

Mindful protection in information society: Relationships among mindfulness, self-regulation, and problematic behavior

Chun-Yen Tsai

National Sun Yat-sen University, Kaohsiung, Taiwan

Mindfulness is the psychological process of bringing one's attention to experiences occurring in the present moment (Kabat-Zinn, 2013). Self-regulation refers to a system of conscious personal management that involves the process of guiding one's own thoughts, behaviors, and feelings to reach goals (Bandura, 1991). The connection between mindfulness and self-regulation is such that the practice of mindfulness helps individual to focus on the performance and goals and equips her/him with better cognitive control (Livermore, Ang, & Dyne, 2015). This study was to explore the relationships among mindfulness, self-regulation, and problematic information security behavior. The advancement of technology increases people's concern for their privacy. Typical problematic behaviors include downloading risky and questionable files, exposing one's personal data in public, and connecting to free Wi-Fi when using information devices (Chou & Chou, 2016). The data were collected from 196 undergraduates by survey interviews and quantitatively analyzed. Results showed that there was a correlation between undergraduates' mindfulness and self-regulation ($r = 0.432$, $p < .001$). There was also a correlation between undergraduates' self-regulation in Internet use and problematic information security behavior ($r = -0.242$, $p < .001$). That may be because individuals with high trait of mindfulness have better self-regulation skills and thus can make thoughtful decisions rather than acting recklessly (Gámez-Guadix & Calvete, 2016). It is suggested that individual's mindfulness should receive more attention while advocating the mindful protection in the information society.