

学位論文の要旨 (論文の内容の要旨)
Summary of the Dissertation (Summary of Dissertation Contents)

論 文 題 目

Dissertation title

A Study on Mindfulness: The Role of Awareness and Acceptance

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博士課程後期 開発科学専攻

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During the last three decades, the topic of mindfulness has received a growing amount of attention from researchers in both clinical and nonclinical settings. A wealth of evidence now exists demonstrating the relationship between mindfulness and various kinds of psychological and behavioral outcomes. The main objective of the dissertation was to contribute to the continuing research efforts in the field by exploring the role of two important dimensions of mindfulness, namely awareness and acceptance, influencing both psychological outcomes such as emotion regulation and perceived stress, and behavioral outcomes like contextual performance, and organizational citizenship behavior. To fulfill this objective, three different empirical studies were conducted in this dissertation.

The first study explores whether Mindful Self-Compassion (MSC) training intervention have an influence on perceived stress while investigating the roles of awareness and acceptance in the relationship between training and perceived stress as a moderator and a mediator, respectively. The research framework is based on the monitoring and acceptance theory (MAT) and the emotion regulation theory. This study used a randomized controlled trial, where 25 voluntary participants from the alumni of the Ship for South-East Asian Youth Program in Myanmar were randomly assigned to a treatment or a waitlist control group. It was also found that acceptance has a statistically significant full mediation on the relationship between training and perceived stress, with a negative indirect effect. However, awareness did not moderate the relationship between acceptance and perceived stress. The findings contribute to the literature from the perspectives of psychology and adult learning as it uses an experimental research design to investigate the underlying mechanism of the effect of MSC online training on perceived stress, critical in influencing a variety of behaviors.

The second study aims to investigate the relationship between transformational leadership and transactional leadership, as a job resource and contextual performance as a work outcome, mediated by work engagement and moderated by trait mindful awareness as a personal resource. Some researchers highlight work engagement as a mediating mechanism between job resources and individual outcomes, while others suggest that personal resources may improve employees' awareness of the job resources around them and, in turn, improve their performance. Notably, empirical evidence shows that the moderation of trait mindful awareness is not synergistic, but compensatory, along with the "substitutes for leadership theory." Data were collected from employees in the United States via the online Amazon

Mechanical Turk platform. A total of 282 respondents were randomly assigned to one of two vignettes—one reflecting transformational and one reflecting transactional leadership. The findings revealed that the positive relationship between transformational leadership and contextual performance is partially mediated by work engagement. Mindful awareness significantly strengthens the relationship between transformational leadership and work engagement. This study contributes to the literature by providing further empirical evidence on the inconclusive contextualization of mindful awareness as a personal resource.

In the third study, the role of the emotion regulation (ER) as mediating mechanism on the relationship between different facets of trait mindfulness and organizational citizenship behavior (OCB) was explored. There have been previous studies which analyzed mindfulness as a predictor for enhancing OCB. However, to my understanding, there has been no previous research on the mechanism of the relationship between mindfulness and OCB. The significant contribution of this study was its distinction of different facets of mindfulness in predicting ER and OCB. The results showed that all mindfulness facets excluding observing significantly predicts OCB via the full or partial mediation of ER. A significant contribution of the third study was exploring the mediation mechanism of ER on the relationship between five distant facets of mindfulness and OCB.

This dissertation, as a whole, contributes to the literature by empirically investigating the role of two key dimensions of mindfulness – awareness and acceptance – on both psychological and behavioral outcomes of individuals in both community and organizational samples.

備考 論文の要旨はA 4判用紙を使用し、4,000字以内とする。ただし、英文の場合は1,500語以内とする。

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