

Abstract

The purpose of this study was to investigate the effects of mindfulness meditation on perceived stress levels in college students. A randomized controlled trial was conducted with 100 participants divided into a mindfulness meditation group and a control group. The mindfulness meditation group participated in guided meditation sessions thrice a week for four weeks. Stress levels were measured using the Perceived Stress Scale (PSS) at the beginning and end of the study. Results showed that participants in the mindfulness meditation group reported significantly lower stress levels compared to the control group ($p < .01$). These findings suggest that mindfulness meditation may be an effective intervention for reducing perceived stress in college students. Further research is needed to examine the long-term effects of mindfulness meditation on stress reduction.

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