

# MINDFULNESS, INTERCONNECTEDNESS, AND PROSOCIAL ADVOCACY: A SELF-DETERMINATION THEORY PERSPECTIVE

## Abstract

**Background:** The Buddhism-related concepts of mindfulness and interconnectedness have been linked to the promotion of personal well-being. However, it is argued that such Buddhism-based concepts could also extend their benefits to the interpersonal field of prosocial behaviors in which Self-Determination Theory (SDT) might offer a motivational perspective to understand the underlying mechanism.

**Objectives:** The current paper investigated whether autonomous and controlled motivation in the Self-Determination Theory (SDT) has varying effects on advocacy for social minorities and how interconnectedness and mindfulness may be associated with the two types of motivation in producing such impact.

**Methods:** The study was a two-month longitudinal study with 285 participants (70.2% female, mean age = 22.37). Participants were mainly recruited online via university mass mails. Eligible participants were required to complete two questionnaires in two consecutive months. Study measures include mindfulness, interconnectedness, types of motivation in advocating for social minorities, and actual frequency in collective actions that aim to advocate for social minorities.

**Results:** Hierarchical regression analyses revealed that Time 1 autonomous motivation had a significant temporal relationship with Time 2 advocacy for social minorities when controlled motivation was accounted for in the model. Time 1 mindfulness and interconnectedness were also positively related to advocacy for social minorities at Time 2. Motivation and the Buddhism-related concepts could foster the individual's acceptance and internalization of external values with their intrinsic values under SDT, where the quality of awareness stressed in both mindfulness and interconnectedness might be associated with the degree of autonomy