

Mindfulness and Its Relationship to Creative Thinking Among a Sample of University Students

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Abstract

The Stage of University Education is one of the Most Important Stages in A Student's Life, as this Stage Coincides with the Stage of Late Adolescence, which is The Stage before Adulthood and is Characterized by Rapid Developmental Changes, and Intellectual and Creative Production, the Link Between Thoughts and Emotions so that this Reflects Positively on Individuals. (Al-Asmi: 2012), Mindfulness Is a Qualitative Practice of Awareness that Makes a Person Aware of Everything That Is Going on Around Him. Creative Thinking is Also an Integrated Unit of a Set of Subjective and Objective Factors, Which Leads to the Achievement of a New, Original Production of Value by The Individual and the Group. Responding and Dealing with Emergency Events, while Minimizing Mistakes,

The Current Study Aimed to Verify the Relationship between the Variables of The Current Study, where the Problem of the Study Crystallized in an Attempt to Reveal the Nature of the Correlation between Mindfulness and Creative Thinking, and to Verify the Differences in the Average Scores of the Current Study Sample on the Study Scales Prepared by (The Researcher), as the Study Tried to Verify from the Extent of the Relative Contribution of Mindfulness in Predicting Creative Thinking Among the Current Study Sample, Which Consisted of (100) Items for the Pilot Study Sample, from Students of the Faculty of Education, Ain Shams University, from (Scientific And Literary) Disciplines. the Aim of This Sample is to Calculate the Psychometric Properties of Tools the Current Study is Valid and Reliable, as the Basic Sample Consisted of (320) Male and Female Students from the Faculty of Education, Ain Shams University, and the Mindfulness Scale Prepared By (The Researcher) was Applied, and the Scale (Creative Thinking) Prepared by the Researcher was Applied to the Sample of the Current Study. The Study Relied on the Descriptive Correlative Approach, and the Results Revealed a Positive Correlation Between the Variables of The Current Study.

Keywords:

Mindfulness -Creative Thinking.