

# **The Relationship of Psychological Well-Being and *Academic* Self-Efficacy Of High School Students who have Meditated**

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## **Abstract**

The objective of this research is to explore the correlation between psychological well-being and self-efficacy, and the effects of meditation on psychological well-being and self-efficacy development of Tri Ratna high school students. Ryff (1995) defined psychological well-being as a concept consisting: the happiness of human life, and having a convincing optimistic view that humans are beings with potential and ability to develop themselves. According to Bandura, academic self-efficacy is the belief in oneself to act in order to achieve learning objectives. Meditation is a mindfulness state, an awareness, and the energy to be awake in every moment. The research was conducted from March to May 2012 on 99 Tri Ratna high school students with meditation program in their curriculum. It used correlation analysis which resulted a positive & significant relationship ( $r(99)=0.646$ ,  $p<0.01$ ) for Tri Ratna high school students who have meditated in class.

Keywords: psychological well-being, academic self-efficacy, meditation