

Abstract

Mindful mindset is a new construct developed from the ideas of mindfulness (Mahalingam, 2013), and little is done on its effects on well-being. The study investigated whether social cohesion would promote eudaimonic well-being and social well-being and whether mindful mindset would moderate their relationships. 340 university students completed questionnaire including Mindful Mindset Scale, Social Cohesion, Questionnaire for Eudaimonic Well-being, and Social Well-Being Scale via an online questionnaire software, Qualtrics (Mahalingam, 2013; Bottini, 2016; Waterman, 2010; Keyes, 1998). Regression and moderation analyses were conducted to examine the relationships between the four constructs. Mindful mindset was found to have a strong relationship with eudaimonic well-being. The significant moderating effects of mindful mindset between social cohesion and both eudaimonic well-being and social well-being were demonstrated. Mindful mindset is found to be related to both eudaimonic well-being and social well-being, especially among individuals with high levels of social interactions and civic engagement. The promotion of mindful mindset and evaluation of well-being constructs were discussed.

Keywords: Mindful mindset, Social cohesion, Eudaimonic well-being, Social well-being