

**THE RELATIONSHIP OF TEMPERAMENT,
MINDFULNESS ATTENTION AND SELF-REGULATING BEHAVIOR
OF ON-LINE COMPUTER GAMERS IN ILOILO CITY**

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ABSTRACT

The study had 42 respondents all of whom are online computer gamers aged 15 to 27 who play at least 20 hours a week. Three tests were administered among the participants, namely the Keirsey Temperament Sorter (KTS), the Self-Regulation Questionnaire (SRQ), and Mindfulness Attention Awareness Scale (MAAS), to find out their Temperament type, their level of Self-Regulating behavior and their level of Mindfulness Attention.

Results of the scores from the KTS show that online computer gamers are mostly Artisan type or can be classified as such (64.2%). A majority of low scores among the respondents in the SRQ show the respondents having low self-regulating behavior (54.8%). And the average mean scores (3.53) in the MAAS show that gamers have an average level of mindfulness attention.

The correlation between Self-Regulation and Mindfulness Attention is 0.053; The correlation between Mindfulness Attention and Temperament is 0.076; And the correlation between Temperament and Mindfulness Attention is -0.168. The results show that all the variables are weakly correlated with each other.