



MINDFULNESS PRACTICES OF UBLC STUDENTS FOR ENHANCING MENTAL WELL-BEING

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ABSTRACT

This study explored the role of mindfulness practices in enhancing the mental well-being of students from the College of Engineering and Architecture at the University of Batangas – Lipa City. With the growing concerns surrounding academic stress and emotional exhaustion among students, the research aimed to examine how mindfulness techniques contribute to stress reduction, emotional regulation, and academic coping. A qualitative phenomenological design was employed, involving 20 purposively selected students who actively engaged in mindfulness activities. Data were gathered through a structured questionnaire and analyzed using thematic analysis to identify patterns in students' experiences. Findings revealed that mindfulness practices such as deep breathing, reflection, and intentional breaks significantly improved emotional stability and focus. However, limited awareness and access to structured programs were also noted. The results emphasize the importance of integrating mindfulness-based strategies into student mental health programs to support psychological resilience and academic success.

Keywords: *Mindfulness, Mental Well-being, Academic Stress, Emotional Regulation, Student Resilience*

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