

## The Prediction of Decision Self Esteem and Decision Making Styles by Mindfulness\*

M. EnginDeniz<sup>1</sup>, Alkım Arı, Seher Akdeniz<sup>2</sup>, Hatice İrem Özteke<sup>3</sup>

<sup>1</sup>Yıldız Technical University Faculty of Education; <sup>2</sup>Neveşehir University Faculty of Education; <sup>3</sup>Social Sciences High School Konya; <sup>4</sup>Necmettin Erbakan University Ahmet Keleşoğlu Educational Faculty

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### ABSTRACT

Aim of this research is to investigate whether mindfulness predict decision self esteem and decision making styles. For this aim the sample consists of 597 university students (323 female and 274 male). Mindful Attention Awareness Scale (MAAS) (adapted into Turkish by Ozyesil, Arslan, Kesici and Deniz, 2011) and Melbourne Decision Making Questionnaire I-II (adapted into Turkish by Deniz, 2004) was used to collect data. The results show that there is a significant negative correlation between mindfulness and Buck passing ( $r=-.20$ ,  $p<.001$ ), procrastination ( $r=-.21$ ,  $p<.001$ ) and hyper vigilance ( $r=-.22$ ,  $p<.001$ ) –subscales of decision making styles-. Also it was found that mindfulness is a significant predictor of decision making styles. According to findings of study, 3.9% of variance in buck passing, 4.6% of variance in procrastination and 4.7% of variance in hyper vigilance –subscales of decision making styles- are explained by mindfulness

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#### Keywords:

Mindfulness, decision self esteem, decision making styles, university students.

### Introduction

Numerous philosophical, spiritual and psychological traditions emphasize the persistence, development, quality and importance of wellbeing (Wilber, 2000; cited: Brown and Ryan, 2003). Still the importance of mindfulness about one's wellbeing can be overlooked quite easily because almost every people experience the mindfulness and attention essentially (Brown & Ryan, 2003).

Mindfulness originate from the tradition of east meditation is a way of paying attention but in west culture it has started to discussed and applied increasingly (KabatZinn, 2009). Mindfulness include state of awareness, carefulness and recalling also it is a translation of the word 'Sati' in Pali Language which exist in old time texts to English (Pali is the original language that Buddha use in its teachings). The first translation of 'Sati' to English as a 'Mindfulness' was carried out in 1921 (Davids&Stede cited: Siegel, Germer&Olendzki 2008). As one can see the definition of mindfulness was changed according to usage and applications in psychotherapy and today this field incorporate ideas and practices in a broad extent (Siegel et. all, 2008).

Individuals are aware of their thoughts, intentions and emotions as they are aware of senses and perceptual stimulus. Mindfulness includes both awareness and attention and awareness is a kind of radar placed behind mindfulness and that watches internal and external world constantly. One could be aware of stimulus without being at the centre of attention (Brown & Ryan, 2003). In that meaning, individuals who are aware of their own thoughts, purposes and emotions are tend to choose the most suitable option among

<sup>1</sup>Corresponding author's address: Yıldız Technical University Faculty of Education, Istanbul, Turkey

Telephone: +90212 383 70 70

Fax: +90212 383 40 11

e-mail:edeniz@yildiz.edu.tr

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some alternatives as a result of attention. When theoretical basis of mindfulness taken into account, it can be said that mindfulness can affect one's decision making behavior.

Decision making refers to choosing an option among other alternatives at the end of cognitive processes. Every decision making process finishes with a terminal decision (Verma, 2009). Kuzgun define the decision making as a drift that end his nuisance when there are ways that take away a person to an object that is thought as it satisfy his needs or whether there is a certainty or not about suitable aim that supply with his needs (Kuzgun,2000).

It is known that individuals approach to decision making in different ways. While some individuals make an analysis via more information with an objective approach, others approach holistic and intuitional to decision making. Some of them make a decision independently and some wait for others' guidance. Some of them behave hasty in decision making process and some of the others are carefully. Also some of them avoid making a decision. This state is under consideration that these individual differences are independent from perceptual ability and intelligence and more connected with motivation and differences (Galotti, Ciner, Altenbaumer, Geerts, Rupp &Woulfe, 2006).

Decision making styles can be explained as a subset of more comprehensive cognitive styles (Ryner& Riding, 1997). Decision making style can be also defined as an individual model of response that an individual's reaction to decision making tasks (Driver, 1979). According to Driver, decision making style is a kind of learned habit and here the key point is defining options and differences in information processing styles while making decision.

Scott and Bruce (1995) state that individuals participate in decision making process with five different decision making styles. Rational decision making style can be defined as 'One's evaluation about alternatives rationally', and intuitional decision making style is 'Making use of emotions and intuitions in decision making process'; dependent decision making style is 'Focusing on others inducements and advices in decision making process', avoidant decision making style is 'An avoidance of making decision' and hasty decision making style is ' One's immediate tendency to terminate decision making (Hulderman, 2003).

The researches revealed that decision making is related to numerous variables as personality (Pacini& Epstein, 1 b999); problem solving (Deniz,2004; Philips, Pazienza&Ferrin 1984); emotional intelligence and leadership styles (Rehman& Scholar,2011); ego identity status (Blustein& Phillips,1990); stress (Thunholm, 2008); locus of control and academic achievement (Baiocco, Laghi&D'Alessio, 2009). Also mindfulness and self-esteem are important variables in personality. As Mitchell (2012) states, mindfulness is an exercise of focusing all the attention that moment and besides our own thoughts, emotions. Self- esteem is also an important factor one's awareness and decision making process. Learning the effects of mindfulness on self-esteem and decision making styles one's personality helps us to improve it. In that meaning, aim of this research is to determine whether mindfulness predicts decision self-esteem and decision making styles or not.

## **Method**

In this research quantitative method was used. This research conducted according to the general screening model. The data achieved by quantitative method helps to determine whether significant relations exist or not between independent variables and dependent variables.

### **Participants**

Sample of study consisted of 597 university students (323 female and 274 male) chosen by random sample method among university students. Their age means are 21.25 (Ss: 1.55). 178 (29,8%) of participants are first class, 217 of them (36,3%) is second class, 106 of them (17,8%) is third class and 96 of the participants (16,1%) is forth class of university students. When the participants examined according to faculty, 191 (32,0%) of them belong to Faculty of Education, 243(40,7%) of them belong to Faculty of Economics and Administrative Sciences, 46 (7,7%) belong to Faculty of Engineering and Architecture and 117 (19,6%) belong to The School of Foreign Languages.

## Instruments

As instruments Mindful Attention Awareness Scale (MAAS) and Melbourne Decision Making Questionnaire I-II was used.

**Mindful attention awareness scale (MAAS).** The scale was developed by Brown and Ryan (2003) to determine mindful attention level of university students. MAAS comprises of 15 items 6 point likert. The Turkish adaptation of scale was made by Ozyesil, Arslan, Kesici and Deniz (2011). According to exploratory and confirmatory factor analysis results, it revealed one factor structure. Item-total correlation shows a relationship over .40 for all of the items. Item factor loadings for every item change between .48 and .81. Internal consistency coefficient is .80 and and test-retest correlation is .86. Analysis for similar scale validity reveals significant correlations (Ozyesil, et. al, 2011).

**Melbourne decision making questionnaire i-ii.** MDMQ I aims to determine decision self-esteem. The scale consists of 6 items. High points refer to high self-esteem in decision making. MDMQ II consists of 22 items and measure decision making styles. High points in every subscale indicate that this decision making style is using by individual. Reliability coefficients of subscales were calculated .80 for vigilance, .87 for buck passing, .81 for procrastination and .74 for hyper vigilance (Mann vediğ., 1998). Turkish adaptations of MDMQ I-II were conducted by Deniz (2004). Reliability coefficients achieved from subscales via test-retest method change between .68 and .87. Internal consistency coefficients of MDMQ I-II change between Alpha=.65 and Alpha=.80. Similar scale validity was done with Decision Strategies Scale (DSS) developed by Kuzgun (1992). Correlation coefficients among subscales of MDMQ I-II and DSS change between  $r=.15$  and  $r=.71$  (Deniz, 2004).

## Data Analysis

Pearson moments correlation was used to reveal the correlation between mindfulness, decision self-esteem and decision making styles. The predictive power of mindfulness on decision self-esteem and decision making styles was revealed via multiple regression analysis.

## Findings

The correlation between mindfulness, decision self-esteem and procrastination, vigilance, hyper vigilance, buck passing decision making styles is presented in Table 1.

**Table 1.** The correlation between mindfulness, decision self-esteem and decision making styles

	Decision Self- Esteem	Vigilance	Buck passing	Procrastination	Hyper vigilance
Mindfulness	.02	.01	-.20***	-.21***	-.22***

\*\*\* $p < .001$

When Table 1 was examined, there was found no significant correlation between mindfulness and decision self- esteem and vigilance –subscale of decision making styles-. There was found a significant negative correlation between mindfulness and Buck passing ( $r=-.20$ ,  $p<.001$ ), procrastination ( $r=-.21$ ,  $p<.001$ ) and hyper vigilance ( $r=-.22$ ,  $p<.001$ ) –subscales of decision making styles-.

Whether mindfulness is predict decision self-esteem, vigilance, procrastination and Hyper vigilance –subscales of decision making styles- or not was given in Table 2.

**Table 2.** The predictive power of mindfulness on decision self-esteem and decision making styles (vigilance, buck passing, procrastination and hyper vigilance)

Independent Variable	R	R <sup>2</sup>	F	$\beta$	t
	.022	.000	.281	.022	.530
	.005	.000	.012	.005	.112
Mindfulness	.198	.039	24.378	-.198	-4.937***
	.214	.046	28.696	-.214	-5.357***
	.218	.047	29.661	-.218	-5.446***

\*\*\*p&lt;.001

3.9% of variance in buck passing, 4.6% of variance in procrastination and 4.7% of variance in hyper vigilance were explained by mindfulness according to findings. On the other hand, results revealed that mindfulness has no significant effect on decision self-esteem and vigilance decision making style.

### Discussion and Conclusion

According to findings of study, there is a negative correlation between mindfulness and buck passing decision making style. Also mindfulness is a significant predictor of this style. Buck passing decision making is related to low self-regulated capacity, low self-esteem and not taking initiative (Thunholm, 2004). As a structure this style is similar to instability. Diab, Gillespie, and Highhouse (2008) state that they found a high correlation with buck passing decision making style and instability. Individuals with buck passing decision making style do not find a way via taking into account alternatives. Thompson (2010) state that, mindfulness is a traditional way to develop one's well-being, happiness and wishes and it treats depression, concern, drug addiction and big pains. Hence mindfulness which is an effective way to increase one's well-being is not a feature of individuals use buck passing decision making style.

Another finding of study is that there is a negative correlation between mindfulness and procrastination decision making style. Mindfulness is also a predictor of procrastination decision making style as well. Mindfulness is definitely related to attention. At the very moment, it is paying attention what our senses perceived when our sense organs, eyes, ears and noses feel the events (Thompson, 2010). Mindfulness process starts with a kind awareness achieved via monitoring experiences, paying attention and change the locus of thought. Hereby, we experience a deep mindfulness process related to what is happening 'Right here and now' (Bishop, 2004). Thus, mindfulness connected with the Notion of 'right here and now' is negatively correlated with procrastination decision making style. Because, individuals who always adjourn their decisions are tend to tackle their decision in future rather than focusing on now.

A negative correlation came up between mindfulness and hyper vigilance decision making style. Besides, it predicts 4.7% of total variance of hyper vigilance decision making style. By its nature, mindfulness is powerful and focusing this awareness is more powerful. By paying attention what is happening inside us and our environment, we could start to deal with cognitive complexity and difficult emotions (Siegel et al., 2008). But it could be difficult for individuals use hyper vigilance decision making style to pay attention what is happening inside and outside.

Findings of study reveal that mindfulness predicts buck passing, procrastination and hyper vigilance decision making styles significantly. As a result, individuals with high mindfulness do not act avoidant in decision making process, do not procrastinate decisions and make a decision without panic. These results indicate the importance of programs based on mindfulness.

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