

Mindfulness Adjusts the Relationship between Vocabulary Retention and Foreign Language "Learning" Efficiency: A Preliminary' Survey on Non-English Major' Vietnamese 'Students.

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- **Abstract:** In recent years, many Vietnamese students have actively enrolled in mindfulness meditation classes, which has captured scientists' great attention. To find more evidence for previous studies as well as to enrich the research literature, this study explores mindfulness meditation practice as a moderator of the "relationship" between vocabulary"retention and" students' foreign"language"learning efficiency"in Vietnam. It was "conducted through"a cross-sectional"survey using"intentional sampling"technique (n=200). Multivariable linear"regression analysis"and moderator variable regression are also applied to prove the hypotheses. Research findings demonstrate that"there is a"positive and"significant relationship"between mindfulness meditation"practice, vocabulary retention and students' foreign language learning efficiency. In particular, mindfulness meditation practice acts as a regulatory variable between the level of vocabulary retention and students' foreign language learning efficiency.
- **Keywords:** Mindfulness; Remembering New Words; Final Grade of English Course; Foreign language learning; Vietnamese students; Vocabulary Retention.