



**FACTORS INFLUENCING MINDFULNESS AMONG MANUFACTURING
EMPLOYEES IN MELAKA.**

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ABSTRACT

Mindfulness is a practice that make individual maintaining their emotions, nonjudgmental state of other aspect to manage pressure in employee life. Therefore, this study seeks to examine factors that can influence employee mindfulness. This study focuses on several factors that can influence employee mindfulness such as stress, anxiety, emotional distress and burnout. The objective of this study is to determine factors that affect mindfulness of manufacturing employees in Melaka. The sampling technique that was used in this study is convenient sampling and the data collection was used is self-administered questionnaire. The researcher has distributed 150 questionnaires and then gets the return questionnaire of 150 from the respondents. The data that had been collected was the evaluated by using Statistical Package for the Social Science (SPSS) Software version 22. Then, using SPSS test that were converged such as reliability analysis, frequency analysis, descriptive analysis, Pearson's correlation analysis and multiple regression. The result indicated from the factors which include stress, anxiety, emotional distress and burnout are related to mindfulness. The findings of the study revealed that only three independent variables were found to have significant relationships with dependent variable which is mindfulness. However, based on the result it had been found that there are other independent variable that can influence mindfulness which is not included in this study.

KEYWORDS: *Mindfulness, Stress, Anxiety, Emotional Distress, Burnout*