CSUSM Library Resource Reflection

With an increased emphasis on mindfulness and altruism in our society, it is important to know what factors impact prosocial behavior. Mindfulness is a practice of bringing one's attention to the current moment at hand. Furthermore, altruism is the concern for the wellbeing of others. This study examined the link between altruism, mindfulness, and helping behaviors. Specifically, it examines if participants that have higher mindfulness rates tend to be more altruistic and if participants that rate themselves higher in altruism are more likely to help others in a high-risk situation. As we develop as a society it is important to understand how prosocial behavior occurs and how we can encourage it amongst people. I wanted to know if people that are focused on the current moment are more likely to perform prosocial behaviors. Mindfulness in current research has shown to improve various mental and emotional capabilities; so, I wanted to know if those who report greater mindfulness also rate themselves higher in altruism. Additionally, I wanted to know if self-reported levels of altruism made a difference in helping others when they were put into a high-risk situation. People vary in how altruistic they believe they are, I wanted to know if those who believe they care about others more actually have a higher likelihood of helping others in a high-risk situation. When I began my research process, I searched for multiple empirical articles through CSUSM's Library database. I reviewed my topic by searching for empirical articles in the topic I was discussing, such as how mindfulness impacts behavior and what factors motivate altruistic behaviors. I began my search for articles using broad terms that I later narrowed down. I was able to search for these articles by using narrower search terms such as altruism, mindfulness, prosocial behavior, and helping behavior. I was able to see studies that were not only recent to the field but studies that laid the foundation for the modern research of today. These articles furthered my understanding of previous research

in the field and the CSUSM Library database made searching for these articles simple and convenient. After reading multiple articles, I was able to select three articles from the database to include in my research article as comparison to my study. These articles were relevant to my study because they addressed various elements that impacted my study. Furthermore, I used the CSUSM Library database to use Google Scholar to expand my search of empirical articles. The CSUSM Library's database was essential in completing this research paper.

With the initial support from the CSUSM Library, I was able to begin writing my research article. Since I used articles from the CSUSM Library Database, I was able to have a general understanding of previous research on my topic and was able to compare my current research with previous studies. Because of this I was able to write my introduction and abstract along with gaining knowledge of my topic. I also found the correct citations to use on each research paper through the database.