

Mindfulness and Quality of Life among Single Mothers in the Hail Region

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Abstract

This study sought to determine the relationship between mindfulness and quality of life among single mothers as well as the differences in single mothers' levels of mindfulness and quality of life depending on the variables of the number of children, income level, and economic independence. It also sought to determine the level of mindfulness and quality of life among single mothers in the Hail region. The sample was chosen randomly, and a descriptive, correlational approach was employed to accomplish the study's goals. Two scales were created to assess mothers' mindfulness as well as their quality of life, and their validity and reliability were confirmed using suitable statistical techniques. The findings indicated that among single mothers, both mindfulness and quality of life had increased. Additionally, they showed that there was a positive and statistically significant correlation between quality of life and mindfulness, and that differences in both of these variables' levels could be attributed to the economic independence variable even though there were no differences. The quantity of kids and the degree of poverty are blamed for it. Based on the study's findings, the two researchers suggest that the relevant authorities focus on factors that improve single moms' quality of life and increase their level of mindfulness.

Keywords: *mindfulness, quality of life, single mothers, Hail region.*

Introduction

The first fundamental unit of any society is the family. Through their parents' involvement in establishing these ideals and by offering various sorts of support, whether psychological, social, or health-related, children learn religious and societal values and foundations from it. The presence of parents in children's life symbolizes the inborn basis on which humankind has been built from the very beginning. However, due to other cosmological rules, which are represented by death, divorce, and abandonment, this foundation and structure is susceptible to alteration and cracking.

Because of the advantages, it offers in all spheres of life, including comfort, reassurance, a sense of psychological, social, and financial stability, the ability to withstand life's pressures, the sound upbringing of children, and contribution, marriage has been and continues to be the most prominent positive support for societies. It also enjoys great status in all divine religions and social norms. Creating a generation that is sophisticated and capable of actively contributing to

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society's advancement, development, and rebirth. Contrarily, it is anticipated that when a couple separates, the family will face a number of issues on a personal and social level, including a threat to the person's psychological stability; a disruption to his social interactions; and a disruption to his emotions. Inadequacy, low self-esteem, emotional deprivation, loss of psychological balance, and social isolation are all symptoms of inadequacy (Bawya, 2017).

The imbalance in the family's role allocation that results from the father's absence also puts a lot of pressure on the mother and presents her with numerous obstacles on the emotional, psychological, social, and economic fronts (Al-Amoush, 2022). She is alone in charge of managing her own affairs, taking care of the home, raising her children, caring for them, educating them, and keeping track of their affairs as a result of taking on the roles of both a mother and a father. She can feel unable to complete all the necessary tasks as a result of the pressure (Al-Hamdan and Al-Sharaa, 2021).

A single mother can cope with the enormous stress she is subjected to and improve the quality of her life by having certain psychological features. Mindfulness is one of the key psychological qualities that helps people in general and single mothers in particular live better lives. According to Al-Amoush (2000), mindfulness has a substantial influence on a person's reactions and abilities to situations, and it has a significant and direct link with boosting the person's degree of awareness and ability to solve difficulties. It focuses on the person's capacity to pay attention to the circumstances they are in at the time and to be conscious of their attitude from all angles, as well as their inability to concentrate or worry about the past or the future. (Abdul Hamid, 2021)

Single mothers experience numerous detrimental repercussions on their psychological health, such as worry, stress, and despair. A loss of happiness, enjoyment, and pleasure in life—what is referred to as quality of life—can occur when the family and society are unable to provide adequate support. (Bawya, 2017).

The study Problem:

The number of single mothers has lately increased, and this has drawn the attention of numerous academics on both a local and global scale. These researchers are particularly interested in single mothers' quality of life, which includes feeling pleased, joyful, and able to meet their demands. (Al-Khouli, 2022). The reason for this worry is that single mothers deal with a variety of issues, such as the desire to remarry, tense relationships with their environment, a lack of emotional gratification, frustration, a lack of self-confidence, difficulty assimilating into their surroundings' society, and a sense of insecurity (Al Dalaeen, 2020).

According to a study by Corthorn (2018), mothers who are more mentally attentive have stronger relationships with their kids. They are more capable of expressing their emotions, have better ways of communicating, and are emotionally more stable. They are also distinguished by a better capacity for self-control when angry. According to Kim & Kim (2020), recent research has shown that single mothers experience lower levels of mental health problems than married mothers do, and that these problems are related to rising levels of poverty, unemployment, and low levels of education, in addition to the stress brought on by financial pressures. Likewise, a lack of social support.

As a result of the researchers' review of previous studies and theoretical literature on the subject, which showed that single mothers suffer from problems that affect their quality of life; This study sought to identify the impact of

mindfulness on the quality of life of single mothers in the Hail region by answering the following questions:

- 1- What is the level of mindfulness among single mothers in the Hail region?
- 2- What is the level of quality of life among single mothers in the Hail region?
- 3- Is there a correlation between the level of mindfulness and the level of quality of life among single mothers in the Hail region?
- 4- Are there differences in the level of mindfulness and the level of quality of life among single mothers due to the variables: number of children, income level, and economic independence?

The importance of study:

- Previous studies have indicated the presence of issues on the personal and social levels that affect single moms' quality of life, giving the study value because it focuses on a significant segment of society, specifically single mothers in the Hail region.
- Its examination of two factors, mindfulness and quality of life, which are of significant interest to researchers today, also contributes to its significance.
- The study also offers literature that scholars and individuals with an interest in women's issues and their empowerment in Saudi culture can use and refer to in their research.

Objectives of the study:

1. Determining the level of mindfulness among single mothers is the study's first goal.
- 2: Measuring the standard of living for single mothers in the Hail region.
3. To determine whether the quality of life experienced by single moms in the Hail region is correlated with their level of Mindfulness.
- 4: Identifying variations in mindfulness and life quality that can be linked to the following factors: the number of children, income, and economic independence.

Term definitions and their relation to procedure:

Mindfulness: Al-Gharaibeh and Al-Sharifin (2021) define mindfulness as a way of thinking that forces a person to fully experience the present moment, improves mental health, and lessens feelings of stress, fear, and worry.

The two researchers define mindfulness procedurally: the degree of mental attentiveness displayed by respondents who were single mothers on the study's mindfulness scale.

Quality of life: The World Health Organization defined quality of life as: "The individual's perception of the living situation in the context of the culture and value systems of the society in which he lives, and the relationship of this perception to the person's goals, expectations, and level of interest." There are many definitions for quality of life, but this one from the WHO may be the most thorough. (Whoqol Group, 1995)

The researchers define quality of life procedurally: the rating of respondents who are single mothers on the study's quality of life scale.

Theoretical framework and previous studies:

First: The theoretical framework:

Mindfulness:

According to Nimatallah et al. (2022), mindfulness is the act of concentrating and paying attention to the present moment without dwelling on the past or the future. This definition incorporates various currents as part of mindfulness, including:

1. Completely focus on the situation and pay attention to all its effects, both internally and externally.
- 2: The individual's ability to verbally describe the impact of the situation on him and his feelings
- 3: Dealing with full awareness of the current situation
- 4: Lack of being affected or making internal judgments about the current situation
- 5: Not being influenced by internal experiences issued during the situation and following them without interacting with them

Eid (2019), who cited Langer (1989), mindfulness entails coming up with original concepts and being open to opposing viewpoints. In other words, mindfulness entails having a fresh, unique, and cautious perspective on everything. Numerous research has also demonstrated the beneficial effects of mindfulness on health. Public health, contentment, enhanced output, acceptance of oneself, and a joy of life. Additionally, mindfulness enables us to keep an eye on our emotions and thoughts without giving in to them. There are numerous fundamental ideas that can encourage mindfulness:

- Focus on the current situation.
- raising the level of personal awareness.
- Make positive judgments about current situations.
- Try to calm down when exposed to a stressful situation.
- Increases the level of happiness.

Polling encourages new ideas.

- motivates values.
- The connection between thoughts, feelings, and reaction becomes clear.
- Helps understand brain functions. (Mustafa and Khalil, 2017)

Seven principles, which are a collection of actions that engage a person's cognitive processes, enhance his talents, and lessen potential pressures on him, are related to the significance of mindfulness. These include the following activities: On the basis of the existing circumstances, the person shouldn't jump to conclusions about both themselves and other people. He practices patience and encourages others to practice patience, as well as feeling the beauty of every moment, having confidence in himself and his feelings, forgiving himself for his mistakes, accepting things as they are and not letting how others perceive them affect him, and avoiding everything that is taken for granted. In 2023, Al-Harbi and Al-Harbi.

Quality of life:

The World Health Organization defined quality of life as having a good psychological and physical condition, being aware of one's social situation in light of the culture and values of one's society, and the implications of this for one's aspirations, standards, and interests as well as one's level of personal thoughts and relationship with society (Mostafawi, 2018).

The subjective dimension and the objective dimension are two components of quality of life. The subjective dimension focuses on the person's awareness of his actions and how well his values align with his goals, values, and expectations, while the objective dimension takes into account the person's entire external environment, including his or her practical life, material level, and economic and social status (Badha and Mustafa, 2020). Following are the different quality of life forms:

1. Physical forms by showing a person's good posture
- 2: Complete satisfaction and fulfillment of all needs and aspects of an individual's life
- 3: A sense of the meaning of life and knowledge of the strengths in an individual's life
- 4: Enjoying physical health and feeling happy
- 5: Enjoying the quality of the individual's inner life (Al-Najjar et al., 2015)

Second: Previous studies:

Previous research has focused on factors that affect single moms' quality of life, as well as factors linked to raising their standard of living and lowering the amount of stress they are likely to experience. The most significant of these studies are reviewed here, in chronological order from oldest to newest:

Using the descriptive approach and two measures of personal competence developed by Abdul-Jabbar (2010), Qasim (2018) sought to understand the level of both personal competence and Mindfulness among students at Al-Mustansiriya University in Iraq and to reveal the correlation between the two variables. It also sought to determine whether there were differences in the level of personal competence and Mindfulness depending on the gender variable. On the other hand, according to a study on mindfulness by Abdullah (2012), which used a sample of 120 students drawn at random from the faculties of education, science, and the arts during the 2016–2017 academic year, the following results were found: a low level's presence There is no relationship between the factors of personal competency and Mindfulness among the study sample's average level of Mindfulness. Additionally, it showed that there are no statistically significant gender differences in either personal competency or Mindfulness.

A study by Pagnini et al. (2018) examined how students at a private university in Milan rated their quality of life and their mental attentiveness. They adopted a descriptive strategy. 248 students made up the study sample, and the findings indicated that the link was adverse and inverse. In addition to having a good impact on psychological symptoms and student quality of life, Mindfulness has a positive impact on both of these variables.

An additional investigation by Singh et al. (2020) examined how three therapy programs affected the well-being of (216) carers of children and adults with intellectual disability and autism spectrum disorder. These include the psychological education programs, the mindfulness programs, and training while serving. The results of the study, which employed the experimental method,

revealed that the participants' levels of stress and depression significantly decreased in the mindfulness programs, and their satisfaction with empathy significantly increased. The psychoeducation programs came in second in terms of the program's impact, and there were no signs of an in-service training programs.

In a survey study involving 357 married moms and 195 unmarried mothers, Kim and Kim (2020) also sought to understand the factors that influence the lives of married and unmarried mothers. The findings revealed a favourable level among unmarried mothers that was connected with The rate of residential instability, stress levels, depressive symptoms, suicidal ideation, and alcohol-related problems also increased negatively with delayed ageing, higher levels of income and education, and a higher level of professional career status, and the results for married mothers appeared at a lower rate.

As for Al-Asafra study (2021), a sample of female students at the Islamic University of Minnesota were asked to rate their level of Mindfulness and quality of life as well as the relationship between the two. A sample of 100 female students was examined using a descriptive-correlational approach by the researcher. The findings revealed that the study sample had an average level of Mindfulness and quality of life, and that there was a correlation between these variables among female students.

The study conducted by Bhattarai et al. in 2022 sought to determine the direct and indirect impacts of mindfulness on quality of life. The sample consisted of 231 members from three spinal cord injury groups in the United States, and the findings revealed that 59% of individuals with spinal cord injuries reported that mindfulness had improved their quality of life.

Comments:

Through our review of previous studies on the topics of mindfulness and quality of life, we find discrepancies in these studies, which will be explained as follows:

According to their objectives, the majority of studies—including those by Pagnini et al. (2018), Al-Asafra (2021), and Bhattarai et al. (2022)—sought to identify the relationship between mindfulness and quality of life as well as the degree to which it exists. The study by Singh et al. (2020) compared the impact of a therapeutic programme based on mindfulness on quality of life with programmes based on education, whereas some of them investigated the relationship of some variables related to quality of life to mindfulness, such as a study by Qasim (2018). Kim & Kim's study (2020), which sought to uncover the elements influencing the lives of married and single mothers, focused on health and in-service training.

The majority of the research employed the descriptive methodology, with the exception of Singh et al. (2020) and Bhattarai et al. (2022), which used the experimental strategy. There were some differences in the sample sizes between the studies when it came to students, carers, married and unmarried moms, and patients with spinal cord injuries.

The study's position in relation to earlier research: This study is unique among earlier research in that it examines Mindfulness and quality of life among single mothers in the Hail region and the relationship between Mindfulness and quality of life among single mothers, both of which have not been explored in this community before.

Study design and methodology

The study used the descriptive, correlational approach, which is one of the methods of scientific research and is used to reach conclusions about the phenomena or problems studied in order to plan them in the future and show the connections between them.

Study population and sample:

The study population consisted of single mothers in the Hail region, and the sample was selected by a simple random method, Table 1.

Table (1) Frequencies and percentages according to study variables

	Categories	Frequency	Percentage
number of children	4 children or less	108	72.0
	More than 4 children	42	28.0
Income level	Low	54	36.0
	Middle	73	48.7
	High	23	15.3
Economic independence	Independent	109	72.7
	Dependent	41	27.3
Total		150	100.0

Study tools:

First, the Mindfulness scale

The Al-Anzi et al. (2023) mindfulness scale was applied. There are five categories on the scale (monitoring, describing, working consciously, not judging the inner experience, and not interacting with the inner experience), 27 items total, and five answers listed in front of each paragraph. Strongly Disagree, Disagree, Neutral, Agree, and Strongly Agree are the first five responses in the initial response.

Construct the validity of the mindfulness scale:

To extract the implications of the construct validity of the scale, I extracted the correlation coefficients for each item and the total score, and between each item and its connection to the field to which it belongs, and between the fields to each other and the total score, in an exploratory sample from outside the study sample that consisted of 30 participants. The correlation coefficients of the items ranged from 0.43-0.94 to 0.61-0.93, and the following table shows that.

Table (2) Correlation coefficients between the item, the total score, and the field to which it belongs

Paragraph number	correlation coefficient With the field	correlation coefficient With the tool	Paragraph number	correlation coefficient With the field	correlation coefficient With the tool	Paragraph number	correlation coefficient With the field	correlation coefficient With the tool
1	.78**	.65**	10	.89**	.92**	19	.90**	.94**
2	.85**	.72**	11	.68**	.69**	20	.74**	.73**
3	.82**	.60**	12	.71**	.67**	21	.77**	.72**
4	.90**	.85**	13	.78**	.43*	22	.84**	.73**
5	.84**	.60**	14	.93**	.66**	23	.78**	.77**
6	.83**	.74**	15	.83**	.55**	24	.74**	.56**
7	.79**	.70**	16	.76**	.74**	25	.74**	.63**

8	.77**	.67**	17	.81**	.78**	26	.73**	.70**
9	.61**	.60**	18	.90**	.82**	27	.84**	.69**

*Statistically significant at the significance level (0.05).

** Statistically significant at the significance level (0.01).

All correlation coefficients had respectable and statistically significant values, hence none of these elements was eliminated, and it should be mentioned. The following table displays the extracted correlation coefficients between the domains as well as the correlation coefficient between the domain and the overall score.

Table (3) Correlation coefficients between the domains and the total score of the Mindfulness scale

	Observation	Description	Acting with awareness	Non-judgment of inner experience	Non-judgment of experience	Quality of life
Observation	1					
Description	.698**	1				
Acting with awareness	.458*	.728**	1			
Non-judgment of inner experience	.834**	.909**	.680**	1		
Non-judgment of experience	.677**	.802**	.514**	.859**	1	
Mindfulness	.817**	.945**	.791**	.967**	.871**	1

*Statistically significant at the significance level (0.05).

** Statistically significant at the significance level (0.01).

Table (3) shows that all correlation coefficients were of acceptable and statistically significant degrees, which indicates an appropriate degree of construct validity.

Reliability of the Mindfulness scale:

The test-retest method was used to confirm the stability of the Mindfulness scale. The scale was administered to a group of 30 participants from outside the study sample once, and then again after two weeks. The Pearson correlation coefficient was then calculated between the estimates on the two occasions. The reliability coefficient was also computed using the internal consistency method in accordance with the Cronbach Alpha equation, and Table No. 3 displays the results together with the domains' overall score and repeat reliability. These values were thought to be suitable for the goals of this investigation.

Table (4) Cronbach's alpha internal consistency coefficient and repetition reliability for the domains and the total score of the Mindfulness scale.

Field	Retest reliability	Internal consistency
Observation	0.84	0.76
Description	0.86	0.83
Acting with awareness	0.82	0.81
Non-judgment of inner experience	0.85	0.77
Non-judgment of experience	0.83	0.79

Mindfulness	0.89	0.85
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Second: Quality of life measure:

The quality of life scale of Al-Desouki (1998) was applied, which consists of 30 items distributed over six domains: (happiness, social, reassurance, psychological stability, social esteem, and contentment), according to a five-point Likert scale.

Construct the validity of the quality of life scale:

In an exploratory sample of 30 participants taken from outside the study sample, I extracted the correlation coefficients between each item and the total score, between each item and its connection to the field to which it belongs, and between the fields to each other and the total score in order to determine the implications of the construct validity of the scale. The next table demonstrates that the correlation coefficients of the items ranged from the tool as a whole (0.39-0.93) to a range (0.64-0.95).

Table (5) Correlation coefficients between the item, the total score, and the field to which it belongs

Paragraph number	correlation coefficient With the field	correlation coefficient With the tool	Paragraph number	correlation coefficient With the field	correlation coefficient With the tool	Paragraph number	correlation coefficient With the field	correlation coefficient With the tool
1	.69**	.48**	11	.78**	.71**	21	.84**	.81**
2	.73**	.42*	12	.64**	.39*	22	.87**	.74**
3	.79**	.75**	13	.89**	.90**	23	.83**	.64**
4	.73**	.49**	14	.80**	.72**	24	.75**	.79**
5	.84**	.87**	15	.85**	.77**	25	.84**	.69**
6	.74**	.79**	16	.81**	.62**	26	.91**	.84**
7	.84**	.89**	17	.78**	.72**	27	.89**	.92**
8	.78**	.64**	18	.95**	.92**	28	.95**	.84**
9	.81**	.82**	19	.95**	.88**	29	.87**	.72**
10	.86**	.71**	20	.95**	.93**			

*Statistically significant at the significance level (0.05).

** Statistically significant at the significance level (0.01).

All correlation coefficients had respectable and statistically significant values, hence none of these elements were eliminated, it should be mentioned. The following table displays the extracted correlation coefficients between the domains as well as the correlation coefficient between the domain and the overall score.

Table (6) Correlation coefficients between the domains and the total score of the quality of life scale

	Happiness	Social	Reassurance	Psychological stability	Social appreciation	Contentment	Mindfulness
Happiness	1						
Social	.769**	1					
Reassurance	.647**	.576**	1				
Psychological stability	.766**	.726**	.898**	1			
Social appreciation,	.629**	.692**	.850**	.887**	1		

Contentment	.734**	.656**	.869**	.857**	.810**	1	
Quality of life	.872**	.831**	.894**	.951**	.896**	.908**	1

*Statistically significant at the significance level (0.05).

** Statistically significant at the significance level (0.01).

Table (5) shows that all correlation coefficients were of acceptable and statistically significant degrees, which indicates an appropriate degree of construct validity.

Reliability of the quality of life scale:

Using the test-retest method, the stability of the study tool was confirmed by administering the scale to a group of 30 participants from outside the study sample and again two weeks later. The Pearson correlation coefficient was then calculated between their estimates from the two applications.

The Cronbach Alpha equation's internal consistency method was also used to compute the reliability coefficient, and Table No. 6 displays the results along with the overall score and the Cronbach Alpha equation's internal consistency coefficient. These values were thought to be suitable for the goals of this investigation.

Table (7) Cronbach's alpha internal consistency coefficient and repetition reliability for the domains and the total score

Field	Retest reliability	Internal consistency
Happiness	0.89	0.85
Social	0.86	0.82
Reassurance	0.81	0.79
Psychological stability	0.80	0.71
Social appreciation	0.82	0.80
Contentment	0.84	0.77
Quality of life	0.91	0.86

Study results and discussion:

The first question: What is the level of Mindfulness among single mothers in the Hail region?

To answer this question, the arithmetic means and standard deviations of the level of Mindfulness among single mothers in the Hail region were extracted, and the table below shows this.

Table (8) Arithmetic means and standard deviations for the level of Mindfulness among single mothers in the Hail region, arranged in descending order according to the arithmetic means.

Rank	Number	Range	Arithmetic Mean	Standard Deviation	Level
1	1	Monitoring	4.15	.762	high
2	4	Not judging internal experience	3.88	.718	high
3	2	the description	3.65	.751	middle
4	5	Not judging experience	3.60	.727	middle

5	3	Work consciously	3.36	.912	middle
		Mindfulness	3.70	.631	high

According to Table 8, the arithmetic averages ranged from (3.36-4.15), with the monitoring field having the highest average (4.15), and conscious work having the lowest average (3.36). The average was determined by calculating the level of Mindfulness among single mothers in the Hail region as a whole (3.70).

The single mother's high Mindfulness can be attributed to her wealth of experiences, which she has accrued as a result of playing both the mother and the father roles in the home and carrying a variety of responsibilities. Because of these daily struggles, the single mother has developed the capacity to adjust to various changes in her environment as well as the capacity to control her emotions, become aware of them, and organize her thoughts.

The study's findings are in line with those of Al-Amoush and Al-Sharaa (2022), which found that the study sample exhibited a high level of mental alertness, and they also partially accord with those of Al-Ruwaili (2019), whose findings showed that the study sample displayed a moderate level of Mindfulness, as well as Qasim (2018). Al-Asafra (2021), which indicated an average level of Mindfulness among female students at the University of Minnesota, and which revealed the average degree of Mindfulness among students at Al-Mustansiriya University.

The second question: What is the level of quality of life among single mothers in the Hail region?

To answer this question, the arithmetic means and standard deviations for the level of quality of life among single mothers in the Hail region were extracted, and the table below shows this.

Table (9) Arithmetic means and standard deviations for the level of quality of life among single mothers in the Hail region, arranged in descending order according to the arithmetic means.

Rank	Number	Range	Arithmetic Mean	Standard Deviation	Level
1	5	Social appreciation	4.06	.631	high
2	2	Social	3.90	.821	high
3	6	Reassurance	3.74	.925	high
4	4	Psychological stability	3.70	.921	high
5	1	happiness	3.67	.917	middle
6	3	Contentment	3.36	.901	middle
		Quality of life	3.75	.728	high

Table (9) demonstrates that the arithmetic averages ranged from (3.36-4.06), with the field of social appreciation ranking first with the highest average of (4.06) and the field of reassurance ranking last with averaging of (3.36). The average was calculated based on the level of quality of life for single mothers in the Hail region as a whole, which was calculated to be at (3.75).

The fact that societies today are civilized advanced, and work to develop and pay attention to all facets of society can be used to explain this outcome. Numerous public and private organizations have taken notice of the single mother, making her life simpler and easier. The outcome is constant because the

single mother has grown more conscious of and perceptive of her psychological needs. The Al-Asafra research (2021) findings, which revealed an average level of quality of life among female students at the Islamic University of Minnesota, served as the basis for part of the inquiry.

The third question: Is there a statistically significant correlation at the level ($0.05 \geq \alpha$) between the level of mindfulness and the level of quality of life among single mothers in the Hail region?

To answer this question, the Pearson correlation coefficient was extracted between the level of mindfulness and the level of quality of life among single mothers in the Hail region, and Table (10) shows this.

Table (10) Pearson correlation coefficient for the relationship between the level of Mindfulness and the level of quality of life among single mothers in the Hail region

		Observation	Description	Working with awareness	Non-judgment of inner experience	Non-judgment of experience	Mindfulness
Happiness	Correlation coefficient t	.672**	.500**	.350**	.418**	.447**	.580**
	Statistical significance	.000	.000	.000	.000	.000	.000
	the number	150	150	150	150	150	150
Social	Correlation coefficient t	.589**	.423**	.456**	.370**	.189*	.501**
	Statistical significance	.000	.000	.000	.000	.020	.000
	the number	150	150	150	150	150	150
Reassurance	Correlation coefficient t	.530**	.542**	.411**	.472**	.547**	.613**
	Statistical significance	.000	.000	.000	.000	.000	.000
	the number	150	150	150	150	150	150
Psychological stability	Correlation coefficient t	.613**	.542**	.448**	.484**	.486**	.631**
	Statistical significance	.000	.000	.000	.000	.000	.000
	the number	150	150	150	150	150	150
Social appreciation	Correlation coefficient t	.615**	.534**	.519**	.448**	.409**	.626**
	Statistical significance	.000	.000	.000	.000	.000	.000
	the number	150	150	150	150	150	150
Contentment	Correlation coefficient t	.560**	.544**	.259**	.519**	.615**	.597**
	Statistical significance	.000	.000	.001	.000	.000	.000
	the number	150	150	150	150	150	150
Quality of life	Correlation coefficient t	.696**	.588**	.469**	.512**	.507**	.678**
	Statistical significance	.000	.000	.000	.000	.000	.000
	the number	150	150	150	150	150	150

*Statistically significant at the significance level (0.05).

** Statistically significant at the significance level (0.01).

It is clear from Table (10) that there is a positive, statistically significant relationship between the level of mental alertness and the level of quality of life among single mothers in the Hail region.

According to the researchers, there is a positive correlation between mindfulness and a high quality of life because it eliminates intrusive thoughts that can lead to stress and insomnia and may have a negative impact on one's quality of life by focusing attention on one situation at a time without considering the past or the future. The ability to accept different situations without passing judgement or setting expectations and accepting reality as it is is made possible by mindfulness, which is accessible through a thoughtful approach. This allows situations to pass smoothly without being thought about or concentrated on.

This finding is in line with the findings of Pagnini et al.'s study (Pagnini et al., 2018), which revealed a positive relationship between mindfulness and quality of life among Milanese students, as well as the findings of studies by Abdel Hamid and Al-Asafra in 2021 and 2022, which revealed a similar relationship between mindfulness and quality of life among female students. Furthermore, Bhattarai et al.'s It also differed with a study (Al-Amoush and Al-Sharaa, 2021) that found no link between mindfulness and single moms' propensity for worry in the future.

Question Four: Are there statistically significant differences ($\alpha = 0.05$) in the level of mental alertness and the level of quality of life among single mothers according to the variables of the number of children, income level, and economic independence?

According to the factors of the number of children, income level, and economic independence, arithmetic means and standard deviations were extracted for both the level of living quality and the level of Mindfulness among single mothers, as shown in the table below.

First: The level of Mindfulness among single mothers

Table No. (11) Arithmetic means and standard deviations for the level of Mindfulness among single mothers according to the variables of number of children, income level, and economic independence

		Arithmetic mean	standard deviation	number
number of children	4 children or less	3.69	.658	108
	More than 4 children	3.73	.561	42
Income level	Low	3.74	.567	54
	Middle	3.70	.577	73
	High	3.60	.902	23
Economic independence	Independent	3.84	.557	109
	Dependent	3.33	.672	41

Table (11) shows an apparent variation in the arithmetic means and standard deviations of the level of Mindfulness among single mothers due to the different categories of variables of the number of children, income level, and economic independence. To demonstrate the significance of the statistical differences between the arithmetic means, a three-way analysis of variance was used in Table (12).

Table No. (12) Three-way analysis of variance of the effect of the number of children, income level, and economic independence on the level of Mindfulness among single mothers

Source of variance	Sum of squares	Degrees of freedom	Mean squares	P value	Statistical significance
number of children	.184	1	.184	.521	.471
Income level	.338	2	.169	.479	.620
Economic independence	7.570	1	7.570	21.436	.000
The error	51.207	145	.353		
Total	59.285	149			

Table (12) makes it clear that:

*There were no statistically significant changes ($\alpha = 0.05$) resulting from the influence of the number of children, as the P value reached 0.521 and the statistical significance reached 0.471.

*Due to the effect of income level, there are no statistically significant differences ($\alpha = 0.05$), as the P value reached 0.479 and the statistical significance reached 0.620.

* Given that the value of F reached 21.436 and a statistical significance of 0.000, differences that were statistically significant ($\alpha = 0.05$) were found in favor of those who were economically independent.

Second: The level of quality of life among single mothers

Table No. (13) Arithmetic means and standard deviations for the level of quality of life among single mothers according to the variables of number of children, income level, and economic independence.

		Arithmetic mean	standard deviation	number
number of children	4 children or less	3.69	.736	108
	More than 4 children	3.90	.693	42
Income level	Low	3.87	.704	54
	Middle	3.68	.684	73
	High	3.69	.901	23
Economic independence	Independent	3.89	.691	109
	Dependent	3.36	.688	41

Due to the various categories of the variables of the number of children, the level of income, and economic independence, Table 13 reveals an apparent variance in the arithmetic means and standard deviations of the level of quality of life among single mothers. A three-way analysis of variance was employed in Table 14 to show the importance of the statistical differences between the arithmetic means.

Table No. (14) Three-way analysis of variance of the effect of the number of children, income level, and economic independence on the level of quality of life among single mothers

Source of variance	Sum of squares	Degrees of freedom	Mean squares	P value	Statistical significance
number of children	1.751	1	1.751	3.703	.056
Income level	.456	2	.228	.482	.619

Economic independence	7.503	1	7.503	15.866	.000
The error	68.569	145	.473		
Total	78.971	149			

Table 14 shows that:

* There were no statistically significant differences ($\alpha= 0.05$) attributable to the effect of the number of children, as the P value reached 3.703 and the statistical significance was 0.056.

* Due to the effect of income level, there are no statistically significant differences ($\alpha= 0.05$), as the P value reached 0.482 and the statistical significance reached 0.619.

* As the P value reached 15.866 and a statistical significance of 0.000, it was determined that the influence of economic independence resulted in statistically significant differences ($\alpha= 0.05$), with the differences favoring the economically independent.

The study's findings are consistent with those of Qasim's (2018) research, which found no gender-related variations in the students at Al-Mustansiriya University's levels of Mindfulness. This finding may be explained by the positive correlation between alertness and quality of life, which increases as a result of the economic independence variable, which has a significant impact on both variables. A woman's degree of self-confidence, decision-making skills, sense of value, and self-esteem rise when she has financial independence; this is expected to improve her ability to experience in the moment and her general quality of life.

Recommendations and suggestions:

* The necessity for relevant authorities to pay attention to the factors influencing improving the standard of living and increasing the Mindfulness of single mothers.

* promoting the use of psychological counselling in women's welfare and social security institutions

* Carrying out additional research on the association between other factors including psychological wellbeing and compassion fatigue and one's level of mental acuity and quality of life.

* Comparing the variables in the current study between mothers who are single and mothers who are married.

Acknowledgements: This research has been funded by Scientific Research Deanship at University of Hail -Saudi Arabia through project number <<GR-23 018>>

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