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Mindfulness Perception of Undergraduate Tourism Students

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ABSTRACT Mindfulness is considered a stress-coping tool that improves individuals' focus. This study focuses on how students perceive and use mindfulness to cope with stress. The mixed-methods study included tourism students. The students met once a week and practiced meditation for eight weeks. Both the experimental and control groups completed a survey before, during and after the meditation study. Data was also collected from compositions that the students wrote about their meditation experiences. The study's quantitative and qualitative findings show that, in general, the students found the meditation practices beneficial. Through these practices, the students began to feel more mindful, compassionate, and psychologically well. The results suggest that meditation may facilitate emotional exploration and enhance the overall well-being of university students. Mindfulness was evaluated as a coping mechanism for university students in the tourism field to manage negative emotions related to stress and anxiety about the future.