



University of Zabol  
Faculty of Humanities  
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An M.A. Thesis

Thesis Submitted in Partial Fulfillment of the Requirements for the M.A Degree  
in Teaching English as a Foreign Language (TEFL)

**The relationship between mindfulness, Self-efficacy and motivation among  
Iranian EFL students (a mediation analysis).**

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## **Abstract**

The attention toward mindfulness has grown rapidly over the past 15 years. Mindfulness was first introduced in the realm of medicine but it has spread to other fields such as psychology, neuroscience, business, healthcare, military and education as well. The present study aimed to explore the relationship between mindfulness, Self-efficacy (SE) and motivation among EFL students of Zabol University in Iran. Also SE was considered as a mediator between mindfulness and motivation. Furthermore, the role of factors like gender, age, and English learning experience was examined. Participants of this study were 250 EFL students (Males: 116, Females: 134) who were selected among intermediate and upper intermediate EFL students of Zabol University; also, a number of participants were selected from among students of language institutes in Zabol and Zahedan. The data was gathered through three questionnaires. Then, the data was analyzed through data analysis procedures. The result of this study showed that there is a significant and direct relationship between mindfulness and SE. Also, the results of a step by step regression analysis indicated that the relationship between mindfulness and motivation was significant—mindfulness predicts motivation among learners (31 % probability). Moreover, the results showed that SE mediated the mindfulness-motivation relationship. An Independent Samples t-test revealed that gender and age have no effect on the results of this study. Findings of this study might promise some implication for teachers and students in order to accomplish their teaching and learning efforts more successfully.

**Keywords:** Mindfulness, Motivation, Self-efficacy, EFL learners, mediation analysis.