

# Hubungan antara mindfulness dan flow experience mahasiswa yang menjalani pembelajaran daring: peran fleksibilitas kognitif sebagai mediator = The relationship between mindfulness and flow experience of college students undergoing online learning: roles of cognitive flexibility as a mediator

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## Abstrak

Pembelajaran daring akibat pandemi Covid-19 menjadi tantangan tersendiri bagi mahasiswa untuk dapat merasakan pengalaman belajar yang optimal atau flow experience. Penelitian korelasional ini hendak melihat hubungan mindfulness dan flow experience pada mahasiswa yang menjalani pembelajaran daring, serta peran mediasi dari fleksibilitas kognitif terhadap hubungan tersebut. Hasil penelitian pada mahasiswa (N=407) menggunakan alat ukur EduFlow-2, CFI, dan MAAS menunjukkan bahwa mindfulness berhubungan positif dengan flow experience ( $\hat{\rho}^2 = 0,14$ , SE = 0,04, t = 3,43, p<0.01, CI = [0,06-0,22]) dan fleksibilitas kognitif memediasi hubungan keduanya secara parsial ( $\hat{\rho}^2 = 0,05$ , SE = 0,02, p<0.01, CI = [0,02-0,09]). Temuan ini membuktikan bahwa fleksibilitas kognitif memediasi hubungan mindfulness dan flow experience, namun hubungan tersebut dapat dipertahankan tanpa peran dari fleksibilitas kognitif.....Due to the Covid-19 pandemic, learning is carried out online, and it challenges students to be able to experience an optimal learning experience or flow experience. This correlational study aims to identify the relationship between mindfulness and flow experience in students undergoing online learning and the mediating role of cognitive flexibility in this relationship. Involved a total of 407 college students, this study used the EduFlow-2, CFI, and MAAS measuring instruments showing that mindfulness is positively related to flow experience ( $\hat{\rho}^2 = 0.14$ , SE = 0.04, t = 3.43, p<0.01, CI = [0.06-0.22]) and cognitive flexibility partially mediates the relationship between the two ( $\hat{\rho}^2 = 0.05$ , SE = 0.02, p<0.01, CI = [0.02-0.09]). These findings prove that cognitive flexibility mediates the relationship between mindfulness and flow experience, but the relationship can be maintained without the role of cognitive flexibility.