

## **The Impact of Mindfulness on Academic Performance of Undergraduates: A Study of University of Kelaniya, Sri Lanka**

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Even though many determinate of academic performance are founding extend literature, mindfulness is little investigated and the effects on undergraduate academic performance in the Sri Lankan context. It has not been studied yet. Bridging the gap in the context, the current study assessed the impact of mindfulness on undergraduate's academic performance at the University of Kelaniya. The current study was conducted as a cross-sectional, field study among a sample of four hundred undergraduates selected from University of Kelaniya following the stratified Simple Random Sampling Technique. Primary data was collected through a standard questionnaire distributed via Google Docs and printed on papers through a survey. The collected data were analyzed employing correlation, regression and descriptive statistics. It was found that there is a strong positive relationship between mindfulness and undergraduate's academic performance, and also, a positive impact of mindfulness on academic performance. It is recommended to universities and higher education institutes to add relevant subjects and extracurricular activities to improve the mindfulness of undergraduates which, in turn, will affect their academic performance.

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