

Abstract #: 317

Presented by: Kaitlin Kiburz, BA, Graduate Student

Dispositional Mindfulness as a Unique Predictor of Work-Family Conflict

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Keywords: Work-Family Conflict, Mindfulness

Objective: Can being more mindful potentially help reduce work-family conflict? Past research has shown that both situational and dispositional variables predict work-family conflict. This study is the first to investigate the relationship between work-family conflict and mindfulness, the act of being aware and in the present moment.

Methods: Correlational research (survey)

Results: Findings show a negative correlation between mindfulness and both directions of work-family conflict. Additionally, mindfulness was found to explain unique variance in work-family conflict beyond that explained by number of children, work hours, and personality.

Conclusion: This study introduces mindfulness as a predictor of work-family conflict. Future research involving mindfulness training for work-family conflict is discussed.

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Presented by: Alexander Maldonado-Pagán, BS, Graduate Student

Evaluation of Safety Programs in Surface Mining Procedures of Puerto Rico

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Keywords: Safety Surface Mining literary review

Objective: The mining industry is a very hazardous trade in terms of occupational injuries. Therefore surface mining companies in Puerto Rico would benefit from a system that adequately evaluates their safety programs and occupational health outlooks.

Methods: The need of personalized safety programs can be deduced from inquiries of mining companies and the observation that they deal with personnel safety problems that cannot be assessed by the standard formula currently used in the United States. This literary review presents the important aspects of surface mining safety programs by comparing similar industries in other states and countries.

Results: Existing evaluation tools are included presenting the deficiencies that support the hypothesis.

Conclusion: The findings suggest that a more concerted study should be implemented that directly considers factors like: lost workdays, mining mechanization, use of contractors, mine company size, personal protective equipment use, awkward position frequency, operation surface stability, psychophysical perceptions, duration of tasks, participative actions and the administrations emphasis on health and safety.

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