



## Appendices 1.



KEMENTERIAN PENDIDIKAN TINGGI, SAINS,  
DAN TEKNOLOGI  
UNIVERSITAS PENDIDIKAN GANESHA  
LEMBAGA PENELITIAN DAN PENGABDIAN KEPADA MASYARAKAT  
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Tlp. (0362) 22570 Fax. (0362) 25735  
Laman: [www.undiksha.ac.id](http://www.undiksha.ac.id)

Nomor : 2100/UN48.16/PM.01.00/2025 Singaraja, 27 Agustus 2025  
Lamp. : -  
Perihal : Permohonan Izin Melaksanakan Penelitian

Yth.  
Kepala Sekolah SMA N 4 Singaraja  
di tempat

Dengan hormat,

Sehubungan dengan dilaksanakannya Pelaksanaan Penelitian dengan judul penelitian "The Implementation and Impact of Mindful Learning on Students' Writing Skills in Sma Negeri 4 Singaraja" kami bermaksud untuk memohon ijin pelaksanaan penelitian tersebut pada:

| Hari/tanggal/waktu                             | Tempat            | Agenda                            |
|------------------------------------------------|-------------------|-----------------------------------|
| Kamis, 28 Agustus 2025, pukul 09.00-12.00 WITA | SMA N 4 Singaraja | Observasi awal dan interview guru |

Adapun ketua tim penelitian adalah Dr. Kadek Sonia Piscayanti, S.Pd.,M.Pd. dari Prodi Pendidikan Bahasa Inggris Universitas Pendidikan Ganesha.

Berkenaan dengan itu, kami mohon kesediaan Bapak/Ibu untuk membantu agar kegiatan dosen yang bersangkutan dapat berjalan sebagaimana mestinya.

Demikian surat ini disampaikan, atas perhatian dan kerjasamanya, diucapkan terima kasih.

Plt. Kepala LPPM,



I Gusti Lanang Agung Parwata  
NIP. 196906061994121001

## Appendices 2. Documentation of the Implementation of Mindful Learning in The Classroom.



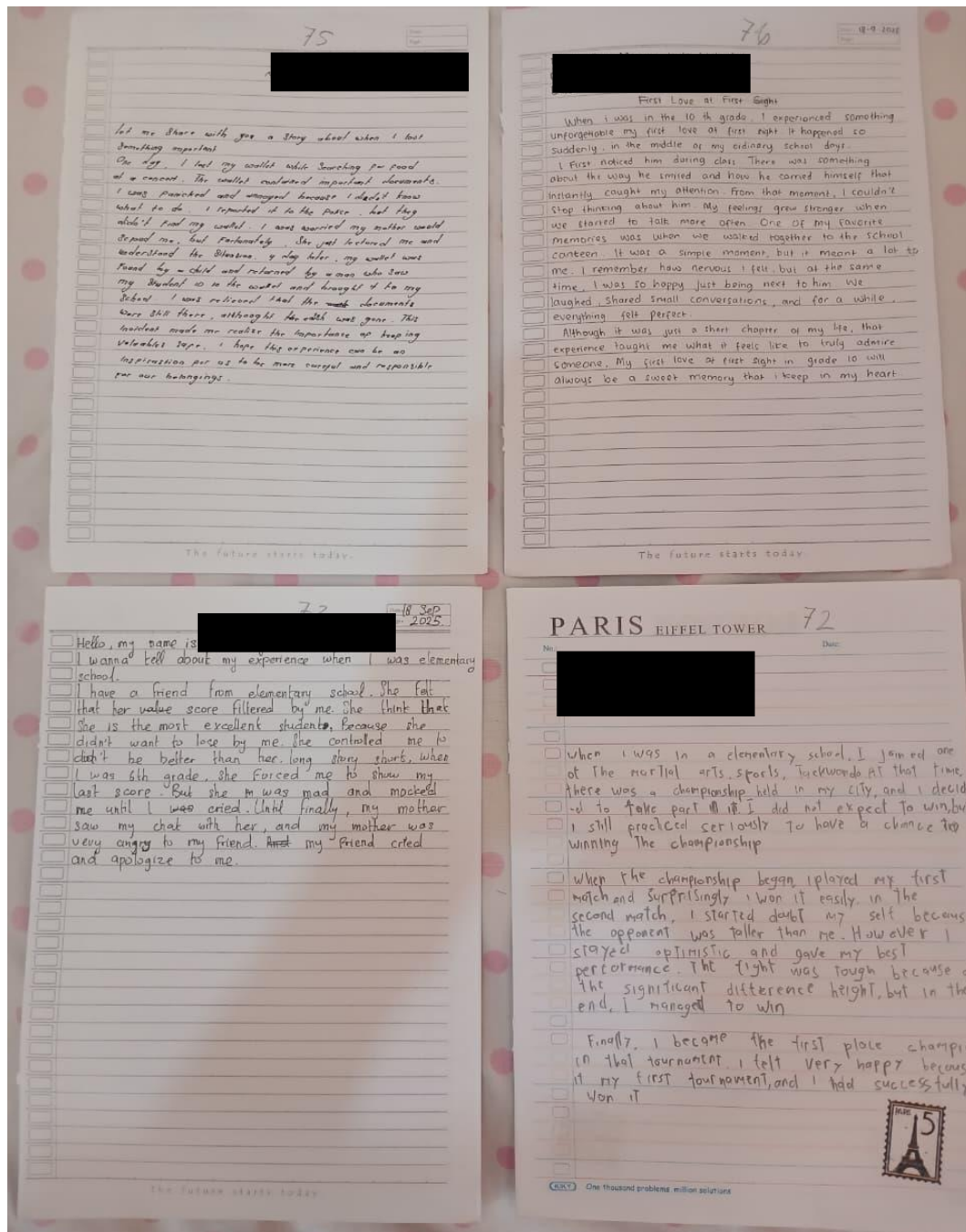








### Appendices 3. Students' Writing Scores Pre-Test



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Orientation

Good morning, my name is Komang Aston Pranata Darmas. I live in Tukad Mungga Village and I am 16 years old next year. Today I will tell about my life experiences.

Content

I will share my experience lately. I have been really enjoying playing billiards because it is a very fun game, but it requires a lot of technique to play well. Yesterday, I was very happy because I won about five games in a row against my friend. This game will probably become my favorite game in the future.

Closing

That's all for my exciting experience lately. Thank you for reading my story. I apologize if there are any mistakes, whether intentional or unintentional. I'll close with my thanks.

Date to dream, Date to achieve

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Orientation

Hi everyone, I'm gonna tell you about my story in Junior High School. It started at 7th grade where I was chosen to be in acceleration class. I felt sad because I think I'm not good enough and also my elementary school's friend underestimate me. My friend said "Why are you here? You're not even smart to be here." I cried. When I arrived at home, I'm immediately crying. His words clinging to my mind for the past 2 years. Also, my rank in the first semester was so low, 22nd rank. But in the last semester of Junior High School, my rank got higher than before and also I can prove my exam's scores are so high. Right now, he didn't even have the courage to underestimate me. Maybe, that's all about my story!

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Orientation

Once upon a time, when I was 15 years old, I join one of a bigger organization in Bulbelay since 2023, because I doing the organization I should have to pass the existing test, and I managed to pass the first and second tests, but not the third test to become a Bulbelay children's ambassador. But that's okay because I was immediately accepted as a member because I passed the top 50. I'm so happy because can be part of member in that organization and I start to come the first activity and I was like OMG the organization have a really lot of member and I don't have a friend in there and I never come to any activity in the organization for a year and finally I come back to the organization's birthday activity and the next event I was the deputy coordinator and coordinator of the committee in every event, and the time come on the organization's birthday this year, I joined the equipment committee and considerably I was chosen to be the partner and get to know all the actors there, and there was one woman I met there, and we became close at night and become closer over time, then on May 11 we had part in a free event to the waterfall in Puri after finishing the birthday event, we talked and dated, then at the next event there was a meeting and after the meeting we were invited to the next event together and there we started to get close and finally we established a relationship until now, and since then I have been more

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Orientation

Hi everyone, so I will share my sad moment when I was let to continue school with my older brother!

One day right on Valentine's Day, February 14, 2023, I accompanied my older brother to the airport because my older brother was going to continue his studies in the United States (US). I was very sad, because I only two siblings, just me and my older brother, so when he was far away he lived with me, I felt very lonely at home and there was only me, my mother and my father, no one to talk to anymore, no one often invited me to go shopping, hang out. But as time went by I started to get used to it until now and I understand that my older brother continued his studies there until now he is working and successful so he can fulfill all my wishes until next year I will continue to remember that moment right on Valentine's Day I felt sad because my older brother left me and happy too because Valentine's Day is a day of love.

So that's all the story I can tell, and my older brother is planning to get married in the US next year, I hope my family and I can follow him there.

Kamis, 18-9-2025

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When I was seven years old, I always trusted my older cousin. One afternoon, she told me that if I let her cut my hair, I would look prettier and everyone would admire me. I believed her words because I thought she knew better than me.

When she finished, I ran to the mirror with a big smile, but my smile quickly disappeared. My hair looked uneven and messy, and instead of being prettier, I looked much worse. My cousin burst out laughing and proudly said it was her "special haircut".

Now, whenever I think about that moment, I laugh instead of feeling upset. It became one of the funniest stories from my childhood and a lesson not to let my cousin play barber ever again. That silly haircut will always be part of my childhood memories.

SIDU

### Our Memories

Let me tell you briefly I have four siblings, and I'm the youngest. I have three older sisters, and I want to tell you about one of my older sisters who has made a huge impact on our family.

Her name is Ika, and she has been participating in a work program in Japan for five years. Our family accompanied her to the airport in April 2022 (as I recall) when she left for Japan to work as a caregiver for the elderly. At the time, we felt sad and even cried because we were leaving in March 2022. She returned home for Nyepi, and to my surprise, she brought a Japanese man with her. Ika returned home to plan her wedding, and yes, they got married on April 9, 2023, at the same time as my birth day ceremony. That day, I felt very happy and touched.

After the wedding, Ika returned to Japan and lived there with her husband. Our family didn't expect her, so that moment remains very memorable for me to this day. I also want to follow in her footsteps, so I'm starting high school, majoring in language. I hope I can achieve it, and wish me luck.

The future starts today.

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Hi, my name is Nishu Jaisri Purnama. Purnama means everyone calls me. I'm from Jember, this time I want to tell my experience school in Jember. Singaperbangsa. When I first started attending school, I found it very difficult. I searched for classes and found friends, my first friends. I met many people at this school, days passed and I did many activities. That's all for now, thank you.

### Orientation

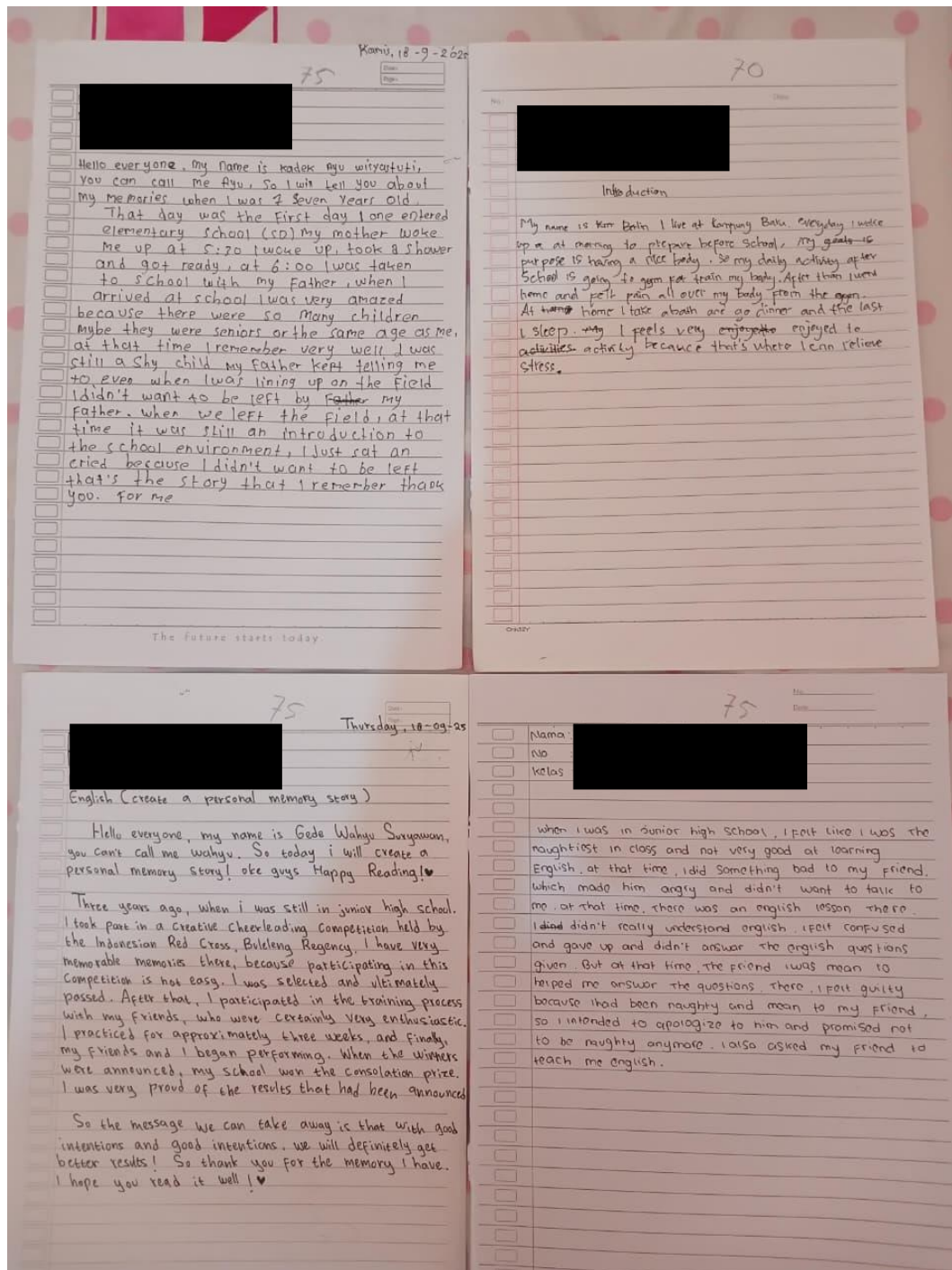
Hello. Good Morning. Good afternoon and good night. My name is Pika Reza Juliana and everyone calls me Reza. I'm from Unggahan Village, now I live in Singaperbangsa city. I'm going to Seventeen in December 2025.

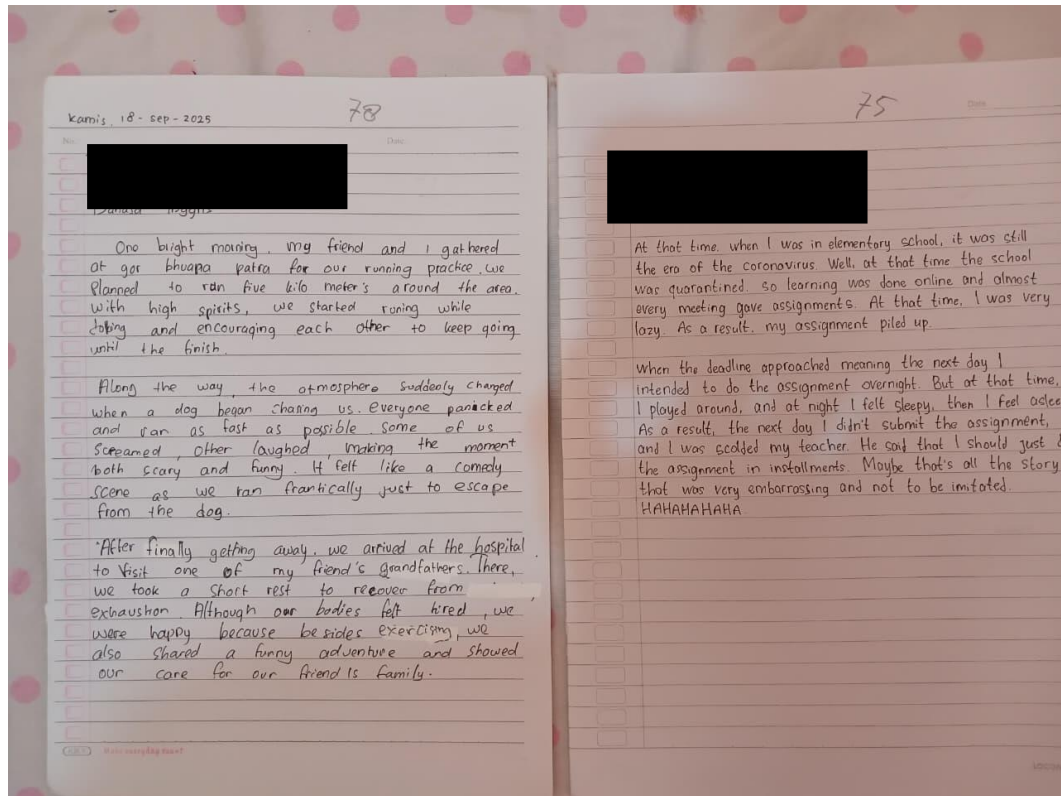
### Content

I will share my experience climbing a mountain in Bali. I went to Singaperbangsa city at 07.00 PM to Karangasem city with four of my friends and arrived at 10.00 P.M. During the trip, we were very excited because it was our first experience after climbing. I was very sleepy and hungry and arrived home in the afternoon, that is the best experience of my life.

### Closing

That's all for my exciting experience. Thank you for reading my story. I'm sorry for mistakes I made and thanks.





#### Appendices 4. Students' Writing Scores Post-Test

|                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>80</p> <p>Name: [REDACTED]<br/>No: [REDACTED]<br/>Kelas: [REDACTED]</p> <p>Last week my friend and I planned to go to Bedugul. We gathered at my friend's house there we prepared everything everything we would bring to Bedugul. After preparing everything, we immediately set off on our trip. We had the idea to go to the lake to enjoy the view and while buying corn there, my friend and I really enjoyed the view there.</p> | <p>88</p> <p>Name: [REDACTED]<br/>No: [REDACTED]<br/>Kelas: [REDACTED]</p> <p>My Busy Week</p> <p>Last week was very busy for me. I went to school from 6.25 in the morning until 4.00 in the afternoon. Every day I studied from morning until evening, from 06.25 to 16.25. After school, I didn't go straight home, I went to my parents' workplace. At my mom's and dad's workplace, I helped them. I cleaned, I tidied up, I worked hard to finish the chores. After helping my parents at work, I went home. But I didn't rest, I joined my dance practice. I practiced Tari Truna Jaya. I practiced and practiced again, moving my hand, my body, and repeating the dance many times. So last week every day was almost the same, school from 06.25 until 16.00, helping my parents at their workplace, and practicing Truna Jaya dance. It was tiring, but it was also fun.</p> |
| <p>70</p> <p>Name: [REDACTED]<br/>No: [REDACTED]<br/>Kelas: [REDACTED]</p> <p>My friend and I visited Surra Jaya school after shopping for dinner at Alperet Betty, Bedugul. We enjoyed delicious cakes and took photo at the aesthetic venue. Although our journey was slight delayed due to traffic the fun at Surra Jaya school.</p>                                                                                                   | <p>85</p> <p>Name: [REDACTED]<br/>No: [REDACTED]<br/>Kelas: [REDACTED]</p> <p>from Monday to Friday I went to school, studied and sometimes played futsal or joined music practice. On Saturday I stayed at home, cleaned my room, watched movies, and went to the park with my family. On Sunday I went cycling with my father in the morning, had lunch at my grandmother's house, and prepared my books for school.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                              |

Nama :  
No :  
Kelas :

Last week, On Saturday 17th, my family and I went to the beach. We arrived at 4.00 pm, it was so fun, we were playing sand, building some dam at the nearest river, swimming, dive / diving, drinking some coconut water / fresh coconut water and when the sun set, we end it up by chilling and drinking coconut water.

Nama :  
No :  
Kelas :

On Monday, I wake up early, have breakfast, and go to school. After coming home, I usually take a short nap to refresh myself. In the evening, I review some difficult lessons, and at night I watch a short movie before going to bed.

On Tuesday, I start the morning with light exercise. After school, I help my mom at home and then play games for a while.

On Wednesday, I do homework, play basketball with friends, and read comics before sleeping.

On Thursday, I help my dad, relax with music, and study for a test.

On Friday, I go to school, discuss lessons with friends, join religious activities, and rest early.

On Saturday, I join extracurricular activities, hang out with friends, and watch TV at night.

On Sunday, I spend time with family, do my hobbies, and prepare school things before sleeping.

Thursday, 2 - 10 - 2023

English

Last week, I had many activities. On Monday, I practiced traditional dancing for my art and culture assignment. On Tuesday, I continued my dance practice to prepare for the performance. On Wednesday, I spent time playing with my friends after school. On Thursday, I joined a training session for the Student Ambassador Program. On Friday, I did sports activities at school with my classmates. On Saturday, I attended an organizational activity that keeps me busy all day. Finally, on Sunday I joined a study visit which gave me a lot of new experiences.

B. ING.

Nama :  
No :  
Kelas :

Free writing

2 weeks ago, on September 13th - 26th, I feel very tired, because those days I am so very busy and crowded. Where on Tuesday 23rd - 26th, I have to face some school works, it started from Indonesian language lessons, Balinese daily test, or Math daily test, and others. After school, I also from on Tuesday until Thursday, I also immediately went to English course at 3 pm - 4 pm. On Jumat I went to English course at 6 pm after I finished home work.

Last week, On September last week, On September 28th, I have to finish Indonesia short story report of Indonesian language lessons, because it must collect on Monday. I'm so confused and little stressed because home works keep on come.

B2

Pobasa inggris

[REDACTED]

Last week (Sep 29 - Oct 1)

Monday, September 29

- 7:00 pm: you were late to school and were brought to the field with the other students since there was no flag ceremony.
- 2:00 pm: you had a group discussion to decide on a theme for a balinese language video assignment.

Tuesday, September 30

- 7:50 pm: you met with friends to plan to go out and get some food.

Wednesday, October 1

- 2:30 AM: your parents celebrated your younger sibling's 12th birthday without you.

SIDU

[REDACTED]

Last week on Saturday 28th of Sept, I went to my classmate home to do homework together and then after that my friend and I finished our homework together. On 21st of Sept I have to do exercising. On 21st of Sept I have to do meeting with my organization and after that I went to the beach. On 22nd of Sept I visited my friend because she is sick. 27th of Sept I did bicycle with my friend went to the laundry beach.

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Name: [REDACTED]  
Number: [REDACTED]  
Class: [REDACTED]

On Monday, September 28th, I had Advanced Indonesian, Japanese Arts and Culture, Informatics, and Advanced English. The activities were literacy, games, dance assessment, coding, and writing fantasy stories.

On Tuesday, September 30th, I had Advanced Indonesian, Balinese, Anthropology, Japanese, and Mathematics. We did a group work, discussed assignments, continued the material, and studied circles.

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SIDU

[REDACTED]

last week, on Monday morning the ceremony was cancelled because it was replaced with klem prayer. After that, learning activities went on as usual until the bell rang to go home. Then on Tuesday, I got my turn to be on duty after the bell rang and did lessons as usual. Then on Wednesday, my classmate didn't go to school and I felt lonely because there were no discussion partners, but I continued my lesson as usual even though I was alone. On Thursday, there were many free periods in class from 5 to 10 o'clock. I just slept and did the assignments given by the subject teacher. It was very exciting but also felt boring. Then on Friday at 05:20 I did sports at the Bhayana Patra field where during sports the teacher took an oral assessment on chapter on. There my heart was pounding because I didn't study last night, but finally I managed to answer the questions.

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Last week I attended my friend's birthday. We celebrate and eat together. We spent a lot of time. After finishing the meal, we had a cake cutting and make a wish session. After the event was over, we went home to our respective homes.

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Last week was a basic week on September. So on Monday (22<sup>nd</sup>-Sept) was Tien day, so we did some worship and I continue my study at school until 03:30 p.m. And then, on Tuesday (23<sup>rd</sup>-Sept) I went to school but I had a headache so I back to home earlier. On Wednesday (24<sup>th</sup>-Sept) I don't went to school because I'm sick. On Thursday (25<sup>th</sup>-Sept) I went to school, I am feel not okay that time but I still went to school. On Friday (26<sup>th</sup>-Sept) I wake up earlier because I should <sup>go</sup> to the school for sports schedule. On Saturday until Sunday I had some date with my boyfriend.

SIDU

Name  
No  
Class

Last week, on Monday, I went to school as usual. After school, I took a shower and hurriedly went to my tutoring session. On Tuesday after school, I went straight to the gym for a workout. On Wednesday, I attended school. The following days, from Thursday to Sunday, nothing special happened. I just went to school and then headed to the gym. and I studied Mathematic in yesterday.

82

Name  
No  
kelas

On Monday, I woke up early and went to school. I studied Jepang, Indonesia, Seni budaya. After school, I played football with my friends.

On Tuesday, I helped my mother in the kitchen. I washed the dishes and cleaned the table. In the afternoon, I saw the sunset on the beach with a friend.

On Wednesday, I wake up early and to school. I studied informatika, math and Jepang. After school, I play futsal or shoot with my friends.

On Thursday, I wake up early and went to school. After, I play futsal with my friend in banyuwangi.

On Friday, I wake up early and went to school. After, I run in the afternoon with a friend at goa blusung park for preparing for the book.

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No. \_\_\_\_\_  
Date \_\_\_\_\_

Kami

My Weekly Routine

For one week, my days were almost the same. I woke up early in the morning and prepared for school. Every day, school started at 06.00 a.m and finished at 04.00 p.m. During school hours, I studied many subjects, listened to my teachers, and did class activities with my friends. After school, I went home and continued with my daily responsibilities. In the evening, I helped to tidy up the house and did some chores. Even though I felt tired after school, I still tried to be responsible at home. This routine continued for the whole week. From Monday to Sunday, my life was full of studying, playing, and watching during the day and helping at home in the evening. It was a busy week, but also meaningful because I learned to balance school and home life.

85

SiDU

No. 37  
Date \_\_\_\_\_

ENGLISH

On Monday, September 29, I had Japanese, Advanced Indonesian, Art & Culture, Informatics, and Advanced English. That day, there were two main agendas: a Japanese class game & a dance assessment in Art. In Japanese, we wrote hiragana on origami papers for a word-building game. My group made two mistakes but it was still a fun experience. In Art class, my group was the first to perform the Sojoro dance, followed by an evaluation from the teacher.

On Tuesday, September 30, I had Advanced Indonesian, Balinese, Anthropology, Japanese, and Math. In Indonesian, we worked on a group essay; in Balinese, we continued writing dialogues for a video project. Anthropology discussed last week's assignment, Japanese continued the lesson, and Math reviewed materials about circles.

SiDU

No. \_\_\_\_\_  
Date \_\_\_\_\_

On September 22, 2025, After school, tested for a while until half past 5 and then continued to do activities such as washing, sweeping and others. After finishing, I rushed to take a shower and pray at home. On the 23rd I spent my time after school doing daily activities and working on Indonesian language report assignments which were due at the beginning of October.

On Friday the 26th and Saturday the 27th, my friends and I did practice at school after school for the art and culture assessment on Monday. On Sunday I decided to go to my grandmother's house to visit my grandmother with my cousins.

82

SiDU

No. 80  
Date \_\_\_\_\_

Last week on Monday, September 22nd, precisely in the morning from 6:30 I went to school until 4:00 pm. After that in the evening around 7:00 pm I had dance practice, and it ended at 9:00 pm. Then on Tuesday my activities were the same as Monday. Then on Wednesday, I didn't go to school because my uncle got married so I followed the wedding procession, the activity was from 9:00 am and ended at 2:00 pm. On Thursday I went to school as usual from 6:30 pm to 4:00 pm, then at 7:00 pm I went back to balinese dance practice and ended at 9:00 pm. On Friday I asked permission again because it was my uncle's reception day, I attended the event and became a *Dagor Ayu* there. The event ended at 10:00 pm. Then on Saturday, in the morning at 9:00 am I went to my uncle's house to help clean up after the wedding and I was only there until 3:00 pm then I went home to rest. And on Sunday at 11:00 am I went to school to do group assignments and ended at 4:00 pm, then I went home and rested.

SiDU

## My Last week

So Last Sunday I always did my some routine like school, came home and rest and in the afternoon I exercise the sports that I do are like cardio and gym, if it's cardio I prefer cycling than running, because cycling is more fun and also one of my hobbies, cycling also allows you to enjoy the scenery while relaxing.

Last week was a busy but interesting week for me. On Monday, I woke up early and went to school. I studied English, Japanese and we learned traditional dance. After school, I finished my homework. (22 Sept 2025)

On Tuesday, I visited my grandmother, we talked and I returned home in the evening and watched a movie with my mother. (23 Sept 2025)

On Wednesday, I stayed at home after school. I ate and watched some movie on my computer. (24 Sept 2025)

On Thursday and Friday, was more relaxing. After school, I went to the park with my friend. (25 & 26 Sept 2025)

On Saturday and Sunday, I slept in late. Watched cartoons and enjoyed some snails. In the evening, prepared for the new week. (27 & 28 Sept 2025)

Name :  
MO :  
Email :

I think my last week is very boring. from Monday to Friday is very very boring because the activities are always the same, like going to school, coming home, taking a shower and sleeping. But Saturday was very fun because I had traditional dance practice with my friends, and when I finished the practice, my friend and I started playing DJ music we started dancing as if we were in a nightclub, it was so much fun. And on Sundays I sleep until the afternoon gathering energy for Monday.

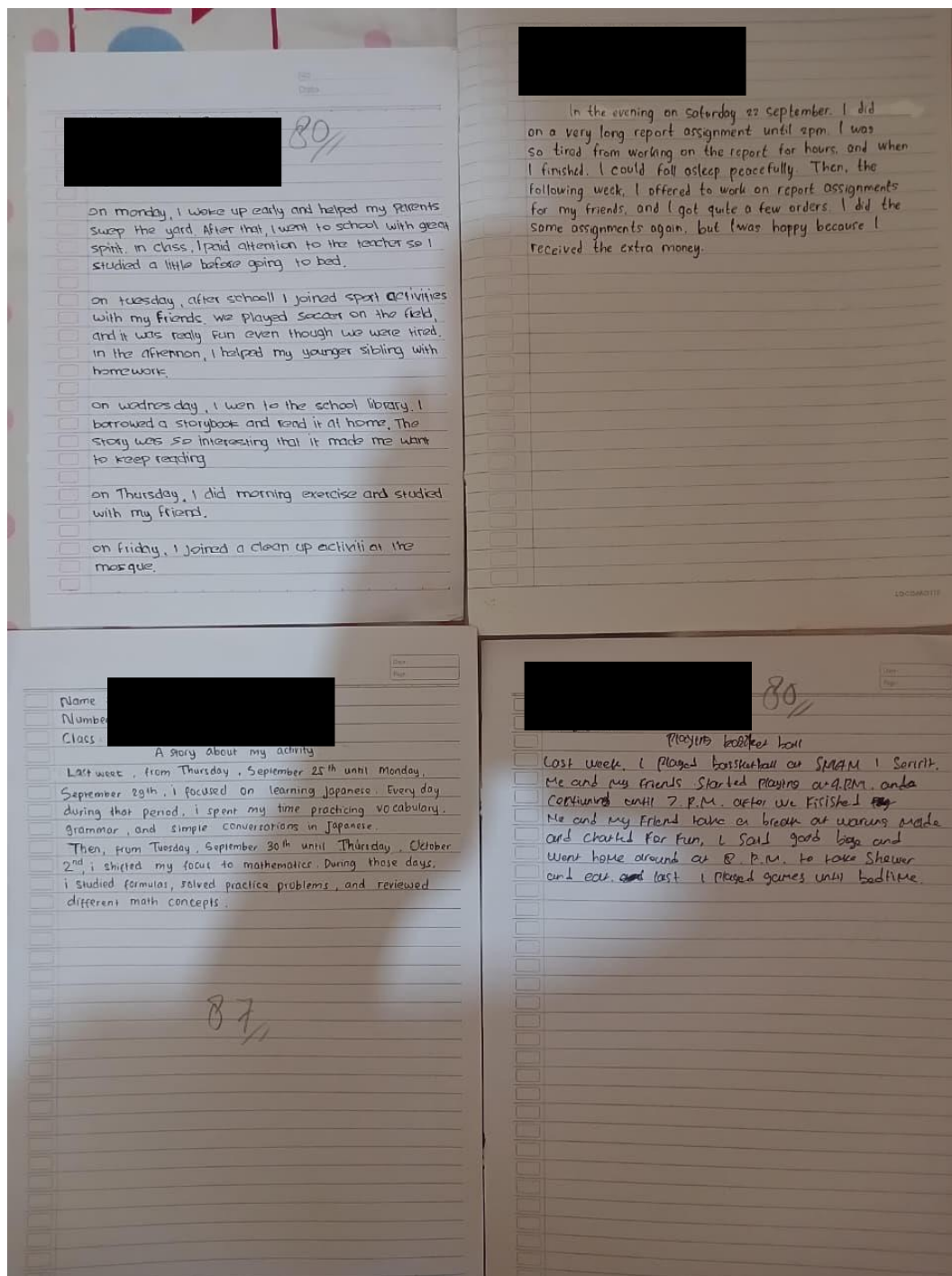
## A story About My Activities Last week

On Wednesday, September 24, 2025, I received a sudden announcement about an OLS interview. My friends and I felt nervous, but we went through it, answering the questions as best as we could until it ended with laughter.

On Friday, September 26, 2025, we met with the OLS advisors to discuss the new committee. We cried, feeling sad because our one-year journey together had come to an end.

On Tuesday, September 30, 2025, we held our final event, the dissolution ceremony. The atmosphere was emotional, we hugged, cried, and ended with a group photo.

From this, I realized time goes by so fast, and every person has their moment. I'll miss grateful for the memories and the teamwork we shared.



## Appendices 5. S1's Interview Transcript

|                   |                                                                                                                                                                                                 |
|-------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Researcher</b> | : Can you describe your experience in learning writing before and after using mindful learning? What differences do you feel?                                                                   |
| <b>S1</b>         | : Before using mindful learning, I usually felt confused because I didn't know how to start writing. After using it, I feel calmer, and it's easier for me to organize my ideas before I write. |
| <b>Researcher</b> | : What do you usually do before start a writing task now, and how is it different from before?                                                                                                  |
| <b>S1</b>         | : Now I usually take a deep breath and think about the topic first. Before, I just started writing right away without planning anything.                                                        |
| <b>Researcher</b> | : How do you develop and organize your ideas before writing?                                                                                                                                    |
| <b>S1</b>         | : I write down some keywords first, then I make a simple outline before I start writing.                                                                                                        |
| <b>Researcher</b> | : How do you feel during the writing activities in the class?                                                                                                                                   |
| <b>S1</b>         | : I feel more relaxed now. I can focus better and don't panic like before.                                                                                                                      |
| <b>Researcher</b> | : Do you feel more interested or motivated in writing now? Why?                                                                                                                                 |
| <b>S1</b>         | : Yes. Writing feels more enjoyable because I can share my own ideas and experiences.                                                                                                           |
| <b>Researcher</b> | : How do you feel emotionally when writing in English now? Are you still nervous or afraid of making mistakes?                                                                                  |
| <b>S1</b>         | : I'm still a little nervous sometimes, but not as much as before. I know mistakes are part of learning.                                                                                        |
| <b>Researcher</b> | : What makes you feel more relaxed or confident during the writing process?                                                                                                                     |
| <b>S1</b>         | : The breathing activity and my teacher's encouragement help me feel more confident.                                                                                                            |
| <b>Researcher</b> | : How do you see your writing ability now compared to before?                                                                                                                                   |

**S1** : I think my writing is more organized, and I can explain my ideas better.

#### Appendices 6. S2's Interview Transcript

**Researcher** : Can you describe your experience in learning writing before and after using mindful learning? What differences do you feel?

**S2** : Before mindful learning, writing English was stressful for me because I was afraid of making mistakes. Now I feel more comfortable and enjoy the writing activities.

**Researcher** : What do you usually do before start a writing task now, and how is it different from before?

**S2** : I spend a few minutes thinking about the topic first. Before, I usually rushed and got stuck later.

**Researcher** : How do you develop and organize your ideas before writing?

**S2** : I make a short list of ideas, then I decide which one should come first.

**Researcher** : How do you feel during the writing activities in the class?

**S2** : I feel calm and more focused. The class atmosphere is also more relaxed.

**Researcher** : Do you feel more interested or motivated in writing now? Why?

**S2** : Yes, because I don't feel too much pressure anymore. It makes me want to write more.

**Researcher** : How do you feel emotionally when writing in English now? Are you still nervous or afraid of making mistakes?

**S2** : Sometimes I'm still nervous, but I don't overthink my mistakes like before.

**Researcher** : What makes you feel more relaxed or confident during the writing process?

|                   |                                                                                                |
|-------------------|------------------------------------------------------------------------------------------------|
| <b>S2</b>         | : Taking deep breaths before writing really helps me stay focused.                             |
| <b>Researcher</b> | : How do you see your writing ability now compared to before?                                  |
| <b>S2</b>         | : I think my writing is better because I can organize my ideas more clearly.                   |
| <b>Researcher</b> | : Do you compare your writing with others, or do you focus on your own progress? Why?          |
| <b>S2</b>         | : I prefer focusing on my own improvement because everyone has different abilities.            |
| <b>Researcher</b> | : What do you usually learn from reflecting on your writing, and how does it help you improve? |
| <b>S2</b>         | : I can see what I need to fix, especially grammar and vocabulary.                             |

#### Appendices 7. S3's Interview Transcript

|                   |                                                                                                                                          |
|-------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Researcher</b> | : Can you describe your experience in learning writing before and after using mindful learning? What differences do you feel?            |
| <b>S3</b>         | : Before, I often didn't know what to write. After learning with mindful learning, I can find ideas more easily and feel more confident. |
| <b>Researcher</b> | : What do you usually do before start a writing task now, and how is it different from before?                                           |
| <b>S3</b>         | : I think about my personal experience first. Before, I just looked at the paper and waited for ideas.                                   |
| <b>Researcher</b> | : How do you develop and organize your ideas before writing?                                                                             |
| <b>S3</b>         | : I connect the topic with my own experience, then I arrange my ideas step by step.                                                      |
| <b>Researcher</b> | : How do you feel during the writing activities in the class?                                                                            |
| <b>S3</b>         | : I feel more comfortable because I don't feel pressured anymore.                                                                        |
| <b>Researcher</b> | : Do you feel more interested or motivated in writing now? Why?                                                                          |

|                   |                                                                                                                   |
|-------------------|-------------------------------------------------------------------------------------------------------------------|
| <b>S3</b>         | : Yes. Writing is more interesting because I can express my own thoughts.                                         |
| <b>Researcher</b> | : How do you feel emotionally when writing in English now?<br>Are you still nervous or afraid of making mistakes? |
| <b>S3</b>         | : I still make mistakes, but I'm not afraid because I know I can learn from them.                                 |
| <b>Researcher</b> | : What makes you feel more relaxed or confident during the writing process?                                       |
| <b>S3</b>         | : The teacher always reminds us to enjoy the process, and that makes me feel more confident.                      |
| <b>Researcher</b> | : How do you see your writing ability now compared to before?                                                     |
| <b>S3</b>         | : I think I can write longer paragraphs and explain my ideas more clearly.                                        |
| <b>Researcher</b> | : Do you compare your writing with others, or do you focus on your own progress? Why?                             |
| <b>S3</b>         | : I focus on myself because I want to improve little by little.                                                   |
| <b>Researcher</b> | : What do you usually learn from reflecting on your writing, and how does it help you improve?                    |
| <b>S3</b>         | : Reflection helps me know which parts are good and which parts still need improvement.                           |

## Appendices 8. S4's Interview Transcript

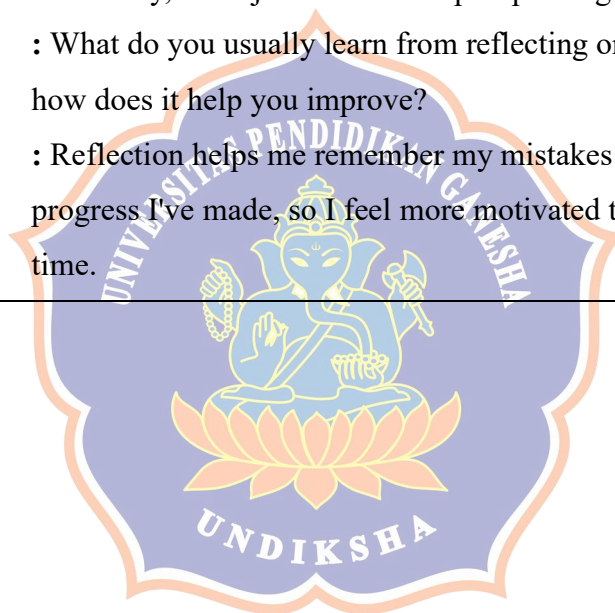
|                   |                                                                                                                                    |
|-------------------|------------------------------------------------------------------------------------------------------------------------------------|
| <b>Researcher</b> | : Can you describe your experience in learning writing before and after using mindful learning? What differences do you feel?      |
| <b>S4</b>         | : Before, writing was difficult because I always worried about grammar. Now I feel more relaxed and can enjoy the writing process. |
| <b>Researcher</b> | : What do you usually do before start a writing task now, and how is it different from before?                                     |
| <b>S4</b>         | : I calm myself first and think about the topic before writing anything.                                                           |
| <b>Researcher</b> | : How do you develop and organize your ideas before writing?                                                                       |
| <b>S4</b>         | : I write some important words first, then I make them into sentences.                                                             |
| <b>Researcher</b> | : How do you feel during the writing activities in the class?                                                                      |
| <b>S4</b>         | : I feel happier because the class is not too stressful.                                                                           |
| <b>Researcher</b> | : Do you feel more interested or motivated in writing now? Why?                                                                    |
| <b>S4</b>         | : Yes, because writing doesn't feel scary anymore.                                                                                 |
| <b>Researcher</b> | : How do you feel emotionally when writing in English now? Are you still nervous or afraid of making mistakes?                     |
| <b>S4</b>         | : I still feel nervous sometimes, but I can control it better now.                                                                 |
| <b>Researcher</b> | : What makes you feel more relaxed or confident during the writing process?                                                        |
| <b>S4</b>         | : The breathing exercise and positive feedback from my teacher really help me.                                                     |
| <b>Researcher</b> | : How do you see your writing ability now compared to before?                                                                      |
| <b>S4</b>         | : My writing is more organized, and I have more confidence to write.                                                               |
| <b>Researcher</b> | : Do you compare your writing with others, or do you focus on your own progress? Why?                                              |

|                   |                                                                                                |
|-------------------|------------------------------------------------------------------------------------------------|
| <b>S4</b>         | : I focus on my own progress because I think that's more important.                            |
| <b>Researcher</b> | : What do you usually learn from reflecting on your writing, and how does it help you improve? |
| <b>S4</b>         | : I learn from my mistakes and try not to repeat them in the next assignment.                  |

### Appendices 9. S5's Interview Transcript

|                   |                                                                                                                                                             |
|-------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Researcher</b> | : Can you describe your experience in learning writing before and after using mindful learning? What differences do you feel?                               |
| <b>S5</b>         | : Before, writing English made me nervous because I didn't have many ideas. After using mindful learning, I feel more confident and can think more clearly. |
| <b>Researcher</b> | : What do you usually do before start a writing task now, and how is it different from before?                                                              |
| <b>S5</b>         | : I take a deep breath and think about what I want to write first. Before, I usually started without any preparation.                                       |
| <b>Researcher</b> | : How do you develop and organize your ideas before writing?                                                                                                |
| <b>S5</b>         | : I make a simple plan and think about examples from my daily life.                                                                                         |
| <b>Researcher</b> | : How do you feel during the writing activities in the class?                                                                                               |
| <b>S5</b>         | : I feel more focused and enjoy the lesson more than before.                                                                                                |
| <b>Researcher</b> | : Do you feel more interested or motivated in writing now? Why?                                                                                             |
| <b>S5</b>         | : Yes. I like writing more because I don't feel afraid to share my ideas.                                                                                   |
| <b>Researcher</b> | : How do you feel emotionally when writing in English now? Are you still nervous or afraid of making mistakes?                                              |
| <b>S5</b>         | : I'm much less afraid now. If I make a mistake, I just try to fix it.                                                                                      |

|                   |                                                                                                                                     |
|-------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| <b>Researcher</b> | : What makes you feel more relaxed or confident during the writing process?                                                         |
| <b>S5</b>         | : The mindful breathing activity helps me stay calm before I start writing.                                                         |
| <b>Researcher</b> | : How do you see your writing ability now compared to before?                                                                       |
| <b>S5</b>         | : I think my writing has improved because I can organize my ideas better and use more vocabulary.                                   |
| <b>Researcher</b> | : Do you compare your writing with others, or do you focus on your own progress? Why?                                               |
| <b>S5</b>         | : I focus on my own progress because everyone learns differently, and I just want to keep improving.                                |
| <b>Researcher</b> | : What do you usually learn from reflecting on your writing, and how does it help you improve?                                      |
| <b>S5</b>         | : Reflection helps me remember my mistakes and also see the progress I've made, so I feel more motivated to write better next time. |



## RIWAYAT HIDUP



I Wayan Wistiananta lahir di Tabanan pada tanggal 04 September 2003. Ia merupakan putra dari pasangan Bapak I Wayan Sudarpa dan Ibu Ni Wayan Rusmini. Penulis berkebangsaan Indonesia dan beragama Hindu. Saat ini penulis berdomisili di Banjar Dinas Ole, Desa Marga Dauh Puri, Kecamatan Marga, Kabupaten Tabanan, Provinsi Bali. Penulis menempuh pendidikan dasar di SD Negeri 2 Marga dan lulus pada tahun 2015. Selanjutnya, ia melanjutkan pendidikan di SMP Negeri 4 Tabanan dan lulus pada tahun 2018. Pada tahun 2021, penulis menyelesaikan pendidikan menengah di SMA Negeri 1 Marga dengan jurusan Ilmu Pengetahuan Sosial, kemudian melanjutkan ke jenjang Sarjana di Jurusan Pendidikan Bahasa Inggris, Universitas Pendidikan Ganesha. Pada akhir semester delapan tahun 2026, penulis menyelesaikan tugas, Akhir berjudul "The Implementation and Effect of Mindful Learning on Students' Writing Skills in Sma Negeri 4 Singaraja". Penulis berharap ilmu dan pengalaman yang diperoleh selama masa studi dapat bermanfaat bagi diri sendiri serta dunia pendidikan pada umumnya.