

Does **Acceptance** Predict More **Positive** and Less **Negative** Daily Emotions in University Students? The Role of **Rumination**

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Background

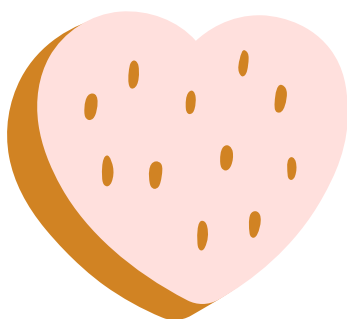
University students are struggling!

- They experience **daily** social, academic, and lifestyle challenges.¹
- They may **ruminate** about these challenges, leading to more **negative** emotions and less **positive** emotions.²
- What may help these struggling students?

Acceptance!



Rumination: engaging in repetitive thinking—particularly about stressful events



Acceptance: acknowledging negative thoughts and experiences without attempting to control or resist them

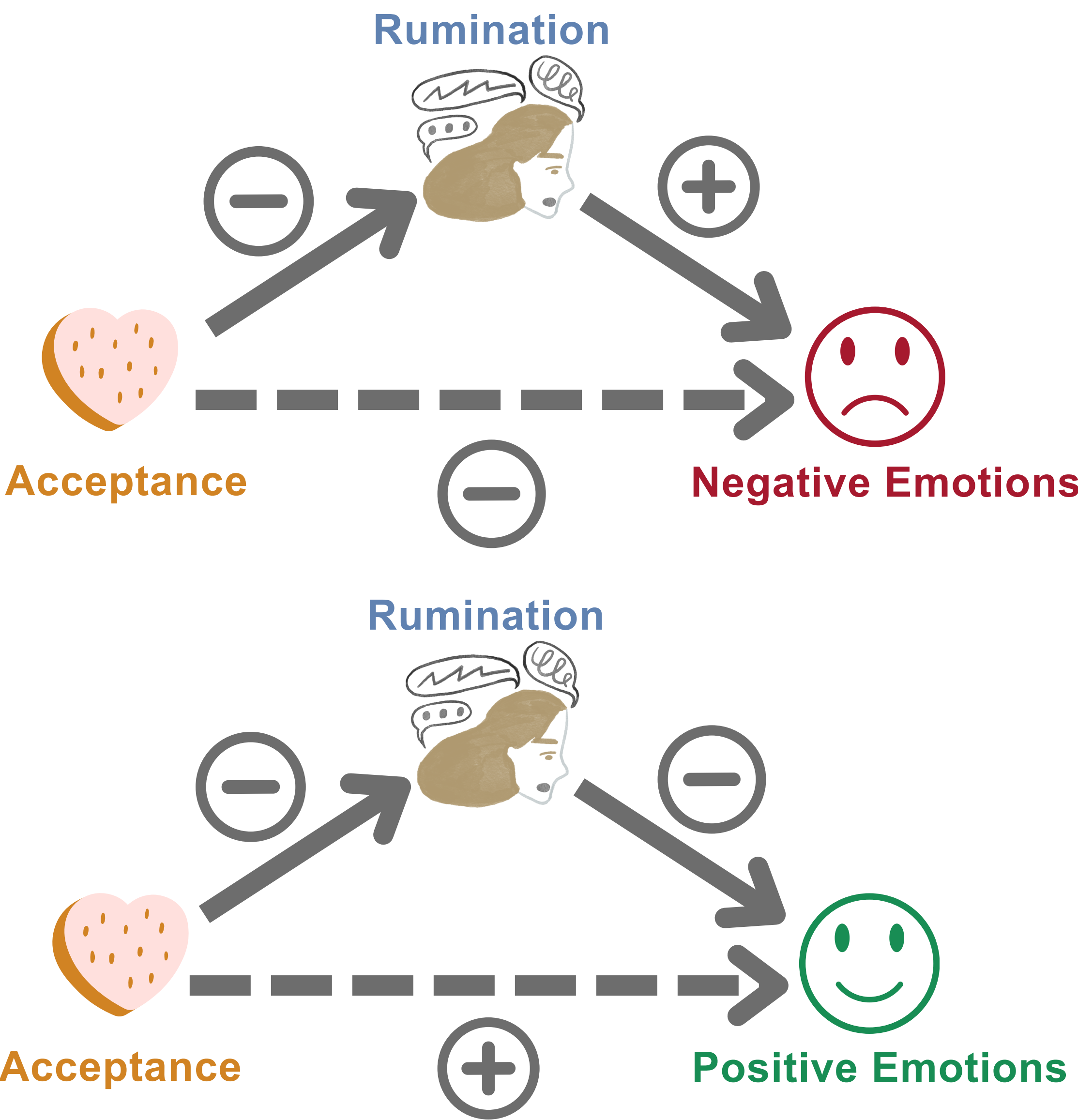
Proposed Methodology

- Undergraduate students
- **7 days** of **daily** surveys
- Measuring **acceptance**, **rumination**, and **positive** and **negative** emotions
- Assessing variable links across **days**.



Study Objectives

Does **acceptance** facilitate less **rumination**, allowing for less **negative** and more **positive** emotions on a **daily** basis?



Implications

If our hypothesis is confirmed...

- Practicing **daily acceptance** may be useful for students to reduce **rumination** and therefore improve their emotional well-being.
- Simple **daily acceptance**-based activities like yoga, breathing meditation, and self-compassion practice could be helpful to boost **positive** and curb **negative** emotions.



Future Directions

- **Measure acceptance, rumination** and emotions throughout a **day** to explore **within-day variance**
- **Experimental studies** to test the same questions to examine **causation**.
- **Assess daily acceptance** exercises within mindfulness programs³ to measure **effectiveness**.

References

