

Coping Effect of State Conscious Awareness in Exposure: Bayburt University

Maruziyet Sürecinde Durumsal Bilinçli Farkındalığın Başa Çıkma Etkisi: Bayburt Üniversitesi

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Abstract

The objective of the study is to illustrate the potential advantages for university students. The focus of this study was Bayburt University students' mindfulness. We have highlighted the effects on mental health, emotional regulation, and the efficacy and cultural contexts of mindfulness techniques. This article sought to investigate the impact of conscious awareness on mental, spiritual, and physical health by reviewing existing research. Duyan and colleagues (2022) utilized a 5-point Likert scale, specifically the "Situation Awareness Scale," which they adapted for use in Turkey. The WHO in 2021 set forth the translation and adaptation of this scale, which consists of 21 items and two sub-dimensions. The MAXQDA program qualitatively assessed data collected from the Google form to investigate the impact of conscious awareness on mental, spiritual, and physical health. The total estimation approach utilized the responses and their frequency of occurrence to classify and rank the objects. The results demonstrated no significant differences in understanding levels across the program ($p = 0.835$). We used VOSviewer to identify five historical process clusters in the literature review. Standardizing procedures, practices, personal domains, and social support is advisable in academia for students to effectively manage stress and gain exposure to cultural characteristics.

Keywords: Mindfulness, awareness, Bayburt University.

ÖZ

Çalışmanın amacı, üniversite öğrencileri için potansiyel farkındalık ve bilinç durumlarının etkilerinin vurgulanmasıdır. Mevcut araştırmaları inceleyerek bilinçli farkındalığın zihinsel, ruhsal ve fiziksel sağlık üzerindeki etkisini Bayburt Üniversitesi öğrencilerinin zihinsel sağlık, duygusal düzenleme ve farkındalık tekniklerinin etkinliği ile kültürel bağlamları üzerindeki etkilerini vurgulamayı amaçladık. Duyan ve diğerleri (2022), Türkçe kullanıma uyarlanan "Durum Bilinç Farkındalık Ölçeği" olan 5 noktalı bir Likert Ölçeği, 21 maddesi ve iki alt boyutu, 2021'de yayınlanan DSÖ önerileri doğrultusunda çevrilmiş ve uyarlanan ölçek kullanmıştır.

MAXQDA programı ile bilinçli farkındalığın zihinsel, ruhsal ve fiziksel sağlık üzerindeki etkisini incelemek için Google formundan toplanan verileri nitel olarak değerlendirdi. Kullanılan toplam tahmin yaklaşımı, nesneleri sınıflandırmak ve sıralamak için yanıtları ve bunların oluşma sıklıklarını kullandı. Sonuçlar, program boyunca anlama düzeylerinde anlamlı farklılıklar göstermedi ($p = 0.835$).

Literatur incelemesinde beş tarihsel süreç kümesi VOSviewer ile gozlendi. Akademide, öğrencilerin stresi etkili bir şekilde yönetmesi ve kültürel özellikler ile uyumlu prosedürlerin, uygulamaların, kişisel alanların ve sosyal desteğin standartlaştırılması önerilmektedir.

Anahtar Kelimeler: Farkındalık, Bilinç, Bayburt Üniversitesi.

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Introduction

In facing life's challenges, individuals experience increased awareness. Despite intercultural differences, individuals recognize their impulses and seek solutions to attain inner stability as they work toward becoming healthy adults. This study examines data from 64 global studies to assess the prevalence of depression and anxiety symptoms among university students. The prevalence of depressive symptoms was 33.6%, while anxiety symptoms affected 39.0%. These rates are especially high among medical students and in low- to middle-income countries. The post-COVID-19 period has seen an increase in depression and anxiety symptoms (Li et al., 2022). Meta-analyses indicate that higher rates of depression and difficulties in the environment in which individuals live play a key role in their development. Notably, the shift from familial environments to personal spaces during university significantly enhances students' awareness. This study highlights the importance of standardizing a protocol or model of awareness development within the context of cultural influences.

Consciousness and awareness are applicable across various disciplines, including medicine, psychology, and education. In this context, consciousness serves as the essential factor that enables an impartial and reflective shift in attitude.

The origins of mindfulness are grounded in Eastern philosophy and are primarily linked to mindfulness practices. The concept of "sati" serves as the foundation of mindfulness. The term refers to "awareness, attention, and remembrance," drawing from Zen, Vipassanā, and Tibetan meditation techniques, and constituting a significant aspect of Buddhist traditions (Kabat-Zinn, 2003).

In Anatolian Islamic culture, "dem" refers to a Sufi concept denoting both breath and time. The term is utilized in Sufi contexts to denote the relief experienced by a traveler due to the profound Sufi state they are undergoing, as well as the benevolence attributed to saints (islamansiklopedisi.org.tr, 03.04.2024). The term refers to the state of the traveler at a specific moment. Throughout history, philosophers have examined this concept, noting that human education ultimately leads to positive outcomes. We experience attention and conscious awareness of the present moment in a particular manner, along with bodily sensations and mental events (Ruimi et al., 2019).

The conventional models of mindfulness rooted in Buddhism serve as the foundation for psychological definitions of mindfulness (Bishop et al., 2004). The initial level emphasizes the objects of mindful awareness, requiring individuals to acknowledge their present experience. Examples of these include physical sensations and mental events, which encompass emotional and cognitive patterns. The second level emphasizes awareness, the acknowledgment of individual participation in the experience, and metacognitive states. Stimuli involve awareness as a cohesive mental state that encompasses the perception of one's subjective experience, wherein intentional attention, willingness, and curiosity are integral components (Tanay & Bernstein, 2013).

Operationalizing and measuring the construct presents a complex and challenging task (Grossman and Van Dam, 2011; Sauer et al., 2013). The objective is to assess the levels of subjective attention and conscious awareness within a defined context and timeframe. This concept encompasses psychological and physical well-being, heightened awareness of habitual thought patterns and behaviors, and the capacity to positively influence mental health, with conscious awareness varying across different moments and contexts. The model proposes two levels: the objects of conscious attention, which encompass sensations and thoughts, and the attributes of awareness as a mental state, including awareness and attention (Duyan et al., 2022).

Students face challenging life conditions that impact their academic focus. It is essential for them to be culturally aware and to re-evaluate events objectively, considering models of structure, flexibility, awareness, and determination. Students should monitor their physical and mental conditions and cultivate awareness of self-compassionate behaviors. This study examines theories related to attention, attitude, and awareness. University students who venture beyond their comfort zones demonstrate an awareness of their state-consciousness.

The State Conscious Awareness Scale, created by Tanay and Bernstein in 2013 and later updated by Duyan et al. in 2022, has 21 questions that help people describe their mental states in detail, making it possible

to study awareness as something that can change. The adaptation of the State Awareness Scale to Turkish was validated through confirmatory factor analysis, which revealed a two-factor structure.

The findings enhance the comprehension of mindfulness as a state-like behavior. This research examines a measurement of state awareness (Tanay & Bernstein, 2013). The study utilized qualitative questions to assess participants' perspectives on the topic. Recent advancements in clinical, cognitive, and neuropsychological studies on mindfulness have been significant; however, our study primarily aims to investigate state mindfulness (Duyan et al., 2022).

Previous studies

Getting out of your comfort zone exposes you to an unknown environment. The qualitative study coded the pandemic's consequences on school administrators' psychological, familial, and professional lives while we deviated from our typical behavioral patterns. Like many uncertain situations, psychological and emotional health is the issue that school administrators were most impacted by throughout the pandemic. Spending more time with family members is a recommended coping mechanism for administrators who struggle with the concept of uncertainty (Canavar, Titrek, 2024). The effects of awareness programs in coping with the uncertainties they are exposed to can be significant, as these programs provide tools and strategies to manage stress and anxiety.

Mindfulness is characterized in the literature as both a process or method and a psychological state that can be cultivated as a skill. Hayes and Wilson (2003); Kabat-Zinn (2003); Germer (2005). Participation, awareness, intentional engagement, frequency, behavior, attitude, and presence all play a significant role.

Concentrate on the present without engaging in judgment, evaluation, or reaction. Past experiences anchor the capacity to recognize automatic emotional response patterns as they emerge. Identifying patterns facilitates incremental implementation. Awareness facilitates the identification of automatic behavioral patterns, which are essential for acceptance and behavioral modification (Kabat-Zinn, 1994). This study's scale comprises 21 items and 2 sub-dimensions, highlighting the growing significance of awareness (Bishop et al. 2004, Shapiro et al. 2006, Glomb et al. 2011). Piskopos et al. (2004) define mindfulness as an approach aimed at enhancing awareness and skillfully responding to mental processes that lead to emotional distress. Mindfulness facilitates nonjudgmental observation and acceptance of present experiences, enabling individuals to identify automatic behaviors and thought patterns, thereby fostering opportunities for behavioral change. This process aids in identifying negative thoughts, monitoring their physiological impacts, and alleviating distressing emotions (Vreeswijk et al., 2019). Hayes and Wilson (2003) define participation as engagement in subjective events across all dimensions. The moment involves the readiness to engage with experiences as they arise, to observe and acknowledge verbal rules without immediate reaction, and to connect them to the individual's perspective. The essential components of attention and conscious awareness entail the continual monitoring of internal and external stimuli, similar to a radar functioning perpetually in the background of the mind. Awareness should be directed toward a specific stimulus, with retrospective self-reporting assessed post-experience, as the experiential aspect of awareness relies on self-perception (Sauer et al., 2013). Attention represents a more rigorous evaluation of present experiences (Brown, Ryan, & Creswell, 2007). Mindfulness studies across various fields assess coping strategies in athletes by analyzing the efficacy of a drama program, psychological resilience, and levels of self-confidence. Researchers examined stress coping strategies regarding their potential for enhancement (Mandral, 2019). The study investigates the awareness of psychological counselors, focusing on levels of hope and anxiety. A total of 187 participants were included, comprising 105 women and 82 men. Researchers identified notable correlations among awareness, hope, and anxiety. Married participants demonstrated higher scores in proactive thinking compared to single respondents. Unemployed participants showed higher anxiety levels than those who worked in schools. Participants' awareness levels are significantly predicted by their hope levels. In this context, hope levels explain 8.2% of the values in a data set that are distributed (deviated) around the meaning of awareness. Anxiety levels account for 30.8% of the variance in awareness. Mindfulness practice positively influences cognitive processes, thereby reducing susceptibility to memory errors through enhanced discrimination skills (Calvillo et al., 2018).

Moreover, longitudinal studies across diverse contexts will contribute to the enhancement of effective programs. The present randomized controlled study at the university involved 616 students participating in the 8-week "Mindfulness Skills for Students (MSS)" program. Participants in the program reported a 33% reduction in psychological distress during examination periods, with these beneficial effects persisting for one year. Furthermore, these students utilized university counseling services less frequently and demonstrated a greater propensity to make higher donations (Galante, 2020). A solitary session of mindfulness practice does not influence the occurrence of false memories. The mindfulness and relaxation practices exhibited no significant differences. Engaging in mindfulness practice may enhance awareness of memory inaccuracies. We also note gaps in the methodology of mindfulness research. The impact of relaxation on cognitive effects remains ambiguous, with no significant differences in memory illusions observed between groups (Bağcı, 2023). Existing literature has limited research on how cultural factors, the physiological and cognitive condition of the brain, environmental elements, and prior experiences influence consciousness.

Theoretical Framework

The term "exposure" refers to an individual's or group's intentional or unintentional exposure to specific situations, events, environmental factors, or human behaviors over varying durations. This concept is commonly utilized in psychology, social sciences, health, and law. Continuous or intense exposure to situations involving stress, fear, and anxiety adversely impacts an individual's mental and emotional health. It generally exerts profound and lasting effects on the individual. The legal criteria governing exposure duration may differ based on the specific nature and context of the situation. Specific limits govern the length of exposure to physical hazards, including noise, dust, and chemicals. The Noise Regulation in Turkey mandates that employers implement precautions when workers are exposed to noise levels exceeding 85 dB for an 8-hour workday. Exposure limit values are established by the World Health Organization (WHO) or relevant local health authorities. While the effects of prolonged exposure to air pollution typically accumulate over extended periods, short-term exposure to elevated levels can also pose significant risks. It can be categorized in various ways. Direct exposure to a physical situation or environmental factor can impact an individual both mentally and emotionally. It is possible to systematically categorize societal norms, expectations, discrimination, and social pressures. Experiencing stress, whether directly or indirectly, and being subjected to factors that may negatively impact the individual. Situations such as emotional violence can be contributing factors. Minor yet ongoing discriminatory behaviors, emotional manipulation, and psychological aggression—such as subtle threats and pressures—represent instances that are difficult to detect but can yield considerable long-term effects. The nonverbal or invisible aspects are more challenging to articulate, as they are difficult to perceive and delineate.

A heightened state of consciousness indicates that awareness of thoughts and emotions may improve psychological well-being, facilitating better emotional regulation and coping mechanisms. Mindfulness is a process through which experiences unfold moment by moment within the realm of focused attention (Kabat-Zinn, 1990). This study encompasses several mindfulness-based interventions, including MBSR (Mindfulness-Based Stress Reduction), MBCT (Mindfulness-Based Cognitive Therapy), and ACT (Acceptance and Commitment Therapy), and highlights the objective of enhancing mental health through the integration of traditional mindfulness practices with modern psychological methods. The findings indicate that mindfulness interventions can effectively lower stress and anxiety levels in students, as well as decrease depressive symptoms. The evidence indicates a direct correlation between mindfulness practices and enhanced mental health outcomes. The influence of cultural and historical contexts, such as Islamic mysticism, is significant for a deeper understanding of consciousness and the role of mindfulness in personal development. Heightened awareness can have a beneficial impact on mental health.

Theoretical Framework

The existing theories primarily emphasize enhancing personal well-being; however, there is a paucity of research examining behavioral responses to stress, including coping mechanisms (Josefsson et al. 2014). We referenced Siegel's (2010) "The Mindful Therapist," Corsini's (2002) "Psychology Dictionary," and Cuceoglu's

(1998) "Human and Behavior" concerning trait anxiety. The sources generally encompass theories that illustrate the importance of mindfulness in enhancing psychological well-being, fostering self-regulation, and cultivating coping skills (Maynard et al., 2015).

Avoidance and approach represent the predominant coping strategies employed in adverse situations (Sears and Kraus 2009; Weinstein et al. 2009). Our study indicates that mindfulness is a significant approach to coping. Practices grounded in the mindfulness approach serve as effective tools for stress reduction, memory enhancement, improved focus, decreased emotional reactivity, and the enhancement of personal relationships (Kabat-Zinn et al., 1985; Kabat-Zinn, 1994; Parrott, 2017). Various programs, including DBT (Dialectical Behavior Therapy), MBSR, MBCT, and ACT, are significantly utilized in addressing the situation (Demir, 2015; Lazaridou-Pentaris, 2016; Isgandarova, 2019; Kara, 2020; Zümbül, 2021). The programs aim to enhance mental health by combining mindfulness traditions with contemporary methodologies (Angın, 2022).

Efficacy of Awareness Interventions in Educational Settings

In the challenging periods faced by the Anatolian populace, Sufi figures like Ahmed Yesevi, Mevlana, Hacı Bektaş-ı Veli, and Yunus Emre served as spiritual leaders (Özköse, 2003). A significant transformation is anticipated due to the conscious practices implemented in Islamic Sufism (Angın, 2022). An individual who deepens their understanding through Islamic mysticism and Sufism attains an elevated state of consciousness and possesses enhanced knowledge. Individuals who adhere to a guide enhance their cognitive capacities and broaden their perspectives. It is advisable to cultivate the heart through deliberate actions and sustained awareness (Angun, 2022). Mindfulness interventions continue to play a significant role in educational settings in contemporary Turkey, supported by guides. Programs based on mindfulness: Mindfulness interventions are effective in decreasing depressive symptoms, stress, and anxiety in student populations. Mindfulness practice is linked to enhancements in cognitive functions, including attention, focus, and memory, which contribute to improved academic performance in students. Mindfulness programs enhance social and emotional learning in students, facilitating the development of skills such as emotion regulation, empathy, and conflict resolution through mindfulness training. Mindfulness-based approaches encompass several programs, including dialectical behavior therapy (DBT), mindfulness-based stress reduction (MBSR), mindfulness-based cognitive therapy (MBCT), and acceptance and commitment therapy (ACT).

These programs combine mindfulness traditions with contemporary psychological practices to improve mental health and well-being. This theory illustrates the importance of mindfulness in enhancing psychological well-being, self-regulation, and coping abilities. Mindfulness practices have demonstrated efficacy in reducing stress, enhancing memory, and improving emotional responses. The objective is to assess subjective awareness and mindfulness in particular contexts, demonstrating that mindfulness can have beneficial effects on psychological and physical well-being. It recognizes its roots in Eastern philosophies and its development through diverse cultural perspectives, including Islamic mysticism, which enhances the comprehension of consciousness and mindfulness. This study highlights the complex nature of mindfulness and its application in enhancing mental health and coping strategies. Models that incorporate athletes, artists, and direct coaching interactions generally demonstrate enhanced engagement and outcomes. Mindfulness practices represent a cost-effective and easily implementable wellness strategy beneficial for both students and teachers, necessitating consistent practice over time (Menekşe, 2019).

Methodology

Ethical approval was secured from the ethics committee, ensuring appropriateness and informed consent. We informed the volunteer participants about the confidentiality of the survey.

This study aims to examine the impact of the "State Conscious Awareness Scale," as adapted into Turkish by Duyan et al. (2022), on the mental, spiritual, and physical well-being of students at Bayburt University.

The source scale, developed by Tanay and Bernstein (2013) with 21 items and two sub-dimensions, was translated and adapted by Duyan et al. according to WHO (2021) guidelines. It employs a 5-point Likert-type

format and contains no reverse-scored items. The reliability score of 0.90 was established during the second-level confirmatory factor analysis in the study that developed the original scale (Duyan et al., 2022).

Participants and Procedures

The study posed questions designed for a comprehensive analysis of how students who experienced exposure at any stage of their lives managed to cope. The study sample comprises students enrolled at Bayburt University during the 2023-2024 academic year. Because we didn't know how many people would be in our sample group, researchers used a detailed process to explore how events and facts came together, trying to clarify their main features. Creswell (2013). In mixed methods research, qualitative and quantitative approaches are executed as distinct studies and subsequently integrated into a unified presentation (Tashakkori & Teddlie, 2010). The study's limitation lies in the inclusion of only 17 participants in the quantitative research section, which restricts the generalizability of the findings. In literature, utilizing a larger sample size can enhance statistical significance. Cultural factors and insufficient detailed information regarding the impact of cultural context on data analysis may impose limitations on the thorough examination of cultural differences. Literature studies yield immediate results; however, spatial studies assessing temporal changes in awareness are relatively rare. The study was conducted exclusively with students from Bayburt University. The generalizability of the results may be enhanced by examining participants across various age groups, socio-economic statuses, and cultural contexts. The coding process involved collecting, grouping, and categorizing similar responses with clear associations into themes using the MAXQDA program. Kabat-Zinn (1990) linked the gathering of responses to conscious awareness, non-judgment, patience, a beginner's mind, trust, the absence of ambition, and the acceptance of behaviors. The reported feelings, thoughts, and behaviors associated with body scanning, emotional awareness, mindful eating, self-kindness, and compassionate living were categorized. Body scanning, emotional awareness, mindful eating, self-kindness, and compassion were among the reported emotions, thoughts, and behaviors that were categorized. The qualitative analysis involved examining data collected from the Google form using the Maxqda program, where items were coded based on their topics and frequency of occurrence. We elucidated the dimensions of the previously unspecified themes (Strauss & Corbin, 1990).

Semantic closeness was categorized based on the data derived from the questions posed.

- What are the impacts of exposure on psychological and physiological health?
- What types of exposure experiences have you previously encountered? What methods did you employ to observe them?
- What strategies do you employ to manage prolonged exposure to events?
- Please provide an example of your management of exposure within your family structure and communication.

Data Acquisition

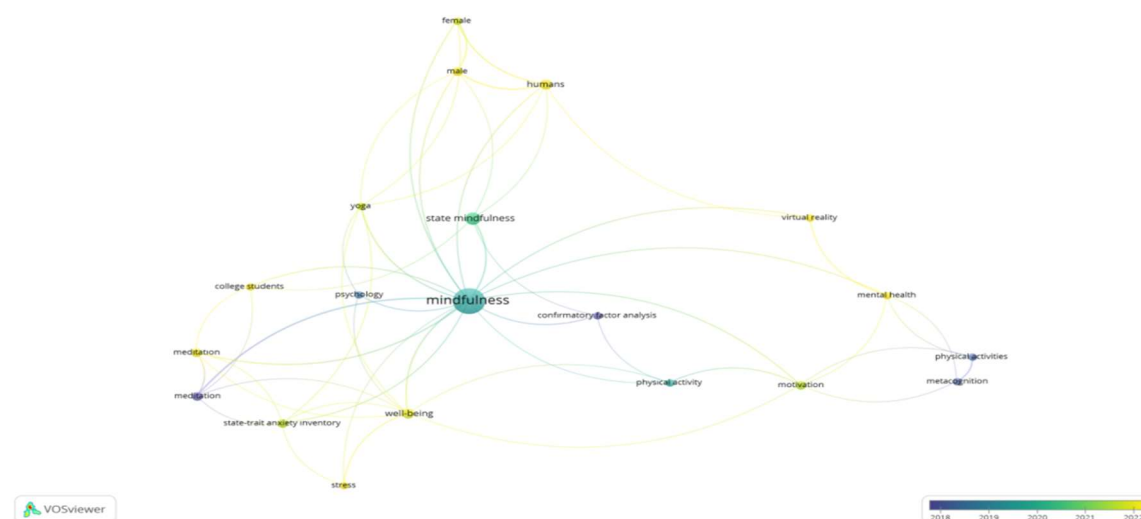
The researchers gathered data through email and web page link distribution. The Situation Awareness Scale developed by Tanay and Bernstein (2013) was utilized, aligning with the target culture of the 21-item, 2-factor structure in the original scale. Duyan et al. translated it into Turkish in 2022. The Likert scale utilized is a 5-point format as defined by WHO (2021), and it does not include any reverse-scored items.

Evaluation:

- Items associated with the "Mindfulness Mood" sub-dimension include 1, 2, 3, 4, 5, 6, 7, 10, 11, 12, 15, 16, 17, 19, and 20.
- The items associated with the "Body Awareness State" sub-dimension include 8, 9, 13, 14, 18, and 21.
- No items are reverse-scored.

The literature review of this study involved the analysis of academic studies sourced from the EBSCOhost database using VOSviewer. We examined the terms "state of consciousness," "mindfulness," and "university studies" for analysis. We used the Vosviewer analysis program to examine articles sourced from the EBSCOhost database during field writing searches. The analysis led to the formation of five clusters. The initial cluster encompassed mental health, meta-analysis, motivation, physical activity, and virtual reality, while the subsequent cluster included psychology, anxiety, stress, well-being, and yoga. The third cluster comprised students, meditation, and awareness of well-being. The fourth cluster involved an analysis of gender and human factors, while the fifth cluster utilized confirmatory factor analysis in relation to physical activity and state mindfulness. Historically, research has advanced in the areas of meditation, physical activity, mindfulness, gender, and mental health. Research indicates that individuals exhibiting elevated state mindfulness demonstrate enhanced coping mechanisms in stressful situations and report reduced psychological distress. It plays a significant role in managing various stressors or challenging situations in academic life. The findings of a study by Keng, Smoski, and Robins indicate that awareness may be a significant factor. Individuals' coping mechanisms in response to challenging or stressful situations are thought to reflect the perspectives of university students (Keng et al., 2011).

Findings



The findings from the state mindfulness survey conducted among voluntarily participating students indicated a significance level of $p = 0.835$, exceeding the threshold of $p > 0.05$, with no significant awareness detected. Please note that the first paragraph of a section or subsection is not indented. The first paragraphs that follow a table, figure, equation, etc., do not have an indent, either.

Five clusters were identified as a result of the analysis. The initial cluster comprised mental health, meta-analysis, motivation, physical activity, and virtual reality studies; the subsequent cluster included psychology, anxiety, stress, well-being, and yoga. The third cluster comprised students, meditation, and awareness of well-being. The examination of the fourth cluster concentrated on gender, whereas the fifth cluster encompassed confirmatory factor analysis, physical activity, and mindfulness. Historically, research has advanced in the areas of meditation, physical activity, mindfulness, gender, and mental health.

Table 1 Demographic information

	Frequency	Percent	Percent (valid)
Gender			
Male	5	29,41	29,41
Female	12	70,59	70,59
Age			
20-22	1	5,88235	6
17-19	10	58,8235	59
23-25	5	29,4118	29
29 and above	1	5,88235	6
Income			
Family Support	7	41,1765	41
Scholarship	3	17,6471	18
Other	3	17,6471	18
Salary	4	23,5294	24
Monthly Income			
0-2000 TL	3	17,6471	18
2001-3000 TL	4	23,5294	24
3001- 4000 TL	3	17,6471	18
4001-5000 TL	4	23,5294	24
5000- and above	3	17,6471	18
Mother's Education Status			
Do not want to specify	3	17,6471	18
Primary school	9	52,9412	53
High School	1	5,88235	6
University	3	17,6471	18
Master Degree	1	5,88235	6
Father's Education Status			
Do not want to specify	5	29,4118	29
Primary school	5	29,4118	29
High school	5	29,4118	29
University	1	5,88235	6
Master Degree	1	5,88235	6
Sibling order			
4 and above	2	11,7647	12
Firstborn	7	41,1765	41
Middle born	3	17,6471	18
Lastborn	4	23,5294	24
Only child	1	5,88235	6
Total	17	100	100

It is stated that the students who participated in our study voluntarily were mostly women between the ages of 17 and 19, and their source of income was family support. Below are the study's qualitative analysis questions.

Can you give an example of how you coped with your exposure ?	Not specified
	Withdrawal
	Medical drug use
	Non-exposure
	Question not found appropriate
	Personal development
	Recreational activities

Figure 2: Codes of responses to the question, "Can you give an example of how you cope with your exposure against your immediate area?"

Responses to the inquiry, "Can you provide an example of how you manage your engagement with family communication and your family structure?" were collected from participants. Four individuals deemed it inappropriate to respond to the question, one individual considered the question itself inappropriate, and one individual reported the use of medical drugs. One individual reported utilizing personal development methods. Four individuals reported experiencing only exposure; these responses were categorized under the exposure code, which also indicated that all four respondents were female. Three individuals reported that they did not experience exposure. Two individuals reported that they managed their exposure by engaging in recreational activities. One individual reported maintaining personal space by ensuring physical distance to avoid exposure.

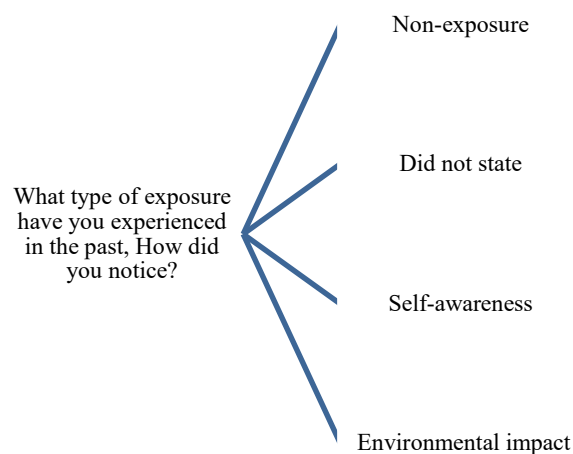


Figure 3. Codes of responses to the question, "What types of exposure experiences have you encountered in the past?" How did you notice?"

Responses to the inquiry, "What types of exposure experiences have you encountered in the past?" What led you to observe this? Three individuals opted not to respond to the question, whereas three others attributed their non-response to environmental considerations. Six respondents reported awareness, whereas four indicated a lack of exposure.

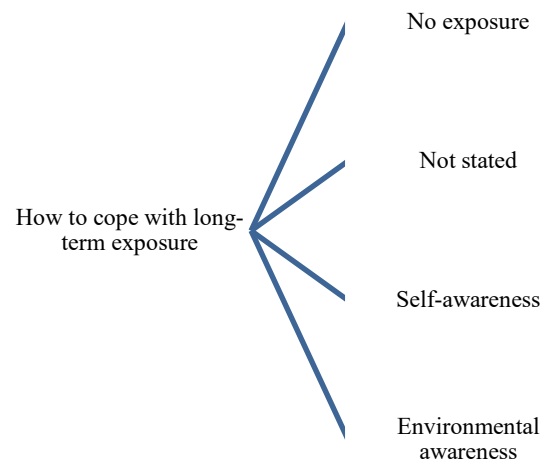


Figure. 4. Codes of responses to the inquiry, "How do you cope with events you have been exposed to for a long time?"

Two individuals reported sharing their feelings, whereas two others indicated a tendency towards introverted behaviors. Six individuals reported that they managed events rationally, while three participants chose sports, and three participants selected the social media option.

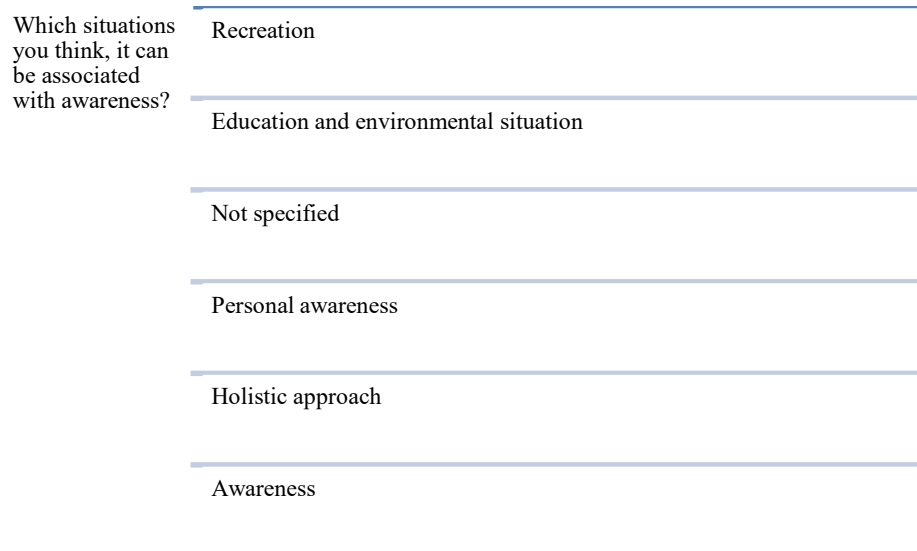


Figure 5. Codes of responses to the inquiry, "Which situations do you think are associated you're your awareness?"

Seven individuals did not provide a response to the inquiry, "What situations are associated with awareness?" Four individuals indicated that it was linked to the person's own awareness and discoveries. Two individuals indicated a connection to education and environmental conditions, while one individual noted an association with integrity.

Discussion

This study analyzes the results that illustrate mindfulness at the convergence of modern and traditional concepts. This research investigated Bayburt University students, analyzing the dimensions of mindfulness that affect mental sensations, cognitive processes, and behavioral outcomes. Unlike the present study, prior research has yielded controlled experimental data. The study did not reach a statistically significant sample size of 17 participants, as the p-value of 0.835 was greater than 0.05.

In the analyses made with models (bifactor) explaining the commonality and unexplained variance between the items "mental mindfulness" and the item "body mindfulness," measurements are frequently made in the field of sports psychology with the SMS: Development & Validation measurement tool. (Tanay & Bernstein, 2013). Results from various studies indicate a positive correlation between the scale and intrinsic motivation, while demonstrating a negative correlation with body surveillance. Positive emotions and satisfaction, along with body awareness, enhance positive emotional experiences, and the level of awareness is higher in activities such as yoga. This phenomenon may exhibit both positive and negative effects in contexts such as anger and adverse emotions; additionally, individuals with heightened sensitivity to bodily sensations have reported experiencing negative emotions more distinctly. Furthermore, low levels of "body surveillance" in non-sedentary individuals correlate with heightened awareness and intrinsic motivation. Cox et al. (2015); Ullrich-French et al. (2017). The most common factors looked at in studies that show strong links to body awareness, especially motivation, emotion, and satisfaction; include mental mindfulness, bodily mindfulness, general state mindfulness, intrinsic motivation, and body surveillance. Research conducted in the realm of sports indicates a negative correlation between body awareness and anxiety related to body control.

In exposure studies, research using idiographic EMA with six participants showed important delayed connections related to social anxiety for each individual (Perelman et al., 2022). A study involving daily stress measurements with a sample size of N=143 revealed that goal-effort responses had a positive effect, while avoidance strategies had a negative effect (Bullock, 2017). The analysis showed that reducing avoidance behaviors led to fewer symptoms of PTSD/PTSS in people who had traumatic experiences, and this effect was seen both right away and the next day. Research indicates that exposure to positive events enhances learning effectiveness (Perelman et al., 2022).

Studies on awareness of exposure in many areas have yielded similar results. Bond et al. (2013) investigated the impact of a mindfulness-based course on the mental health of medical students. It indicates that mindfulness meditation and yoga have a beneficial impact on stress management and emotional regulation. The study, which investigated the impact of brief mindfulness training on anxiety and rumination in social work students, demonstrated that the training enhanced coping mechanisms, resulting in improved educational outcomes, emotional regulation, self-confidence, and concentration skills (Cockle et al., 2013). A study examining the effects of the traditional meditation technique Kouk Sun Do on anxiety symptoms in university students found improvements in relaxation and emotional management skills (Kim et al., 2013). Experiences of occupational therapy students with mindfulness programs found that these practices enhanced the identification of inner strengths, improved concentration, and supported academic achievement (Stew, 2011).

Investigations into mindfulness, self-compassion, and resilience in higher education settings assessed their effects on students' academic outcomes. Research demonstrates a notable correlation between these factors and both student satisfaction and mental well-being (Mantzios, Egan 2020). Studies indicate that research using traditional methods, which take a long time or include extra treatment parts, will show the ongoing importance of evidence-based approaches. We anticipate integrating operational definitions for mindfulness training, cognitive restructuring, and interventions such as yoga (Wolever et al., 2012; Lappalainen et al., 2014). Both outside and online training are important in their respective fields (Messer et al., 2016).

Spatial studies are subject to some limitations inherent in the discipline. Menekşe (2019) demonstrated in her study involving psychological counselors a positive correlation between levels of awareness and both general hope scores and the subcomponents of the hope scale. Personality anxiety accounted for 30.8% of the variance in awareness scores, whereas hope contributed 8.2%. Menekşe's study indicated that married participants and older age groups attained higher scores than other groups in 2019. The study indicated a significant relationship between awareness and personality anxiety, concluding that mindfulness-based interventions effectively reduced anxiety levels and enhanced hope (Menekşe, 2019).

Research shows that mindfulness and relaxation techniques often exhibit negligible differences. We anticipate that the gap between mindfulness and its practical application will enhance awareness of memory

inaccuracies. The impact of relaxation on cognitive outcomes is ambiguous, as no notable differences in memory illusions were observed across the different groups (Bağcı, 2023).

Conclusion

Exposure encourages individuals to reassess their current knowledge, integrate new concepts, and restore cognitive balance. Exposure processes enable individuals to interact with their prior knowledge and develop new insights. Piaget's theory posits that individuals actively engage with information and construct their own cognitive frameworks. Students interpret novel ideas by connecting them to their existing knowledge base. Multiple perspectives examine the influence of exposure experiences on individuals' emotional and cognitive development. This perspective emphasizes the role of exposure in shaping an individual's emotional development, correlating it with empathy, acceptance, and the presence of supportive environments. Rogers posited that individuals are motivated to attain their full potential and achieve self-actualization. Exposure allows individuals to gain from supportive positive experiences, thereby promoting their growth and development. Exposure to new information or experiences within a supportive environment enhances individual learning and growth. This study emphasizes the importance of Anatolian culture and mindfulness practices in reinforcing positive behaviors in academic frameworks. Research findings emphasize the healing power of academic field mindfulness designs in environmental change. The methodology used in mindfulness studies may lack objective criteria and exhibit significant gaps (Sauer et al., 2013). Assessing situational awareness will establish the basis for effective and streamlined process management. Insufficient sample sizes have frequently posed challenges in various studies investigating the situational awareness scale, leading to limitations in the domain of spatial studies. The limitations of each study may vary. Our study provides a framework for recommending future studies to understand the relationship between mindfulness and mental health, especially the combined effects of mindfulness for coping strategies, emotional regulation, and mood analysis on general well-being. Mindfulness interventions will significantly influence future research on the effects of culture. In the exposure situation, state awareness—also referred to as momentary awareness or emotional awareness—plays a crucial role in improving therapeutic outcomes by lowering avoidance behavior and managing emotional reactions. These results highlight the value of mindfulness practices with coping strategies in exposure therapy. The process of consciously and controlled confronting an individual with stimuli that they fear, worry about, or avoid significantly enhances stress coping by reducing avoidance. Future research may concentrate on functional neurobiological markers and high awareness. By analyzing how we perceive and use information, as well as by accounting for psychological and brain awareness levels, it highlights the need to look at mental behavior in longitudinal studies.

Disclosure of Interests. It is now necessary to declare any competing interests or to specifically state that the author have no competing interests.

Beyanlar / Declarations

Etik Onay ve Katılım Onayı / Ethics approval and consent to participate

Bu çalışmanın hazırlanma ve yazım sürecinde “Yükseköğretim Kurumları Bilimsel Araştırma ve Yayın Etiği Yönergesi” kapsamında bilimsel, etik ve alıntı kurallarına uyulmuş olup; toplanan veriler üzerinde herhangi bir tahrifat yapılmamış ve bu çalışma herhangi başka bir akademik yayın ortamına değerlendirme için gönderilmemiştir. Makale ile ilgili doğabilecek her türlü ihlallerde sorumluluk yazara aittir.

During the preparation and writing of this study, the principles of scientific integrity, ethics, and citation, as stipulated in the “Higher Education Institutions Scientific Research and Publication Ethics Directive,” were fully observed; no falsification was made on the collected data, and this study has not been submitted to any other academic publication platform for evaluation. The author bears full responsibility for any potential violations regarding the article.

Veri Ve Materyal Erişilebilirliği / Availability of data and material

Bu çalışmanın bulgularını destekleyen veriler, makul talepler üzerine sorumlu yazardan temin edilebilir. Veri seti yalnızca akademik amaçlar için erişilebilir olacak ve verilerin herhangi bir kullanımı, orijinal çalışmayı referans gösterecek ve katılımcıların gizliliğini koruyacaktır.

The data that support the findings of this study are available from the corresponding author upon reasonable request. The dataset will be accessible only for academic purposes, and any use of the data will recognize the original study and maintain the confidentiality of the participants.

Çıkar Çatışması / Competing interests

Yazarlar, bu makalede sunulan çalışmayı etkileyebilecek herhangi bir çıkar çatışması veya kişisel ilişkiye sahip olmadıklarını beyan etmektedirler.

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Yazar Katkıları / Authors' Contribution Statement

Bu çalışmada yazarların katkı oranı eşittir.
All authors contributed equally to this work

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