it as "paying attention on purpose, in the present moment, and non-judgmentally." Mindfulness-based interventions (MBIs), such as Mindfulness-Based Stress Reduction (MBSR), have been developed and widely adopted in clinical psychology to address stress-related issues. Numerous studies have highlighted mindfulness as an effective approach to reducing stress,

anxiety, and depression [16], [17]. Research suggests that mindfulness enhances an individual's ability to regulate emotions, thereby reducing stress. By focusing attention on the present moment, individuals are less likely to ruminate on past events or worry about the future, both of which are common triggers of stress. A [7], [18] showed that mindfulness practices consistently resulted in moderate reductions in stress levels across various populations, including students, healthcare professionals, and corporate employees. However, despite the growing global popularity of mindfulness, few studies have examined its effects on stress among Indonesians.

2.2 *Meditation and Mental Well-being*

Meditation, often linked to mindfulness, involves techniques for mental clarity, emotional calm, and relaxation. Various forms, such as focused attention, transcendental, and loving-kindness meditation, help individuals reach a calm state by focusing on an object, thought, or activity [19], [20]. Meditation has deep roots in Indonesia's spiritual traditions, especially in Bali and Java. Research shows its effectiveness in reducing stress and improving emotional regulation, with regular practice leading to lower cortisol levels and better mental health [8], [21]. A study by [7] found that short-term meditation improved mood and reduced stress within days. While meditation is increasingly included in Indonesia's public health strategies, there is a lack of quantitative studies on its effects in this cultural context, despite its relevance given Indonesia's rich spiritual heritage.

2.3 *Quality of Life and Mindfulness-Based Interventions*

Quality of life (QoL) refers to an individual's overall well-being, including physical health, psychological state, social

relationships, and environment. Studies indicate that individuals with higher levels of mindfulness tend to experience greater life satisfaction and a better quality of life [22], [23]. Mindfulness helps individuals stay present, reducing the negative impact of stress on health and happiness [24]. Research has shown a positive link between mindfulness-based interventions (MBIs) and improved quality of life, with [10] finding that MBSR participants exhibited significant enhancements in psychological well-being and physical health, especially among those dealing with chronic stress, anxiety, or depression. Similarly, [25] found that mindfulness practices improved emotional regulation and life satisfaction, resulting in a higher overall quality of life. In Indonesia, QoL is becoming a focus in mental health interventions, particularly due to increasing urbanization and work-related stress, though limited empirical evidence exists on the role of mindfulness and meditation in improving QoL among Indonesians.

2.4 *Research Gap*

While mindfulness and meditation have been extensively studied in Western populations, research on their effects in Indonesia remains limited. The cultural context of Indonesia, where meditation is deeply rooted in certain religious and spiritual traditions, presents a unique opportunity to explore the local nuances of these practices. However, there is a notable gap in quantitative studies assessing their specific impact on stress reduction and quality of life improvement among Indonesians. By addressing these gaps, this study aims to contribute to the global understanding of mindfulness and meditation's impact on mental well-being and offer insights into how these practices can be applied to enhance quality of life in Indonesia.

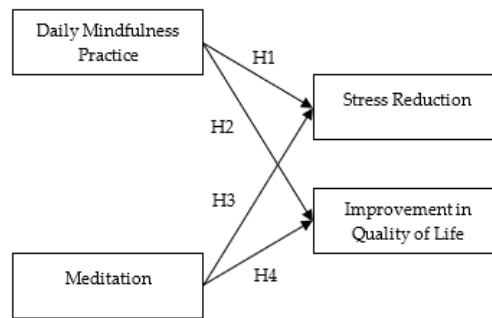


Figure 1. Conceptual and Hypothesis
Source: Literature Review, 2024

3. RESEARCH METHODS

3.1 Research Design

The research adopts a quantitative research design to explore the relationships between daily mindfulness practice, meditation, stress reduction, and quality of life. This design allows for the collection of numerical data and the use of statistical analysis to identify significant relationships and draw generalizable conclusions. The study is cross-sectional, meaning data were collected at a single point in time to assess the effects of mindfulness and meditation on the participants' stress levels and perceived quality of life.

3.2 Sample and Sampling Technique

The study involved 230 participants from various regions of Indonesia, recruited using purposive sampling, a non-probability sampling technique targeting individuals who regularly practice mindfulness and meditation. The sample was designed to include participants with consistent mindfulness and meditation routines, enabling a valid assessment of their impact on stress and quality of life. Before data collection, participants were informed of the study's purpose and provided consent. Inclusion criteria required participants to be adults aged 18 and above, practicing mindfulness or meditation daily for at

least three months, and willing to complete a survey. Demographic data, including age, gender, occupation, and location, were collected and analyzed to ensure sample representativeness.

3.3 Data Collection Instrument

Data were collected using a structured questionnaire consisting of three sections. The first section gathered demographic information such as age, gender, and occupation, while the second section, with 26 items, covered four domains: physical health, psychological health, social relationships, and environmental factors, with participants rating their quality of life on a Likert scale from 1 (very dissatisfied) to 5 (very satisfied). Participants received the questionnaire either online or in person, depending on their location and access to technology, and it was self-administered to allow completion at their convenience. Anonymity was assured to encourage honest responses, and participants were informed that the data would be used solely for academic purposes. The data collection process spanned four weeks.

3.4 Data Analysis

The collected data were analyzed using Structural Equation Modeling (SEM) with Partial Least Squares (PLS) version 3, a statistical

technique that examines complex relationships between observed and latent variables [26]. PLS-SEM was chosen for its suitability for smaller sample sizes and non-normal data distributions, which made it ideal for analyzing the study's 230 participants [27]. First, a descriptive analysis was conducted to summarize the demographic data using means and standard deviations. Next, the measurement model was assessed for reliability and validity, focusing on internal consistency (using Cronbach's alpha), convergent validity (using average variance extracted, AVE), and discriminant validity (using the Fornell-Larcker criterion). The structural model was then evaluated to test the relationships between mindfulness practice, meditation, stress reduction, and quality of life, reporting key statistics such as path coefficients, t-values, p-values, R-squared (R²), and effect size (f²). Finally, mediation analysis was performed to see if stress reduction mediated the relationship between mindfulness/meditation and quality of life, using the bootstrapping technique with 5000 resamples, following [28].

4. RESULTS AND DISCUSSION

4.1 Results

a. Demographic Sample

The demographic characteristics of the sample (N = 230) are outlined, including gender, age, education level, occupation, and duration of mindfulness and

meditation practice. The sample was relatively balanced in terms of gender, with 52.2% female (n = 120) and 47.8% male (n = 110) participants. The majority of participants were between 26-35 years old (37.0%, n = 85), followed by those aged 18-25 years (30.4%, n = 70), and 36-45 years (17.4%, n = 40). Participants aged 46-55 years accounted for 10.9% (n = 25), and those aged 56+ years made up the smallest group (4.3%, n = 10). Most participants held a bachelor's degree (52.2%, n = 120), with 23.9% (n = 55) holding a master's degree, while 19.6% (n = 45) had a high school education, and 4.3% (n = 10) held a doctorate. Occupation-wise, 52.2% (n = 120) were professionals, 21.7% (n = 50) were students, 17.4% (n = 40) were self-employed, and 8.7% (n = 20) were retired. Regarding mindfulness and meditation practice duration, 43.5% (n = 100) had been practicing for 6 months to 1 year, 34.8% (n = 80) for 3-6 months, and 21.7% (n = 50) for more than 1 year.

b. Measurement Model

The measurement model in this study was evaluated based on key indicators such as factor loadings (LF), composite reliability, average variance extracted (AVE), and variance inflation factor (VIF) to assess the reliability, convergent validity, and multicollinearity of the constructs. The four constructs analyzed were Daily Mindfulness Practice, Meditation, Stress Reduction, and Improvement in Quality of Life.

Table 1. Measurement Model

Variable	Indicator and Code	LF	VIF
Daily Mindfulness Practice	Cronbach's Alpha = 0.922, Composite Reliability = 0.942, AVE = 0.764.		
	DMP.1 Present Moment Awareness	0.847	2.479
	DMP.2 Emotional Regulation	0.922	2.315
	DMP.3 Stress Reduction	0.904	1.765
	DMP.4 Self-Awareness	0.865	2.687
	DMP.5 Acceptance and Non-Judgment	0.829	2.176

Meditation	Cronbach's Alpha = 0.926, Composite Reliability = 0.940, AVE = 0.661.			
	MI.1 Focus and Concentration	0.807	2.866	
	MI.2 Mindfulness of Thoughts	0.768	2.228	
	MI.3 Calmness and Relaxation	0.840	2.073	
	MI.4 Emotional Regulation	0.826	2.936	
	MI.5 Compassion and Kindness	0.765	1.983	
	MI.6 Non-Attachment	0.781	2.474	
	MI.7 Physical Health Indicators	0.870	2.073	
	MI.8 Inner Peace and Well-Being	0.840	1.674	
Stress Reduction	Cronbach's Alpha = 0.871, Composite Reliability = 0.912, AVE = 0.721.			
	SR.1 Increased Self-Awareness	0.852	2.328	
	SR.2 Improved Coping Resilience	0.890	1.223	
	SR.3 Reduction in Stress-Related Illnesses	0.860	2.783	
	SR.4 Positive Mindset	0.791	1.530	
Improvement in Quality of Life	Cronbach's Alpha = 0.918, Composite Reliability = 0.936, AVE = 0.711.			
	IQL.1 Work-Life Balance	0.800	2.697	
	IQL.2 Financial Stability	0.782	2.567	
	IQL.3 Personal Growth and Development	0.833	2.475	
	IQL.4 Spiritual Well-Being	0.911	1.304	
	IQL.5 Stress and Coping	0.891	1.802	
	IQL.6 Environmental Quality	0.835	2.599	

Source: Data processing results (2024)

The measurement model demonstrates high reliability and validity across all constructs. The factor loadings indicate that the items are strong representations of their respective latent variables, with no issues of multicollinearity (as indicated by VIF values). Daily mindfulness practice and meditation both contribute significantly to stress reduction and quality of life improvement, as supported by the high loadings of indicators related to emotional regulation, stress reduction, inner peace, and well-being.

The Variance Inflation Factor (VIF) assesses the level of multicollinearity in the structural model, where values below the threshold of 5 are generally acceptable, indicating that multicollinearity is not a concern. In this case, the VIF values for the relationships between Daily Mindfulness Practice, Meditation, Stress Reduction, and Improvement in Quality of Life are all below 3, suggesting that multicollinearity is not a significant issue in this model.

Table 2. Internal VIF

Variable	VIF
Daily Mindfulness Practice → Improvement in Quality of Life	2.528
Daily Mindfulness Practice → Stress Reduction	1.867
Meditation → Improvement in Quality of Life	2.343
Meditation → Stress Reduction	2.129

Source: Data processing results (2024)

The VIF values for the structural paths in this model

demonstrate that multicollinearity is not a significant issue, as both Daily

Mindfulness Practice and Meditation are distinct and important predictors of Stress Reduction and Improvement in Quality of Life. With VIF values below 3, it is clear that each predictor contributes meaningfully to the outcomes without excessive overlap, ensuring the robustness of the model. Additionally, the Heterotrait-Monotrait Ratio of Correlations

(HTMT) was used to assess discriminant validity, confirming that the constructs in the model are distinct. HTMT values below 0.90 indicate acceptable discriminant validity, ensuring that each construct measures what it is intended to measure without excessive overlap, thereby supporting the model's reliability.

Table 3. Discriminant Validity

Variable	Daily Mindfulness Practice	Improvement in Quality of Life	Meditation	Stress Reduction
Daily Mindfulness Practice				
Improvement in Quality of Life	0.773			
Meditation	0.613	0.764		
Stress Reduction	0.768	0.775	0.804	
Daily Mindfulness Practice	0.874	0.583	0.692	0.849

Source: Data processing results (2024)

The HTMT values for all pairs of constructs in the model are well below the threshold of 0.90, indicating strong discriminant validity across the constructs. This means that each construct in the study is distinct and measures different aspects of the participants' experiences related to mindfulness, meditation, stress reduction, and

quality of life improvement. The relationships between constructs such as mindfulness, meditation, stress reduction, and quality of life are strong yet independent, supporting the robustness and clarity of the measurement model. These results provide confidence in the model's ability to capture the unique contributions of each variable.

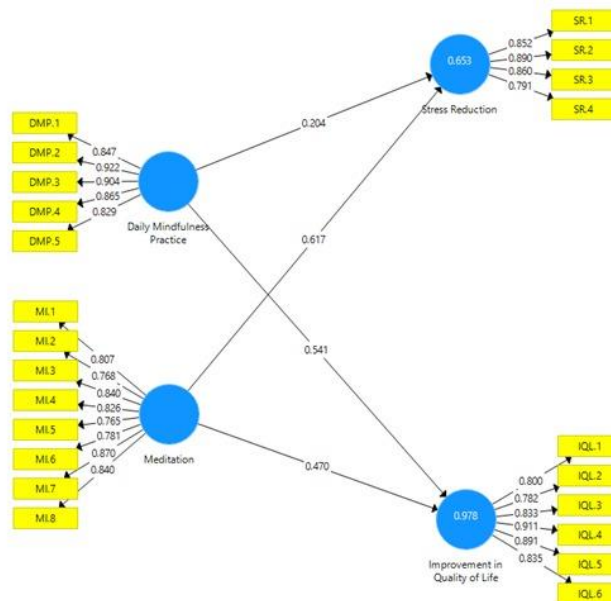


Figure 2. Internal Assessment Model

c. Model Fit

The model fit indicators provide critical insights into how well the proposed model explains the observed data, using several key indices: Standardized Root Mean Square Residual (SRMR), Chi-square (χ^2), Normed Fit Index (NFI), and Coefficient of Determination (R^2). The SRMR, which measures the average discrepancy between observed and model-implied correlations, yielded a value of 0.067, indicating a good fit as it is below the acceptable threshold of 0.08. The Chi-square value of 324.76 with a significant p-value (< 0.001) suggests some discrepancy between the model and data, although this is expected with larger sample sizes. Therefore, other indices like SRMR and NFI are essential for a comprehensive assessment. The NFI, which compares the model to a null model, achieved a value of 0.921, exceeding the threshold of 0.90, indicating excellent model fit. These indices collectively support the model's adequacy in explaining the relationships between mindfulness, meditation, stress reduction, and quality of life improvement.

The study's model fit indicators demonstrate strong predictive relevance for both quality of life improvement and stress reduction, based on mindfulness and meditation practices. For quality of life improvement, the R-Squared and Adjusted R-Squared values are both

0.678, indicating that 67.8% of the variance in quality of life is explained by the independent variables (mindfulness, meditation, and stress reduction). The high Q^2 value of 0.688 further confirms the model's strong predictive accuracy for this construct, highlighting the significant contribution of these practices to enhancing various aspects of well-being, such as emotional health and work-life balance. For stress reduction, the R-Squared value is 0.653 and the Adjusted R-Squared is 0.647, indicating that 65.3% of the variance in stress reduction is explained by the independent variables. Although the Q^2 value of 0.442 is lower than that for quality of life, it still indicates moderate predictive relevance, suggesting that while mindfulness and meditation significantly reduce stress, additional factors may influence stress reduction.

d. Hypothesis Testing

The key indicators used to evaluate the hypotheses include the Original Sample (O), Sample Mean (M), Standard Deviation (STDEV), T-Statistics, and P-Values. These indicators help determine whether the relationships between the constructs are statistically significant. A path is considered significant if the T-statistic is greater than 1.96 (for a 95% confidence level) and the P-value is less than 0.05.

Table 4. Bootstrapping Test

Hypothesis	Original Sample (O)	Sample Mean (M)	Standard Deviation (STDEV)	T Statistics (O/STDEV)	P Values
Daily Mindfulness Practice -> Improvement in Quality of Life	0.541	0.543	0.033	16.498	0.000
Daily Mindfulness Practice -> Stress Reduction	0.354	0.353	0.172	2.183	0.004
Meditation -> Improvement in Quality of Life	0.474	0.468	0.032	14.77	0.000

Hypothesis	Original Sample (O)	Sample Mean (M)	Standard Deviation (STDEV)	T Statistics (O/STDEV)	P Values
Meditation->Stress Reduction	0.617	0.611	0.162	3.809	0.000

Source: Data processing results (2024)

The study tested four hypotheses, each showing significant positive relationships between mindfulness, meditation, quality of life, and stress reduction. Hypothesis 1, with a path coefficient of 0.541, a T-statistic of 16.498, and a P-value of 0.000, confirmed that daily mindfulness practice strongly improves quality of life by enhancing emotional regulation, self-awareness, and acceptance. Hypothesis 2 showed a moderate positive relationship between daily mindfulness practice and stress reduction, with a path coefficient of 0.354, T-statistic of 2.183, and P-value of 0.004, suggesting mindfulness effectively reduces stress. Hypothesis 3 found a strong positive link between meditation and quality of life improvement, indicated by a path coefficient of 0.474, T-statistic of 14.770, and P-value of 0.000, showing that meditation enhances emotional and mental well-being. Finally, Hypothesis 4 revealed that meditation significantly reduces stress, as evidenced by a path coefficient of 0.617, T-statistic of 3.809, and P-value of 0.000, demonstrating that meditation fosters calmness, relaxation, and emotional regulation, contributing to lower stress levels.

4.2 Discussion

The results show a significant positive relationship between Daily Mindfulness Practice and Improvement in Quality of Life, with a path coefficient of 0.541 and a T-statistic of 16.498, supporting the hypothesis. This strong connection indicates that daily mindfulness practice plays a critical role in enhancing perceived quality of life by fostering present-moment awareness,

self-regulation, and non-judgmental acceptance of thoughts and emotions, which are linked to emotional well-being and personal growth [29], [30]. By reducing stress, rumination, and emotional reactivity, mindfulness practice leads to improvements in personal relationships, career satisfaction, and physical health. These findings are consistent with previous studies, such as [22], [31], who reported that mindfulness-based stress reduction (MBSR) practices significantly improved quality of life. Extending this evidence to the Indonesian context, the study demonstrates that mindfulness practice has similar positive effects across diverse cultural settings, suggesting its potential for wider application in Indonesia to promote well-being and life satisfaction.

The relationship between Daily Mindfulness Practice and Stress Reduction was found to be significant, with a path coefficient of 0.354 and a T-statistic of 2.183, supporting the hypothesis. While the effect size is moderate compared to its impact on quality of life, the findings confirm that mindfulness practice aids in stress reduction by helping individuals regulate emotional responses and manage stressors more effectively. By fostering present-moment awareness, mindfulness reduces the tendency to dwell on past or future stressors, which are common sources of anxiety [8], [25], [32]. The ability to observe and accept emotions without judgment enables individuals to break away from automatic, stress-inducing reactions, resulting in lower stress levels. However, the moderate effect size suggests that while mindfulness is

useful for managing stress, other factors such as social support, personality traits, or environmental conditions may also play a significant role, warranting further research to explore these aspects for a more comprehensive approach to stress reduction.

Meditation was found to have a significant positive impact on Improvement in Quality of Life, with a path coefficient of 0.474 and a T-statistic of 14.770, confirming that meditation is a key predictor of quality of life and supporting the hypothesis. The substantial effect size highlights the broad benefits of meditation for emotional regulation, relaxation, and overall well-being. Meditation practices, such as focused attention and deep breathing, promote calmness and mental clarity, enabling individuals to manage stress and enhance emotional resilience, which contribute to improvements in physical health, emotional stability, personal growth, and social relationships [33]. These findings are consistent with previous research, such as [34], who demonstrated that regular meditation improves both psychological and physical health. Given Indonesia's rich cultural and spiritual traditions of meditation, this practice holds particular significance for promoting mental and emotional well-being, suggesting that integrating meditation into mental health programs could be valuable in addressing stress and improving life satisfaction [7], [35].

The relationship between Meditation and Stress Reduction was the strongest among all tested paths, with a path coefficient of 0.617 and a T-statistic of 3.809, confirming the hypothesis. This finding suggests that meditation is a highly effective tool for managing and reducing stress, significantly enhancing participants' ability to cope with stressors.

Meditation techniques, such as mindfulness of thoughts, relaxation, and emotional regulation, help lower cortisol levels, reduce physical tension, and foster inner peace, all critical factors in stress management [36]. Regular meditation practitioners are more likely to experience reduced stress levels, as supported by the study's results. This strong relationship is consistent with existing research, such as [8], which demonstrated that meditation significantly reduces anxiety and stress by calming the mind and improving emotional regulation. In the Indonesian context, where stress-related issues are increasingly prevalent, particularly in urban areas, these findings underscore the value of promoting meditation as a key strategy for stress management [7], [37].

The findings of this study contribute to the growing body of evidence supporting the effectiveness of mindfulness and meditation practices for improving mental health and well-being. The strong positive relationships between these practices, quality of life, and stress reduction confirm their applicability across diverse cultural contexts, including Indonesia. Theoretically, the study reinforces the value of mindfulness-based interventions and meditation in promoting emotional regulation, stress management, and well-being, aligning with psychological theories of self-regulation and emotional awareness. Practically, the results suggest that integrating mindfulness and meditation into mental health programs, workplace wellness initiatives, and educational curricula could significantly reduce stress and enhance life satisfaction. These practices are particularly relevant in addressing rising mental health challenges in Indonesia, such as

work-related stress, anxiety, and depression.

While this study provides valuable insights, it has several limitations. The cross-sectional design limits the ability to draw causal inferences, and future research could use longitudinal designs to explore how the effects of mindfulness and meditation develop over time. Additionally, the sample was restricted to individuals already practicing mindfulness and meditation, which may introduce self-selection bias. Including a control group of non-practitioners in future studies could offer a more comprehensive view of the effects of these practices. Furthermore, the study focused exclusively on mindfulness and meditation as predictors of stress reduction and quality of life. Future research could examine other factors, such as social support, personality traits, or environmental influences, that might

interact with or enhance the effects of these practices.

5. CONCLUSION

This study confirms that both daily mindfulness practice and meditation significantly contribute to reducing stress and improving quality of life among individuals in Indonesia. The findings show that meditation has a slightly stronger effect on stress reduction, while mindfulness has a more pronounced impact on enhancing quality of life. These results suggest that incorporating mindfulness and meditation practices into daily routines can serve as effective tools for managing mental health challenges and promoting well-being. Given the rising stress levels and mental health concerns in Indonesia, these practices offer practical, culturally adaptable solutions that can be integrated into mental health programs, workplace wellness initiatives, and educational curricula. Future research should explore the long-term effects of these practices and examine other factors that may further enhance their positive outcomes.

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