

UNIVERSITI TEKNOLOGI MARA

**A COMPARISON BETWEEN BEGINNER AND
ADVANCED YOGA PRACTITIONERS IN
MINDFULNESS AND STRESS LEVEL**

ADAM HARITH BIN ABDUL WAHAB

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ABSTRACT

The purpose of this study is to compare the mindfulness and stress level between beginner and advanced yoga practitioners. Fifty-two beginner and advanced yoga practitioners (N=52) from YogaOneThatIWant Studio were given a questionnaire consist of three section which is demographic data, Mindful Attention Awareness Scale Scale (MAAS; Brown & Ryan, 2003) and Perceived Stress Scale (PSS; Cohen et al., 2008). Beginner practitioners identifies by 1 to 5 years of experience (M=2.35) and advanced practitioners were identifies from 5 years of experience and above (M=8.42). Independent Sample T-Test and Pearson Product-Moment Correlation were used in this study to analyze the data of the subjects. Results from two independent-samples t-tests shows that beginner participants scored significantly higher in stress level but significantly lower in mindfulness compared to advanced practitioners. There is also a significant negative correlation ($r=-.327$, $P=.018$) between level of experience and stress levels. This shows that practising Yoga can increase mindfulness and lowering stress level at the same time.

KEYWORD: Yoga, Meditation, Mindfulness, Stress, Experience

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