

Impact of Mindfulness on Work Engagement

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The impact of employee mindfulness on work engagement has attracted much debate over the past two decades. The present study investigated work engagement among executive-level employees and its correlation to mindfulness in a selected organization in the service industry. To achieve this objective, a cross-sectional research approach was adopted for this study. This is descriptive research and data were collected using a self-administered questionnaire through an online questionnaire survey. The final sample of the study consisted of 133 respondents. To analyze the received data, descriptive statistics, correlation analysis, and regression analysis were mainly used. It intended to examine and identify the impact and magnitude of employee mindfulness on employee's work engagement. The findings of the study reveal that there is a significant relationship between mindfulness and employee work engagement. Further, the results show that there is a significant impact of mindfulness on employee work engagement. Moreover, conclusions and recommendations have been made to enhance the company work engagement. The study revealed that high mindfulness employees engaged in their daily routines and work with more enthusiasm.

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