

# **DEVELOPMENT OF MINDFULNESS MODULE FOR PROMOTING HEALTHY LIFESTYLE AMONG FEMALE STUDENTS IN HIGHER EDUCATION INSTITUTIONS**

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## **ABSTRACT**

This study introduces the development of a mindfulness-based module named as The Journey to Healthier Me: Be Mindful, Be Healthy, & Be Happy (TJHM) according to the counselling intervention or module standard. The main objective of this module was to promote healthy lifestyle and wellbeing among female students at university. The Cognitive Behaviour Therapy (CBT) approach, Mindfulness approach and Sidek's Module Development Model (SMDM) were applied as guidelines in developing the mindfulness module. The validation stage was carried out by four expert counsellors, and Cronbach's alpha index 0.85 was obtained. A group of eighteen female participants aged between 20 to 25-year-olds had undergone the module in order to measure the module's reliability, where the reliability index was 0.95. As a result, the module is ready to be implemented as guidance and intervention for counsellors and health practitioners to enhance their client's wellbeing and quality of life.

**Keywords:** Mindfulness Module; Cognitive Behaviour Therapy; Well-being; Counselling Intervention; Female.

## **1. INTRODUCTION**

A report by the World Health Organisation (WHO) on obese showed that more than 1.9 billion adults, above 18 years old were overweight and over 600 million were obese. Obesity is a growing global epidemic yet most neglected health problem around the world. Overweight and obesity poses a major risk for serious diet-related non-communicable diseases, and also linked

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