

**Career future anxiety, Mindfulness
in predicting Psychological happiness among secondary grade students
Prepared by**

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Research Abstract

The current research investigated the correlation relationship between the explanatory variables that were represented in each of career future anxiety and its dimensions, mindfulness and its dimensions, and the criterion variable that represents the psychological happiness and its dimensions. The research sample consisted of (300) university students (**Mean 20.8 years, SD. 1.21**), researcher used the career future anxiety scale (prepared by the researcher), mindfulness scale. (prepared by the researcher), psychological happiness scale (translated by the researcher). The results revealed a positive correlation between career future anxiety, mindfulness and psychological happiness. The results also showed that there was some dimensions of the career future anxiety were significant with of psychological happiness dimensions. Furthermore, findings indicated to the contribution the career future anxiety, and mindfulness in predicting psychological happiness of research sample. As they explain (47.6%) of the total variance for psychological happiness. researchers suggested some recommendations In light of the research.