

The most accepted opinions are mindful: based on research evidence from online video comments

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Abstract. From existing research evidence on the positive relationship between mindfulness and self-well-being, I predict that mindfulness has positive effects on interpersonal relationships. This research is focused on providing solid evidence of the positive relationships between mindful opinions and acceptance. The data is based on Bilibili (a website known as the Chinese version of Youtube), including 22,000 comments that are drawn from 11 types of videos, adding up to nearly 270,000 Chinese characters. All of those comments are analyzed one by one through a judging system created by myself. Using the judging system, the research first aims to verify the correction of the hypothesis and then demonstrate detailed connections between mindful opinions and acceptance. ("Main comments" in this paper refer to the comments directly below the video; "comments" in this paper refers to the comments of main comments).

Keywords: Mindfulness, one-to-many-other acceptance (opinion acceptance), website database.

1. Introduction

Defined by Pro. Langer, the nature of mindfulness is creating categories, welcoming new information, more than one view, control over context, and process before outcome (Langer, (2014). *Mindfulness*. Da Capo Lifelong Books.). In the book *Mindfulness*, Pro. Langer has shown positive effects mindfulness has on health, concentration, and self-well-being. Inspired by *Mindfulness*, this research is attempting to prove that more fields are positively influenced by Mindfulness.

In 2006, Pro. Langer has published an article *mindfulness and self-acceptance* to examine some of the basic tenets of mindfulness theory as they apply to self-acceptance (Carson, & Langer, (2006). *Mindfulness and self-acceptance*. Journal of rational-emotive and cognitive-behavior therapy, 24, 29-43.). In this article, Pro. Langer has explored the following aspects of mindfulness: the importance of authenticity, the tyranny of evaluation, the benefits of mistakes, the mindlessness of social comparison, the trap of rigid categories, and the acceptance of self as a mindful choice. At the end of the article, she recognized that viewing the world and self mindfully enables one to accept themselves unconditionally, which means mindfulness is positively related to self-acceptance. Additionally in 2005, Pro. Langer published another article *Mindfulness and Marital Satisfaction* (Burpee, & Langer, (2005). *Mindfulness and marital satisfaction*. Journal of Adult Development, 12, 43-51.). With the help of online questionnaire and statistics, she collected and analyzed 95 newly married couples' marriage information. In that paper, she concluded that spouses who are mentally engaged, open to new experiences, and aware of new contexts have more satisfying and fulfilling marital relationships, which means mindfulness is favorable for marital satisfaction.

According to the mentioned two pieces of research, mindfulness positively influences both self-acceptance, which is self-to-self acceptance, and marital satisfaction, which is self-to-one-other acceptance. Therefore, this research is designed similarly to explore a specific type of self-to-many-other acceptance--the acceptance of opinions.

Due to Pro. Langer's previous research, I hypothesize there are positive links between mindful opinions and acceptance. Subject acceptance will be quantified and demonstrated by following two dimensions: the ratio of likes and percentage of agreement.

Compared with existing research, this research has two significant differences. One is that it provides a tool and a view to address one-to-many psychological relations. The other one is that this research collects online comments as the database. It is supposed to have the following advantages:

versatility--Opinions are shown in an approximately experimental state. Judging whether an opinion is agreed or not is based merely on words because factors that greatly impact the acceptance of opinions, such as race, class, state, and appearance are excluded as website users are strangers to each other. Therefore, the conclusion is more likely to be put into other unconditional situations; objectivity--to generalize the collected data, I collected data from 11 different video sections (games, dance, knowledge, cartoons, amusement, food, caricature, sullen, tech, movies, and music). Since these video sections are officially categorized by the website to attract as a wide range of viewers as they can, taking it as a criterion is supposed to successfully equalize the weight of the specific group of people.

2. Method

2.1 Depend measure

All the collected main comments are labeled by two objective dimensions.

2.1.1. The ratio of likes of each main comment (In the following context, it is named as R)

To evaluate the level of acceptance from a subjective perspective, I quantified how much each main comment is accepted by calculating the ratio of likes. The ratio here is a quantified index that shows the preference of likes for the audience. Here is the elaboration of the definition and processing for confounding variables.

(1) Definition: $R = \frac{\text{the number of likes of the main comment}}{\text{the number of plays of the video}} * 1000$.

(2) The purpose of constant 1000 is to enlarge the statistics so that the result can be presented by approximately natural numbers, and it aims to make the result easier to process. The constant will not invalidate the statistics because this research focuses on the relatively large/small value rather than the absolutely large/small value in the statistics.

(3) If I want to present how much each main comment is accepted, just comparing the absolute value of likes is not effective. For example, which one is more accepted between a main comment that gained 1,000 likes (under a video played 100,000 times) and a main comment that gained 900 likes (under a video played 901 times)? Therefore, to better reflect the audience's preference for a main comment, such confounding variables need to be processed. And as for one of the confounding variables, the number of readers of the main comment, and the amount of likes of the main comment is divided by the number of plays of the video to secure the scale of readers of every main comment is the same.

2.1.2 The percentage of agreement of each main comment (In the following context, it is named as A)

To evaluate the level of acceptance from an objective perspective, I counted the percentage of agreement with each main comment. Here are the rules of comments selection and percentage calculation.

(1) Definition: $A = \frac{\text{the amount of comments showing agreement (within the chosen 10 comments)}}{\text{the amount of comments that give opinions (add up to 10 comments)}} * C$

(2) For every selected main comment, the earliest 10 comments that meet the conditions were chosen. (In time order, the earlier is the comment, the more possible is it to be chosen; time order secures randomized samples in a range of main comments, therefore even if not all the comments were counted, it can still effectively reflect the whole situation of main comments).

(3) Chosen main comments must have the following characters/ avoid the following characters:

- a. It gives clear opinions about a single fact (which means main comments that deliver absurd opinions and argue more than one fact are not considered).
- b. The opinion does not have a political agenda.
- c. The opinion is not profit-driven.

(4) Comments will be counted only if it states "yes/no" clearly or implicates a strong supporting/objecting preference.

(5) C mentioned in the second principle is a constant to fix the curve of A to better fit in the R curve so that the trend and polarity can be analyzed. The number of C is defined as the division of the greatest R and the greatest A (and according to the samples, C here is 3.5).

2.2 data analysis

All of those 220 main comments labeled with A and R are processed in the following four steps:

1. To better demonstrate the difference between main comments of different levels of acceptance, the average lines of A and R are added.

2. Judge the objectivity by comparing the similarity of the trends of line A and line B.

3. Calculate variances of line A and line B to evaluate to what extent of difference are these main comments. Generally, the larger the variance is, the more successful and useful the research and data are.

4. Lastly, by combining the peaks and troughs of line A and line B, pick out those main comments that gain the most acceptance and the least acceptance and do a character analysis.

3. Discussion

3.1 Process and Results

Sample volume:17 main comments are shown in the diagram; 203 main comments unlisted; 220 main comments in total were used for analysis

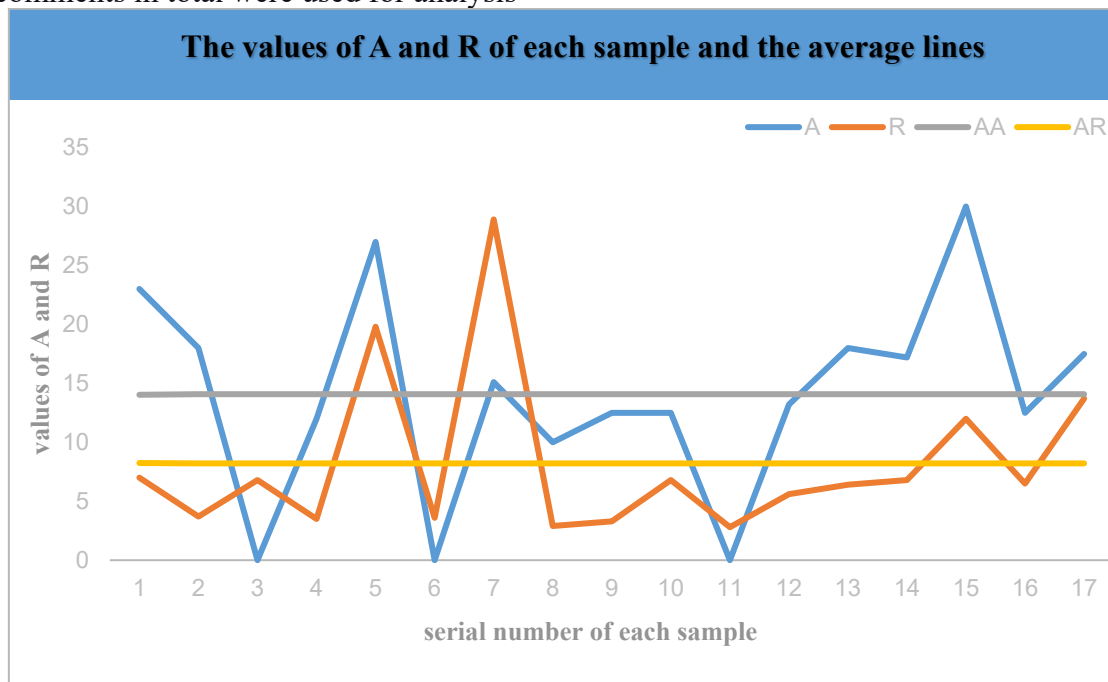


Figure 1. The scores of A and R of each sample and the average lines.

R: ratio of likes; A: percentage of agreement; AR: average value of ratio of likes; AA: average value of percentage of agreement

3.2 explanation of results

3.2.1 what we find in this chart

3.2.1.1 about the credibility

Within the given 17 samples, the trend of line A and line R superposes greatly. For instance, the trend from sample 4 to 8 and the trend from sample 14 to 17 are generally the same, which increases the credibility of the research.

3.2.1.2 about the general information

Both variances of line A and line R are much greater than 1, indicating great fluctuation. Label out the average number. As for line A, within 17 sample statistics, there are 8 samples above the average; As for line R, within 17 sample statistics, there are 4 samples above the average.

Within all the selected 220 samples, adding up to 46 main comments have both greater (than average) R and greater (than average) A. These 46 main comments are relatively more representative of opinions that are accepted; adding up to 38 main comments have both lower R and lower A, which are relatively more representative of the least accepted opinions.

3.2.1.3 further analysis for important results

The most accurate and valuable 46 and 38 main comments are character-concluded as follows.

For more accepted opinions:

1. creating combinations out of expectation. (32 has the character out of 46).
2. sharing own experience and lessons learned from it(25 has the character out of 46)
3. Concluding with quotation (24 has the character out of 46)
4. Showing appreciation(20 out of 46 has the character)
5. Giving conclusions without reasoning(15 out of 46 has the character)

For less accepted opinions:

1. Giving an attitude with a superficial connection like saying something when seeing something(28 out of 38 have the character)
2. The reasoning cannot match the conclusion(28 out of 38 has the character)
3. Giving conclusions without reasoning(20 out of 38 has the character)

3.2.2 why we get these results

Among all the aspects of Pro. Langer's definition of mindfulness, welcoming new information, processing before the outcome, and creating new categories these three elements contribute to the acceptance of mindfulness the most. The behavioral representation of creating new categories and welcoming new information in opinions corresponds to creating combinations out of expectation; the behavioral representation of process before outcome is corresponding to sharing own experience and concluding with quotation. Accordingly, the aspects of mindlessness contribute to unacceptable opinions. Superficial connection and failing to match between reasons and conclusions are representative behaviors of faulty comparison, which is a strong indication of mindlessness. Additionally, "Superficial connection" fails to create categorization and process before outcome. As for the rest characters not mentioned, they showed that not only mindfulness can lead to accepted opinions. Although "False conclusion" may have been processed before outcome, it either fails to illustrate the deeper nature of the conclusion or the reasoning, which indicates at certain steps one or more of the natures of the conclusion fails to match one or more of the natures of the reasoning, which further indicates that the one who fails to process deep enough to find the false related reasoning and conclusion finally leads to his mindlessness. Among all the characters, not all are tightly relevant to mindfulness, some other characters weakly related to mindfulness do strongly help to the acceptance of opinions, like appreciation. Some opinions with appreciation lack mindfulness, but the result that it can still make an opinion acceptable help us clarify that mindfulness helps in acceptance but is not the determinant of acceptance. Also, it reveals social-emotional facet can also be a factor of acceptance. As for the character "concluding without reasoning", since this character appears in both kinds of responses, the negative response mainly, it is likely to be an irrelevant dependent of acceptance. I suppose that the reason why attitudes to whether to give reasoning are ambiguous is that the thinking process is highly dependent on the thinkers due to insufficient information. I found more than half of the comments of this kind of main comments were reasoning showing the thinkers' understanding. So for this kind of opinion, whether it is accepted or not is determined by the thinkers' consideration and is less related to the characters of the opinions themselves.

3.3 deficits and future development

3.3.1. About deficits of the volume

I have collected 270,000 Chinese characters, and they together constitute 220 main comments. Although hundreds of samples are enough to validate the extreme samples, the separated samples add up to only 40 for each character analysis. Whether the conclusions of the character analysis based on 40 samples are persuasive enough needs more experiments to clarify.

3.3.2 self-bias deficits for character-analysis

Since the way I use character analysis is subjective, self-bias is inevitable. For example, comparing a sleeping lion to a cute cat is not always an “unexpected” combination to me. In daily life, I may regard it as a commonplace comparison, but in the research, I will consider it as an “unexpected” combination of two facts.

3.3.3 The deficit about the limitation on the source and what predisposition it brings

In this research, bilibili is the only website I have chosen, therefore the impacts of different websites cannot be excluded. That means bilibili users are a specific group of people, the only consideration of bilibili users might make a non-randomized sample. Therefore, the conclusions might be ineffective when applied to people who are less likely to use bilibili, such as the old. Additionally, bilibili is an entertaining website, the opinions possessed in the chosen comments will also tend to entertain others. Although it does not influence the final conclusion, “mindful opinions are more likely to be accepted”, the weight of several amusement-related characters in accepted opinions might be enlarged. For example, the proportion of “creating combinations out of expectation” in accepted opinions might be less than 32 out of 46 if we conduct the research in a more randomized sample.

3.3.4 Future development of standard of judging the level of acceptance.

As for “R”, to be more precise, we can count all the comments below a main comment instead of counting only the top 10 comments. Therefore it is more accurate.

3.4 other phenomenons that deserve researching

This paper has given a model for judging the level of acceptance and concluded the characters of accepted opinions. The model and conclusions revealed some other interesting characteristics.

3.4.1 During the data-collecting process, I found out that certain main comments (4 out of 220) with the most likes have R of which the value is zero. Since likes are given when you appreciate the main comment, the appearance of both 0 R and the highest likes implicates the group of people who accept the opinion is different from those who leave comments for the opinion, which may result in a reduction of the efficiency and credence of R and its combinatory analysis with A. This leads to other questions to be determined in the future to increase the credibility of this research--how are viewers and likers distinguished? What psychological tool can be used to classify different groups of people?

3.4.2 About the constant “C”, in my research, it serves as a modifying constant to fix the two curves. Also, if we compare “C” in different groups of samples, it can be an indication of credibility. If we have similar “C” in different groups of samples, it reveals that the polarity of R and A in different groups are generally the same, which further indicates that the sample I chose is objectively randomized and therefore the research is with high credibility. The lower the dispersion of “C” is, the more randomized the chosen group of samples is; inversely, the higher the “C”, the less randomized the chosen group of samples.

3.4.3 After reading pieces of papers and books about mindfulness, I find the meaning behind is not what a single objective can describe. From creativity to healthcare, from self-love and marital satisfaction, mindfulness has positive influences on a wide range of areas, and it is far beyond what it literally is. In the future, hopefully, what I found in my research paper can inspire more discoveries that mindfulness is powerful in fields that we have never expected.

4. Conclusion

The acceptance of opinions is a multiple-aspects determined factor. The determinants of it can vary from mindfulness, social emotion and other things not discussed in this research. Although mindfulness is not the only determinant of accepted opinions, many of the most accepted opinions have been found a tight relation to the nature and elements of mindfulness and similarly does the inverse way, which has been strong supportive evidence for the positive relations between mindfulness and accepted opinions. Therefore, I encourage people to be mindful when giving an opinion to make it more acceptable and therefore lift up their gaining of self-potential.

References

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