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The Impact of Mindfulness Meditation On the Improvement of Self-Concept of Content Moderation Employees

Sonali Sardana ¹, Dr Manish Kumar Verma ²

Lovely Professional University, India

Abstract

Mindfulness is a state of consciousness in which individuals attend to ongoing experiences and events in a receptive and non-judgmental way. Content Moderators are often exposed to disturbing and alarming content which can lead to long-term impact on their psychological and emotional distress. Self-concept tends to be more malleable when people are younger and still going through the process of self-discovery and identity formation. As people age, self-perceptions become much more detailed and organized as people form a better idea of who they are and what is important to them. The perception of mindfulness is frequently influenced by one's personal system of beliefs and attitudes.

The objective of the study was to assess if there was any significant impact of mindfulness meditation on the self-concepts (Self-expression, Non-judgemental, Forgiving Self and Self-appreciation) and the demographic factors of content moderation employees (age, gender, tenure, workflow). A survey was conducted among 200 young adults both male and female with age range between 20-40 yrs. selected through random sampling. Information on demographics, social background, and health behaviours were collected and pre & post survey was used to measure the impact of mindfulness meditation on the employees,

Descriptive Analysis was done to find out the pre and post impact of mindfulness on content moderation employees. Findings suggested that there was a significant impact of mindfulness mediation on content moderators showing 87% positive growth on each factors of self-concepts with significant positive correlation with gender, age, tenure and workflow respectively.

Keywords: Mindfulness Meditation, Self-concepts, Content Moderation, Demographic