

Review of: "Student's Well-being and Academic Performance"

Sabrina Ahmad¹

¹ Universiti Teknikal Malaysia Melaka

Potential competing interests: No potential competing interests to declare.

This paper presents an experimental attempt to prove the improvement in students' well-being and academic performance through MBSR. Here are my comments to further improve the paper:

1. Several psychological measures stated in the abstract is vague, specific measures is essential.
2. A diagram is required to improve the understanding of the research flow in the methodology section.
3. Why questionnaires and interview techniques are employed? Justify.
4. Data collection method is not clear. How the questionnaire is devised is not explained. Does the questions refers to any model? Are they reliable?
5. How the attributes in the questionnaire such as PSS and GAD are determined? Explain.
6. How the questionnaire is design? Explain.
7. Has reliability check is done to the questionnaires and interview questions? State clearly.
8. The results stated that the academic performances are improved for both experimental group and control group and therefore why MBSR? Discuss.
9. It is stated that the experiment took 12 weeks. Thus, how long is one semester to calculate the GPA before and after the intervention?
10. Other factors such as number of credit hours, difficulty level of the courses, learning mode etc. that might influence the GPA are not stated and discussed. This information is essential to be included.
11. Threats to validity is missing. The participants are students of the researchers that might provide favorable answers and not the truth. Therefore, the results are questionable.