# Preface

This study has been carried out to identify the level of mindfulness among undergraduate students in Universiti Teknologi Malaysia (UTM), Malaysia, and its relationship with their respective faculty as well as their unique demographic factors. A total of 273 first year, first semester students pursuing their bachelor degree in Education, Civil Engineering, Management, and Science were involved in this study. The questionnaire issued to them comprised of 15 items pertaining to the Mindfulness Attention Awareness Scale (MAAS) and eight items related to their individual characteristics. Analysis of the data has been done using "Statistical Package for Social Science" (SPSS version 19.0) where percentage and frequency were used in the descriptive analysis; bivariate-correlational analysis was done as the inferential analysis. The major finding of this study indicated that the students' average level of mindfulness, recorded at 3.77, was lower than the average score of the general population (3.86). The highest level of mindfulness was in the Faculty of Science (3.82) and the lowest was in the Faculty of Management (3.63). In addition, there was no relationship between the level of mindfulness and the type of faculty ($a = 0.97$). There was also no relationship between the level of mindfulness and age, gender, religion, race, educational background, and family condition. Nevertheless, there was a significant relationship between the level of mindfulness and health condition ($a = 0.004$). The implication, recommendation and limitation of the study were stated for practical application and future research.

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