

# Mindfulness in Communication, Tolerance, and Harmony in Buddhist Community Living: A Study of Religious Moderation on Education and Communication

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**Abstract:** This study examines the influence of mindfulness in communication on tolerance and harmony among Buddhists at Wihara Dipa Prabhava. Using a survey method with a sample of 112 respondents, the research found that the application of mindfulness-based communication significantly enhances tolerance and harmony among individuals. These findings emphasize the importance of mindfulness in fostering harmonious communication and reducing conflicts within the Buddhist community. The results indicate a significant positive effect of mindfulness in communication on tolerance and harmony among Buddhists, with a t-value of 10.729, a significance value (p) of  $0.000 < 0.05$ , And an R Square value of 0.511 obtained from the simple regression analysis. This means that mindfulness in communication influences tolerance and harmony by 51.1%, while other factors affect the remaining 48.9%.

**Keywords:** Mindfulness; Communication; Tolerance; Harmony.

## 1. Introduction

Mindfulness generally refers to a state of attention and awareness of current events. In short, mindfulness means awareness, attention, and memory. There are several aspects of mindfulness, which include the element of awareness and the aspect of attention. The awareness aspect makes individuals conscious of their experiences, while the attention aspect focuses on awareness and involves remembering to pay attention to experiences over time [1], [2]. Mindfulness offers significant benefits and objectives [3]. One of its benefits is the ability to reduce anxiety levels and enhance individuals' psychological well-being. Mindfulness makes us more aware of what is happening in the present moment and helps us manage our feelings better [4] [5] Mindfulness in communication plays a significant role in enhancing the quality of interpersonal interactions with colleagues and close individuals in daily life [6], [7]. To achieve optimal effectiveness, individuals need to apply the principles and practices of mindfulness to their communication patterns [8]. To enhance mindfulness-based communication skills, it is crucial to develop a higher level of awareness and complete presence in every verbal and

non-verbal interaction [9]. This includes listening actively, responding attentively, and understanding each conversation's context and nuances. Mindfulness-based communication can provide benefits, such as increased empathy, reduced misunderstandings, and strengthened interpersonal relationships. The benefits and goals of mindfulness in communication can create a more open, attentive environment that supports individuals' harmony [10]. The objective of mindfulness in communication is to foster harmony through mindfulness in communication [11].

In everyday life, mindfulness in communication can encourage us to speak clearly and courteously, prompting us to think before we speak and ensuring that the words we use are not only straight forward but also do not harm others, thereby helping to create a more positive communication environment [12]. Through mindfulness in communication, we can also enhance our empathy and become more sensitive to the feelings and perspectives of others, enabling us to communicate more empathetically, thereby strengthening relationships and improving collaboration. In this research to be conducted at Wihara Dipa Prabhava, a problem arises due to a lack of understanding of mindfulness. The lack of knowledge and deep understanding of the principles of "Mindfulness" among Buddhists is one of the root issues. As a fundamental practice in Buddhist teachings, mindfulness should serve as a foundation for social interactions and conflict resolution. However, this limited understanding leads to suboptimal application of these principles in everyday life [13].

The limitation of effective communication reveals significant challenges in communication among community members [14]. A decrease in tolerance and the inability to communicate effectively, coupled with a lack of mindfulness practice, contribute to declining intolerant attitudes among community members. Communication issues and The lack of mindfulness implementation negatively impact the quality of harmony, a fundamental aspect of religious and social life. Tolerance is an open attitude and appreciation of societal differences, such as respecting differences in ethnicity, religion, race, and culture. Buddhists worldwide have faced various challenges in maintaining harmony and tolerance among themselves. Tolerance and harmony are fundamental values in Buddhism but are often difficult to apply daily [15]. One of the main reasons is the lack of a deep understanding of mindfulness in communication. The decline in harmony among Buddhists can be caused by several factors, particularly the lack of understanding and application of the concepts of mindfulness in interpersonal communication [16]. Mindfulness, or full awareness, is an essential practice in Buddhist teachings that should be applied in daily interactions. Failing to apply mindfulness in communication can lead to misunderstandings and conflicts within the community. The lack of tolerance among Buddhists also becomes a significant factor that can threaten harmony. As a fundamental value in Buddhist teachings, tolerance should be a foundation for building harmonious relationships among Buddhists and other groups [17], [18]. However, when tolerance is not upheld, the potential for conflict and division within the Buddhist community increases.

If the declining condition of Buddhist harmony is not addressed appropriately and promptly, the negative consequences could escalate and significantly impact the Buddhist

community[19]. This impact will be especially felt among the youth in the research location, who are the successors and bearers of Buddhist values in the future. As a group, the youth are very vulnerable to the influences of their social environment in forming their identities and values. Disharmony within the Buddhist community can erode the spiritual and social values they should inherit and develop [20]. Furthermore, if this issue persists for an extended period, its potential impact could become more serious. This could lead to the disintegration of the Buddhist community around the research location. Internal divisions, loss of social cohesion, and weakening of the collective identity of Buddhists could threaten the sustainability of this community as a whole. Therefore, addressing this issue is crucial to maintain current harmony and ensure the sustainability and vitality of the Buddhist community in the future [21]. A comprehensive approach involving various stakeholders must address the root problems and rebuild a solid foundation for harmony.

The decline in Buddhist harmony can be caused by several factors, especially the lack of understanding and application of the concepts of mindfulness in interpersonal communication. Mindfulness, or full awareness, is an essential practice in Buddhist teachings that should be applied in daily interactions. When Buddhists fail to apply mindfulness in communication, this can lead to misunderstandings and conflicts within the community. The lack of tolerance among Buddhists also becomes a significant factor that can threaten harmony [22]. As a fundamental value in Buddhist teachings, tolerance should be a foundation for building harmonious relationships among Buddhists and other groups [23]. However, when tolerance is not upheld, the potential for conflict and division within the Buddhist community increases. The lack of mindfulness in communication and low tolerance are interrelated and can create an environment less conducive to Buddhist harmony. Therefore, efforts to enhance understanding and implementation of mindfulness and strengthen the values of tolerance are crucial in maintaining and restoring harmony among Buddhists.

The Buddha teaches in the context of tolerance that when someone can practice helping others without regard to who will be helped, this is part of tolerance, or not judging anyone. "How a friend who understands in times of hardship and joy loves and advises should be like a mother who loves her child [24]. The observed phenomenon at the research location indicates a lack of communication among community members. This has the potential to trigger conflicts within the Buddhist society being studied. Through observations, the researcher identified that most of the issues that arise are caused by a lack of communication-based on mindfulness [25]. As a result, Buddhists face difficulties in addressing issues with adequate awareness. It is important to note that similar research has been conducted in different locations, indicating that this phenomenon may have broader relevance in Buddhist communities.

## **2. Method**

This study employs a descriptive quantitative method with a field survey approach. The research population consists of 156 Buddhists at Wihara Dipa Prabhava, with a sample of 112 individuals selected using Proportionate Stratified Random Sampling. Data

were collected through observation, a Likert-scale questionnaire, and interviews. Data analysis was conducted using SPSS through descriptive analysis and simple linear regression.

### 3. Results

Based on the instrument trial, 70 valid items were obtained, while ten were found invalid. Therefore, from the total of 80 statement items, 70 will be used in the research.

**Table 1** Reliability Test

Reliability Statistics	
Cronbach's Alpha	N of Item
.952	70

(Source: Data processed using SPSS 16.0.)

This study conducted a Normality Test to determine whether the data distribution and residual values are expected. The normality test was performed using the One-Sample Kolmogorov-Smirnov test. The requirement for the sample data is that it should come from a normally distributed population at a significance level of 0.05 (5%). Based on the normality test conducted on 112 respondents, the obtained significance value (2-tailed) is 0.296, which means  $0.296 > 0.05$ . Therefore, it can be concluded that the data are typically distributed. The results of the normality calculation using the One-Sample Kolmogorov-Smirnov test are presented in the table below.

**Table 2** Normality Test

One- Sample Kolmogorov-Smirnov Test			Unstandardized Residual
N			112
Normal Parameters <sup>a</sup>			
Mean			.0000000
Std. Deviation			9.99816571
Most	Extreme	Absolute	.093
Differences		Positive	.093
		Negative	-.088
Kolmogorov-Smirnov Z			.980
Asymp. Sig. (2-tailed)			.292
Test distribution is Normal			

(Source: Data processed using SPSS 16.0.)

The homogeneity test is a method used to determine whether the variances of several populations are equal. This test is conducted as a prerequisite for the independent samples test using one-way Anova. The underlying assumption in the analysis of variance (Anova) is that the populations' variances are equal. The testing criterion states that if the significance value is more significant than 0.05 or 5%, it can be concluded that the variances of the two groups of data are equal. The homogeneity test results, as seen from the output of the Test of Homogeneity of Variances, show a significance value of 0.667

for both Mindfulness in Communication and Tolerance and Harmony among Buddhists. This indicates that  $0.667 > 0.05$ , allowing us to conclude that the two data sets are homogeneous. For further clarity, please refer to the following table of the Test of Homogeneity of Variances.

**Table 3** Homogeneity Test

Test of Homogeneity of Variances			
Levene Statistic	df1	df2	Sig.
.186	1	222	.667

(Source: Data processed using SPSS 16.0.)

Data analysis is employed to answer the research questions posed by the hypotheses. This hypothesis is tested as a provisional answer to the statement, ‘Does mindfulness in communication enhance tolerance and harmony among Buddhists in the Buddhist community?’ The hypothesis testing in this study utilizes a simple linear regression formulation, and the data are obtained using SPSS 16.0. The results from the simple regression analysis are as follows.

**Table 4** Regression Equation Output

Coefficients <sup>a</sup>						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	44.726	8.771		5.099	.000
	Mindfulness	.691	.064	.715	10.729	.000

a. Dependent Variable: Harmony

(Source: Data processed using SPSS 16.0.)

Based on the Anova analysis output, the calculated F value is 115.101 with a significance level 0.000. Therefore, there is no need to compare with the F table, as SPSS has already provided the significance value. A significance level of  $0.000 < 0.05$  indicates that the null hypothesis ( $H_0$ ) is rejected and the alternative hypothesis ( $H_1$ ) is accepted. This suggests that mindfulness in communication significantly impacts tolerance and harmony among Buddhists.

**Table 5** Anova Analysis Output

ANOVA <sup>a</sup>						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	11610.491	1	11610.491	115.101	.000b
	Residual	11095.928	110	100.872		
	Total	22706.420	111			

a. Dependent Variable: Mindfulness in communication

b. Predictors: (Constant), Tolerance and Harmony

(Source: Data processed using SPSS 16.0.)

The coefficient of determination in Table 4.16 above is the R Square value of 0.511. This indicates that 51.1% of mindfulness in communication influences tolerance and harmony among Buddhists, while other variables influence the remaining 48.9%. The results of the quantitative analysis show that the normality test yielded a significance value of the residuals of 0.630. Since the residual value is more significant than 0.05, it can be concluded that the population data follows a normal distribution. From the homogeneity test, a significant result of 0.667 was obtained; since the significance is  $\geq 0.05$ , it can be concluded that the data regarding mindfulness in communication and its effect on tolerance and harmony has the same variance.

**Table 6** Coefficient of Determination (R)

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.715a	.511	.507	10.044

a. Predictors: (Constant), Mindfulness in communication

(Source: Data processed using SPSS 16.0.)

Based on the research findings, it can be concluded that mindfulness in communication helps enhance tolerance and harmony among Buddhists, both within the Buddhist community and in the broader society. The analysis and hypothesis testing reveals mindfulness's positive and significant influence on tolerance and harmony in communication. This means that mindfulness in communication plays an essential role in maintaining tolerance and harmony. The extent of this influence can be seen from the R-squared value of 51.1%, indicating that mindfulness in communication affects tolerance and harmony among Buddhists, while other factors influence the remaining 48.9%. This finding aligns with the views of [26], who explored the impact of mindfulness on communication effectiveness within organizations using a quantitative survey approach. Their study involved 138 members of the Buddhayana Youth organization in East Lampung, showing that mindfulness significantly influenced organizational communication effectiveness by 41.9%, while other factors influenced 58.1%. In this study, mindfulness in communication affects tolerance and harmony in maintaining the cohesion of the Buddhist community at Wihara Dipa Prabhava. Speaking meaningfully promotes peace and happiness for oneself and others, echoing the Buddhist perspective that one should speak a few meaningful words that foster peace and happiness rather than many meaningless words [27].

According to mindfulness is crucial in discussions about anxiety and uncertainty. Mindfulness is a form of communication aimed at reducing anxiety and uncertainty by paying attention to others and thoughtfully considering how to respond [28]. It involves full awareness, focused attention, and a non-judgmental attitude in interpersonal interactions, emphasizing active listening and thoughtful responses. Mindfulness can enhance interaction quality, reduce conflict, and foster constructive relationships in various social contexts. The analysis shows that the level of mindfulness in

communication among the Buddhist community is categorized as very high, with a percentage of 91%. Specifically, the full awareness indicator shows that the Buddhists at Wihara Dipa Prabhava respond in the very high category with a percentage of 93%, indicating their ability to be mentally present, observe thoughts, and listen actively. The focus attention indicator also falls within the very high category at 91%, reflecting the Buddhists' ability to listen while avoiding distractions actively.

The non-judgmental attitude indicator also indicates a high percentage of 91%, demonstrating the community's capacity to appreciate others' perspectives and empathize with their feelings. Meanwhile, the adaptive response indicator also scores very high at 91%, indicating that the Buddhists maintain calm when responding, think carefully before speaking, and make well-considered decisions. The analysis of the variables of tolerance and harmony among the Buddhists at Wihara Dipa Prabhava shows a score of 76%, indicating a high percentage. The breakdown of each indicator shows an average response in the high category, with the following percentages: 1) daily religious life at 75% (high); 2) religious education at 72% (high); and 3) government policies and institutions at a moderate level of 77%. The study demonstrates that the instruments used are valid (70 out of 80 items) and reliable, with a Cronbach's Alpha value of 0.952. Mindfulness in communication, measured through four indicators (Full Awareness, Focused Attention, Non-Judgmental Attitude, and Adaptive Response), has an average score of 91%, with Full Awareness being the highest at 93%. Meanwhile, tolerance and harmony among Buddhists, assessed through three indicators, namely (a) daily Religious Life, (b) religious education, and (c) government policies and institutions, also scored high, with an average of 76%. Simple linear regression analysis shows that mindfulness in communication positively impacts tolerance and harmony, with a coefficient of determination of 51.1%, indicating that mindfulness influences tolerance and harmony among the Buddhist community. These results support the hypothesis that mindfulness in communication can enhance tolerance and harmony within this community.

#### **4. Conclusion**

Based on the research findings regarding the influence of mindfulness in communication on tolerance and harmony among Buddhists at the study location, it can be concluded that mindfulness in communication significantly enhances tolerance and harmony within the Buddhist community. Mindfulness in communication includes full awareness, empathetic listening, avoiding quick judgments, and managing emotions, all of which have proven effective in resolving conflicts. The results of the analysis indicate a significant favorable influence, establishing mindfulness in communication as an essential factor in maintaining harmony. These findings align with other studies demonstrating that mindfulness can improve communication quality and reduce conflicts. Thus, there is a significant favorable influence between mindfulness in communication and the tolerance and harmony of Buddhists at the study location, where a considerable portion of the variability can be explained by mindfulness in communication, while other factors influence the remainder..

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