


MINDFUL ORGANIZATIONS: A BIBLIOMETRIC STUDY TO PROVIDE INSIGHTS INTO THE INTERPLAY BETWEEN MINDFULNESS AND PSYCHOLOGICAL CAPITAL IN THE WORKPLACE

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ARTICLE INFO	ABSTRACT
<p>Article history:</p> <p>Received 20 January 2023</p> <p>Accepted 17 March 2023</p>	<p>Purpose: The purpose of this study is to identify the most productive researchers, institutions, and research trends in this area, in order to inform future research and practice.</p>
<p>Keywords:</p> <p>Mindfulness; Psychological Capital; Positive Psychology; Bibliometric Analysis; Science Mapping; Organizational Psychology.</p> <div data-bbox="172 1077 480 1323" style="text-align: center;">  </div>	<p>Theoretical framework: The research on mindfulness and psychological capital has started during 2002 and now playing a crucial role in the organizations. Though there is a consolidated amount of research, no bibliometric analysis has been conducted in this area of research.</p> <p>Design/methodology/approach: The data was extracted from Scopus database and analyzed using VOS viewer 1.6.17. The purpose of this study is to analyze 1,336 articles through a bibliometric review. The descriptive retrospective study was conducted using science mapping and bibliometric analysis.</p> <p>Findings: The results show exponential growth in mindfulness and psychological capital that has been done in the past five years and the authors, countries, journals in the scientific community that contributed to this research area. The research over two decades has been divided into three stages, highlighting the increase in its visibility and productivity in recent years, and analyzed according to the publications, citations, journals, articles, authors, keyword analysis, and geographical distribution of the published works.</p> <p>Research, Practical & Social implications: This study provides an overview of the research in the area of positive psychology in the organizational context. This helps the researchers to understand the importance of mindfulness and psychological capital in organizations.</p> <p>Originality/value: The value of the study is that it is the primary and original research in the area of mindfulness and psychological capital to conduct a bibliometric analysis and science mapping in this area of research.</p> <p>Doi: https://doi.org/10.26668/businessreview/2023.v8i3.1367</p>

ORGANIZAÇÕES CONSCIENTES: UM ESTUDO BIBLIOMÉTRICO PARA FORNECER INSIGHTS SOBRE A INTERAÇÃO ENTRE ATENÇÃO PLENA E CAPITAL PSICOLÓGICO NO LOCAL DE TRABALHO

RESUMO

Objetivo: O objetivo deste estudo é identificar os pesquisadores, instituições e tendências de pesquisa mais produtivos nesta área, a fim de informar futuras pesquisas e práticas.

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Referencial teórico: A investigação sobre mindfulness e capital psicológico iniciou-se em 2002 e desempenha agora um papel crucial nas organizações. Embora haja uma quantidade consolidada de pesquisas, nenhuma análise bibliométrica foi realizada nesta área de pesquisa.

Desenho/metodologia/abordagem: Os dados foram extraídos do banco de dados Scopus e analisados usando o visualizador VOS 1.6.17. O objetivo deste estudo é analisar 1.336 artigos por meio de uma revisão bibliométrica. O estudo retrospectivo descritivo foi realizado por meio de mapeamento científico e análise bibliométrica.

Resultados: Os resultados mostram o crescimento exponencial em mindfulness e capital psicológico que tem sido feito nos últimos cinco anos e os autores, países, revistas da comunidade científica que contribuíram para esta área de pesquisa. A pesquisa ao longo de duas décadas foi dividida em três etapas, destacando o aumento de sua visibilidade e produtividade nos últimos anos, e analisadas de acordo com as publicações, citações, periódicos, artigos, autores, análise de palavras-chave e distribuição geográfica dos trabalhos publicados.

Pesquisa, implicações práticas e sociais: Este estudo fornece uma visão geral da pesquisa na área de psicologia positiva no contexto organizacional. Isso ajuda os pesquisadores a entender a importância da atenção plena e do capital psicológico nas organizações.

Originalidade/valor: O valor do estudo é que é a pesquisa primária e original na área de mindfulness e capital psicológico para realizar uma análise bibliométrica e mapeamento científico nesta área de pesquisa.

Palavras-chave: Atenção Plena, Capital Psicológico, Psicologia Positiva, Análise Bibliométrica, Mapeamento Científico, Psicologia Organizacional.

ORGANIZACIONES CONSCIENTES: UN ESTUDIO BIBLIOMÉTRICO PARA PROPORCIONAR INFORMACIÓN SOBRE LA INTERACCIÓN ENTRE LA ATENCIÓN PLENA Y EL CAPITAL PSICOLÓGICO EN EL LUGAR DE TRABAJO

RESUMEN

Propósito: El propósito de este estudio es identificar los investigadores, las instituciones y las tendencias de investigación más productivas en esta área, a fin de informar la investigación y la práctica futuras.

Marco teórico: La investigación sobre mindfulness y capital psicológico comenzó durante 2002 y ahora juega un papel crucial en las organizaciones. Aunque existe una cantidad consolidada de investigación, no se ha realizado ningún análisis bibliométrico en esta área de investigación.

Diseño/metodología/enfoque: Los datos se extrajeron de la base de datos Scopus y se analizaron con el visor VOS 1.6.17. El propósito de este estudio es analizar 1.336 artículos a través de una revisión bibliométrica. El estudio descriptivo retrospectivo se realizó mediante cartografía científica y análisis bibliométrico.

Conclusiones: Los resultados muestran un crecimiento exponencial en mindfulness y capital psicológico que se ha realizado en los últimos cinco años y los autores, países, revistas de la comunidad científica que contribuyeron a esta área de investigación. La investigación a lo largo de dos décadas se ha dividido en tres etapas, destacando el aumento de su visibilidad y productividad en los últimos años, y analizada según las publicaciones, citas, revistas, artículos, autores, análisis de palabras clave y distribución geográfica de los trabajos publicados.

Implicaciones de investigación, prácticas y sociales: este estudio proporciona una descripción general de la investigación en el área de la psicología positiva en el contexto organizacional. Esto ayuda a los investigadores a comprender la importancia del mindfulness y el capital psicológico en las organizaciones.

Originalidad/valor: El valor del estudio es que es la investigación primaria y original en el área de mindfulness y capital psicológico para realizar un análisis bibliométrico y un mapeo científico en esta área de investigación.

Palabras clave: Consciencia, Capital Psicológico, Psicologia Positiva, Análisis Bibliométrico, Mapeo de Ciencias, Psicología Organizacional.

INTRODUCTION

Everyone in the workplace wants an achievement, but many professionals stick to their beliefs in being very tough and forcing themselves in others' way to get the work done or reach their objectives successfully. We must also be aware of the (power) disparities that determine people's specific positions in the workplace, as well as how society and structural factors

influence people's work experiences and career trajectories (Bal et al., 2019). They believe that they need to be very tough to get the best or reach the top. This approach is very harmful and has adverse impact physically and mentally, resulting in stress, anxiety, physical illness, and depression (Baron et al., 2018). The positive aspect includes the current findings of the research in the aspects of neurological and psychological fields, which shows the various views of the compassionate and mindful approach. Overall, some benefits of mindfulness have been scientifically shown by (Baron et al., 2018), which includes, Increasing wellbeing and reduction of stress; Increasing productivity and focus; Increasing the rate of innovation and creation; Better focus on the client service and the customers; Improving the communication skills, Fostering the collaboration and the teamwork.

Mindfulness, defined as a state of conscious awareness that results from living in the present moment, has numerous advantages. Mindfulness is linked to better stress management, positive affect and wellbeing, and a lower fear of judging others (Baas et al., 2020). Mindfulness is a tool that enhances the functions of the technical designs and the mental state effectiveness. It is very much developing the skills for being more focused in the moment of awareness and taking up off perspectives on various things which are technical training that can be applied skilfully in the workplace and can be demonstrated for enhancing clarity, communication, creativity, teamwork, and focus as well as the sense of wellbeing. In the case of a professional HR of an organization, there have been several availabilities of the opportunities which touch the light through which the first sessions can be run smoothly without the interruptions in the training sessions, and for those who are in the middle of the training sessions (Eby et al., 2019).

The second strategy that can be applied is changing the applied facilities in the program and is the second association for HR, which can be a colossal approach for engaging groups both in the application and in the personal aspects of the workplace. This reviews the policies and norms of the workplace together for maximising the potential of awareness and focus in the middle of the meeting of the etiquette, planning, emails, and many more. This has been typically an organization's vision for the transformation of the workplace and the cultural conditions (Petchsawang & McLean, 2017). However, nowadays, the workplace has various barriers in the way of cultivation where the conditions for the climate have the mindfulness for the ability to flourish the opportunities to the organization's workers. Therefore, there must be a chance of integrating the workplace and the meetings for setting up the space in the employees' brains constantly changing the direction and the distraction of the organization.

There should be an advanced technological method for making a proper design that can make the expectation of the workers more productive, giving peace to their minds and

increasing their motivational power inside them. Moreover, by having good and productive communication and interaction through emails, they can recognise their working policies required for the rest and focus, making a huge difference in their working quality (Petchsawang & McLean, 2017).

From the Potential Project, it has been statistically shown that about 47 percent of the period suggestions have been drawn for the equal level of the training in mindfulness for the workers in the organization, which can make a productive and meaningful distinction in the production of the business, be it big or small (Petchsawang & McLean, 2017).

Psychological capital enhances the major construction of the organization having a positive behaviour, emphasising the needs for the people initiating them to approach for positive research of organizational and individual performance (Luthans et al., 2007a, 2007b; Luthans & Youssef, 2004). The theoretical proposals have the high order factor containing the hope and the substantial implications of resilience and efficacy and the attitudes of work-related behaviours and performance outcomes. Investigating the organizations for developing employees of the psychological capital proves to be an open and measurable challenge and the authentic leadership of the psychological capital and the development interventions (Burhanuddin et al., 2019; Jabeen & Munir, 2018; Raza et al., 2022).

There is a need for the training across the variety of industries to the employees suggesting the psychological capital, which can best understand several perceived symptoms of stress and the intentions for quitting the behaviours of job search. The plans and strategies aimed at developing and leveraging the employees' psychological capital help them cope with the stress in the organization (Gupta & Shaheen, 2017). According to (Rigby & Ryan, 2018). Even though, among clinicians, whether positive brain science is sans culture or socially established is disputed.

The workforce and the stress in life are not at all an exception. For stress, an American Institute has done some research and concluded that nearly 80 percent of the workers in America said that the main reason for stress is their work. However, most workers mentioned a need to learn to manage stress better (Chen & Eyoun, 2021).

There are several tasks that HR needs to look after in their profession, which gears them to look into their flaws and negativities. Often, an issue arises when HR tries to help the workers and maintain the obligations in the workplace at the same time. There is a considerable requirement for competencies for the HR profession that could give a wide range of ideas about emotional intelligence to analyze the problematic side of effective communication (Kroon et

al., 2017). This could be an extensive learning of balancing the stress tactfully and overwhelming progress in handling the stress skilfully in a workplace.

The human mind is skilful and can look and scan for physical, financial, and social dangers. Accordingly, when these dangers are perceived and focused, then it is locked in the form of experience or the situation. These can be very much helpful at some point. However, there was a lack of awareness among the workers and in their bodies and mind which makes them unable to do the work with full conscious decisions in the manner of an act which can help them to be more productive and helpful against the reaction of the experience and the situation automatically (Kroon et al., 2017). This mindfulness or awareness permits the workers to take charge of their lives and initiate the movement of the direction against the opposed decision, not just to get tired of the negative emotions of the state of mind.

Bibliometric analysis is a primarily established method for depicting the current state and study patterns of a certain area, updating knowledge, or highlighting the most cited sources, authors, organizations, and territories in the field (Jacimovic et al., 2021; Kandoth & Shekhar, 2022; Mendes et al., 2022). To capture the progress and its spread, it is crucial to understand the scientific production of Evolution in certain area of research (Gontijo & Alves, 2019). Science mapping combines the use of a bibliometric map and a spatial representation (de Araújo & da Silva Carneiro Jr, 2020).

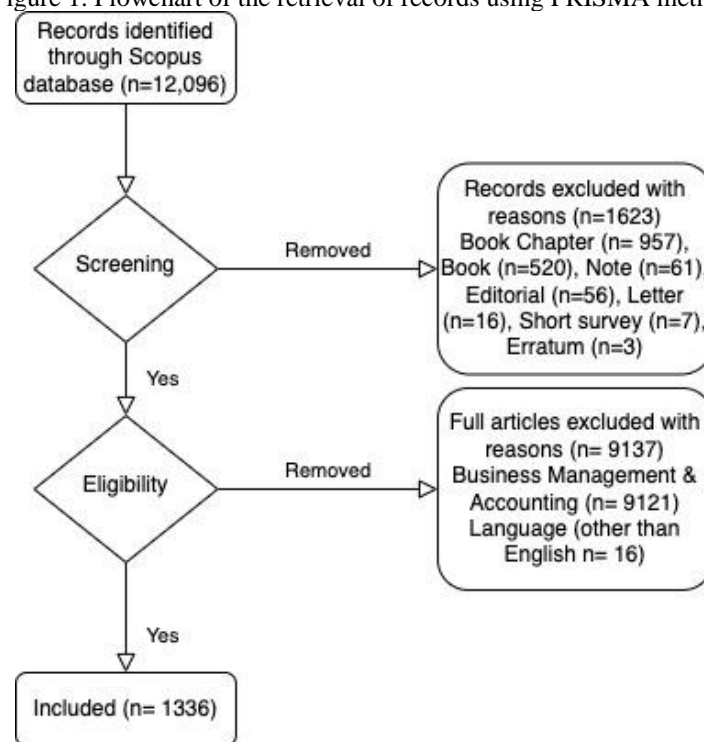
METERIALS AND METHODOLOGY

A descriptive retrospective study has been conducted using science mapping and bibliometric analysis. This research has used the PRISMA method to identify, screen, and eligibility the articles needed for the study.

Data collection

On 20th November 2022, the data has been extracted from Elsevier - Scopus database with the search terms ALL ("mindfulness" AND ("psychological capital" OR "positive organizational psychology" OR "psycap" OR "positive psychology")) AND (LIMIT-TO (DOCTYPE, "ar") OR LIMIT-TO (DOCTYPE, "re") OR LIMIT TO (DOCTYPE, "cp")) AND (LIMIT-TO (SUBJ-AREA, "BUSI")) AND (LIMIT-TO (LANGUAGE, "English")). The total number of documents identified at the initial stage was 12,096 documents. After identifying the related documents, the following articles are excluded based on the PRISMA method as shown in Fig.1.

Figure 1. Flowchart of the retrieval of records using PRISMA method



Source: Prepared by authors (2023)

In the screening stage, 1623 articles were excluded from the records. This includes book chapters (n=957), book (n=520), note (n=61), editorial (n=56), letter (n=16), short survey (n=7), Erratum (n=3). A total of 10,473 articles have been included at this stage. In the eligibility stage, a total of 9,121 articles have been excluded from the records. At this stage, we have excluded the articles which are not related to Business, Management, and Accounting (n=9,121) and articles other than the English language (n=16). At this stage, 1,336 full-length articles were included after using the PRISMA method.

Data Analysis

Scopus database was used to extract the data related to the authors, their affiliations according to their institution and country, publication years, citations of the articles, their scientific categories, the metrics of the journals, which includes SNIP (source normalised impact per paper) and SJR (scimago journal ranking).

Ms-Excel 16.52 has been used to conduct the descriptive study using the data extracted from the Scopus database. Ms-Excel is used to create graphs of total citations and publications. It is also used to create a geographical representation of the publications based on the data extracted. We have organised the data according to the source, total publications, total citations,

cite score, SNIP (source normalised impact per paper), SJR (scimago journal ranking), and calculating the citations per publication in a tabular form.

These articles were analyzed and science mapped using the bibliometric analysis method and VOS viewer 1.6.17. The data extraction has been made using VOS viewer to create a network map of authors and co-authorships and the network map of keywords and keywords, plus find the keywords co-occurrence. These maps obtain clusters and network maps on the collaborative network of the authors and cooperation by countries in the articles published. These networks consist of nodes and links. Nodes represent the authors, keywords, affiliations (institutions or countries), and documents, whereas links denote the nodes' relationships. The size of the node represents the frequency, and the colour of the node represents the clusters of the actors. The same colour of the nodes represents the authors, keywords, documents, and affiliations in the same cluster.

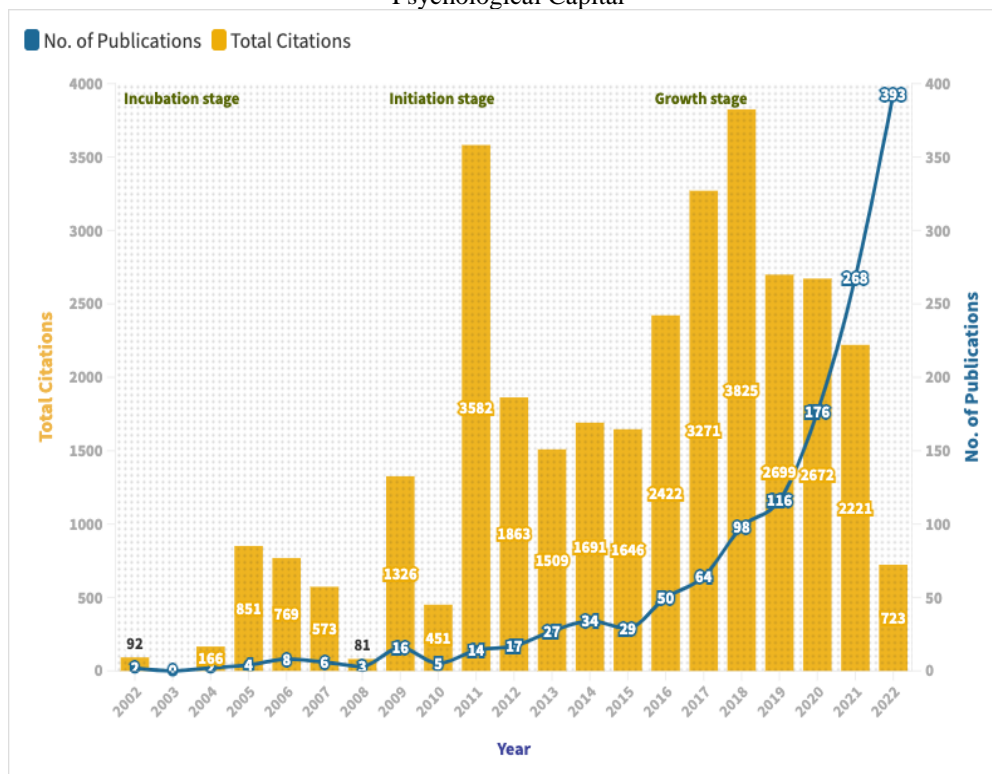
RESULTS AND DISCUSSION

Chronometric distribution of the articles published and citations received

In the past 21 years, the research in mindfulness and psychological capital has increased exponentially. There are 64 articles with more than 100 citations per paper. The research has been segregated into three stages based on the publications. The research among mindfulness and psychological capital collectively have been started in the year 2002 with the works of Bryce & Haworth, (2002) "Wellbeing and flow in sample of male and female office workers" and Geller, (2003) "Organizational behaviour management and industrial/ organizational psychology: Achieving synergy by valuing differences". During the incubation period from 2002 and 2008, there were 25 ($m = 3.57$ works per year) articles in mindfulness and psychological capital with 2179 citations ($m = 101.28$ citations per paper).

The second phase is initiation (2009 to 2015), which clearly shows the first increase in the number of publications ($m = 20.14$ works per year), with the total citations of 12,068 ($m = 84.98$ citations per paper). The highest cited paper is published in this period by Smith & Lewis, (2011) "Toward a theory of paradox: A dynamic equilibrium model of organising", with 1737 citations. The third phase is the growth stage (2016 to 2022), which has the highest growth rate ($m = 166.43$ works per year), with 1,165 works and 17,833 citations ($m = 15.31$ citations per paper). There is a continuous increase in the works over these three phases, but the citations per paper are decreased in these phases.

Figure 2. Chronometric distribution of the articles published and citations received in Mindfulness and Psychological Capital



Source: Prepared by authors (2023)

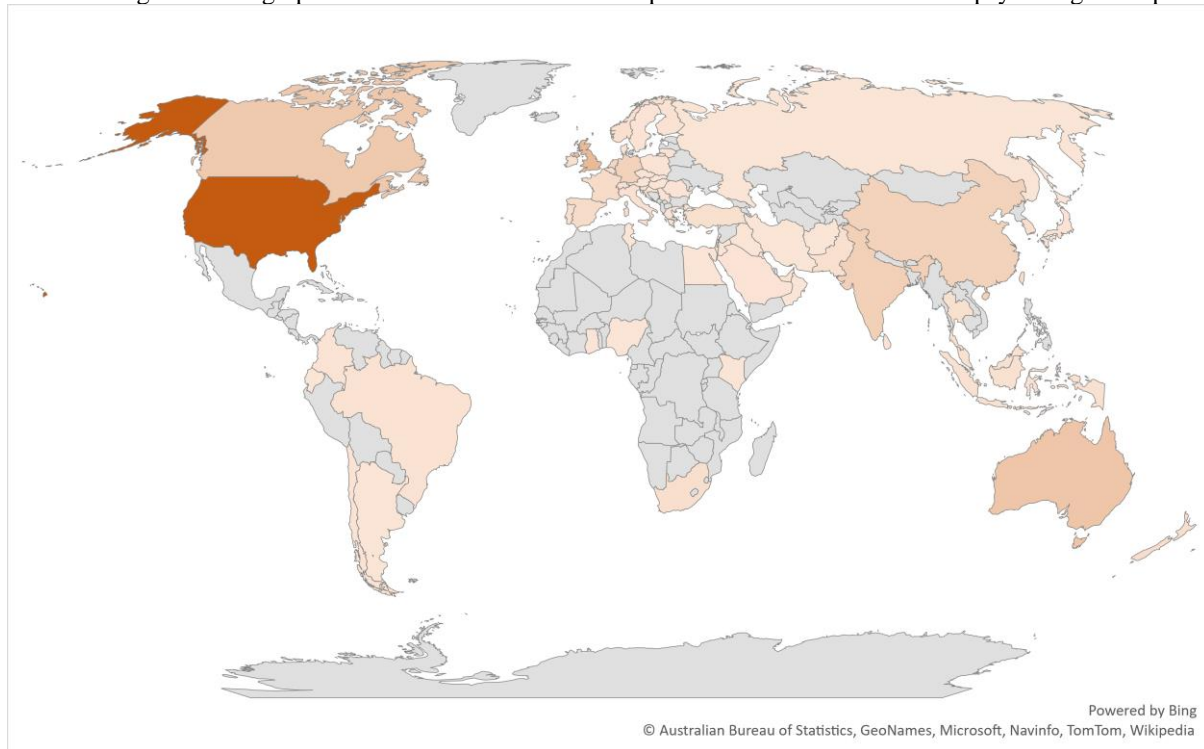
Geographical representation of the articles published on mindfulness and psychological capital

There are 84 countries that have contributed to mindfulness and psychological capital. Out of which only 35 countries have contributed more than 10 works from 2002 to 2022. Top countries that contributed most of the works were the United States (No. of publications - 438, Overall contribution - 22.55%), United Kingdom (No. of publications - 143, Overall contribution - 7.36%), China (No. of publications - 139, Overall contribution - 7.15%), India (No. of publications - 127, Overall contribution - 6.54%), Australia (No. of publications - 124, Overall contribution - 6.38%), Canada (No. of publications - 97, Overall contribution - 4.99%), Germany (No. of publications - 62, Overall contribution - 3.19%), Pakistan (No. of publications - 50, Overall contribution - 2.57%), Netherlands (No. of publications - 45, Overall contribution - 2.31%), France (No. of publications - 40, Overall contribution - 2.06%) and Spain (No. of publications - 40, Overall contribution - 2.06%).

The impact of the works on the scientific community, the countries that received the highest number of citations are United States ($m = 18,763$, contribution - 39.04%), United Kingdom ($m = 3,862$, contribution - 8.03%), Canada ($m = 3,276$, contribution - 6.81%), Australia ($m = 3,170$, contribution - 6.59%), France ($m = 2,202$, contribution - 4.58%),

Netherlands ($m = 1,787$, contribution - 3.71%), Germany ($m = 1,635$, contribution - 3.40%), Israel ($m = 1,592$, contribution - 3.31%), Belgium ($m = 1,248$, contribution - 2.59%), China ($m = 1,119$, contribution - 2.33%), India ($m = 928$, contribution - 1.93%), and Singapore ($m = 616$, contribution - 1.28%).

Figure 3. Geographical distribution of the articles published on mindfulness and psychological capital

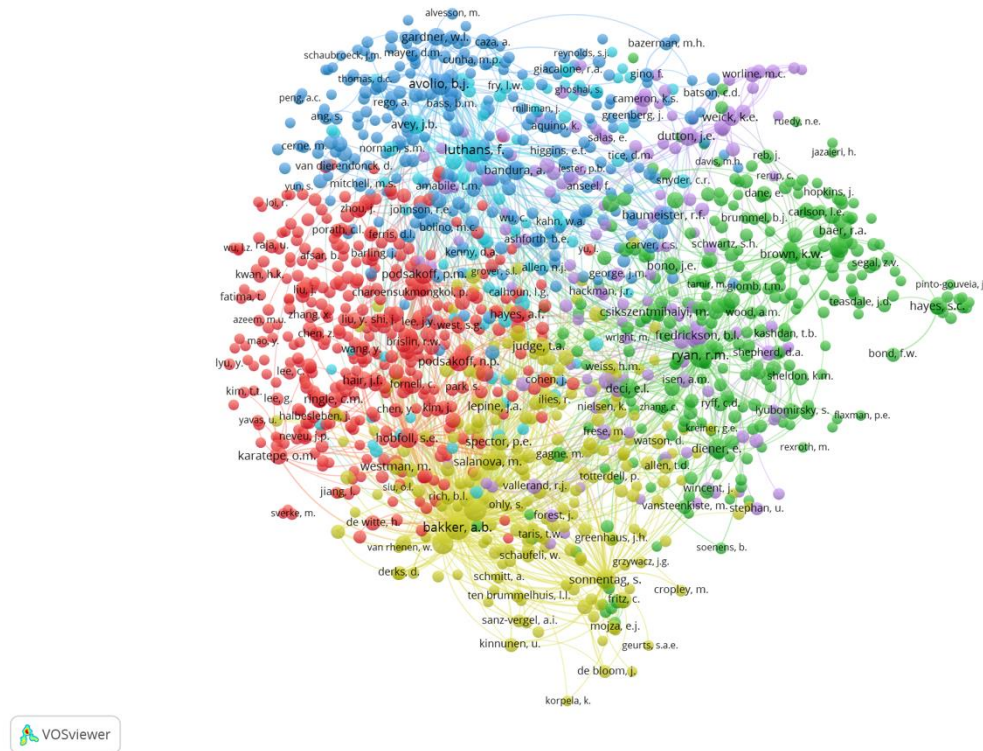


Source: Prepared by authors (2023)

Co-citation network for the authors in mindfulness and psychological capital and their clusters

The intellectual structure of the knowledge base on mindfulness and psychological capital has been analyzed using the co-citation network for the authors and their clusters. Among 1,01,622 authors with a minimum of 30 citations have been selected (1,374). Six clusters have been created according to the co-citation network analysis. Cluster 1 consists of 382 authors, cluster 2 consists of 291 authors, cluster 3 consists of 262 authors, cluster 4 consists of 210 authors, cluster 5 consists of 148 authors, and cluster 6 consists of 81 authors.

Figure 4. Co-citation network for the authors in mindfulness and psychological Capital and their clusters.



Source: Prepared by authors (2023)

The authors who contributed highest includes Bakker A.B (1,537 citations and 1,90,073 links), Luthans F (1,247 citations and 1,37,417 links), Ryan R.M (1146 citations and 1,11,680 links), Schaufeli W.B (909 citations and 1,09,890 links), Demerouti E (814 citations and 1,04,096 links), Avolio B.J (759 citations and 87,843 links), Hobfoll S.E (662 citations and 79,970 links), Sonnentag S (661 citations and 91,218 links), Deci E.L (649 citations and 65,340 links), and Fredrickson B.L (645 citations and 65,694 links).

Keyword co-occurrence analysis

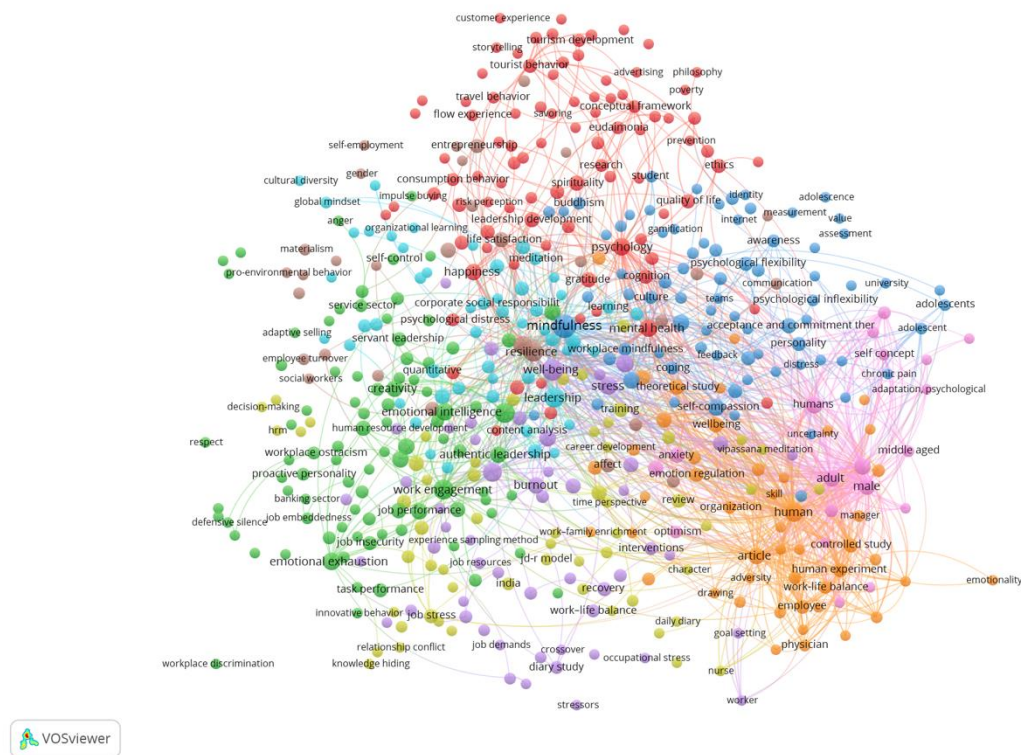
From over 1,336 articles, 4,178 author keywords and keywords plus have been analyzed using the keyword co-occurrence analysis. Out of which, 87.60 percent (3,660) of the keywords have appeared only once or twice. Only 12.39 percent (518 keywords) have appeared more than three times. In addition, all the keywords extracted using VOS viewer have been observed and modified to remove duplications and to group single-meaning words (employees to employee and well-being into wellbeing).

The most appeared keywords include mindfulness (150), well-being (77), work engagement (66), resilience (65), leadership (60), psychological capital (57), human (55), covid-19 (47), self-compassion (45), job satisfaction (44), stress (41), life satisfaction (39),

psychology (37), emotional exhaustion (36), emotional intelligence (31), mental health (31), authentic leadership (30), creativity (30), burnout (30), happiness (27), workplace spirituality (27), motivation (23), emotions (23), engagement (22), spirituality (21), psychological well-being (19), self-efficacy (19), and anxiety (18).

The effect of the global pandemic covid-19 has influenced the research in the areas of psychological capital and mindfulness. The use of keywords like mindfulness was used

Figure 5. Diagram of co-occurrence of keywords



Source: Prepared by authors (2023)

Most productive journals in mindfulness and psychological capital

Among 159 journals that have published the research in mindfulness and psychological capital, 59 journals have published more than 5 works. Journal of Contextual Behavioural Science has published most works with 51 total publications (TP), 566 total citations (TC) with cite score of 4.9 and source normalised impact per paper (SNIP) of 1.45 and scimago journal ranking (SJR) of 1.272, International Journal of Hospitality Management with TP (31), TC (641), cite score (12.9), SNIP (2.621) and SJR (2.512). Journal of Business Ethics with TP (31), TC (812), cite score (10.8), SNIP (2.863) and SJR (2.438). Journal of Organizational Behaviour with TP (30), TC (878), cite score (11.6), SNIP (3.786), and SJR (3.88).

Table.1 Most productive journals in mindfulness and psychological capital

Source	TP	TC	CPP	Cite Score	SNIP	SJR
Journal of Contextual Behavioral Science	51	566	11.098	4.9	1.45	1.272
International Journal of Hospitality Management	31	641	20.677	12.9	2.621	2.512
Journal of Business Ethics	31	812	26.194	10.8	2.863	2.438
Journal of Organizational Behavior	30	878	29.267	11.6	3.786	3.88
Personnel Review	24	275	11.458	4.6	1.399	0.891
International Journal of Contemporary Hospitality Management	21	230	10.952	11.1	2.042	2.288
Journal of Business and Psychology	21	257	12.238	9	3.307	3.093
Journal of Occupational and Organizational Psychology	21	1579	75.19	6.8	1.934	1.971
European Journal of Work and Organisational Psychology	17	422	24.824	6.1	2.089	1.66
Journal of Hospitality and Tourism Management	16	124	7.75	6.5	2.135	1.611
Journal of Management, Spirituality and Religion	16	337	21.063	3.5	0.864	0.626

Notes: TP = total publications; TC = total citations; CPP = Citations per publication; SNIP = Source normalized impact per paper; SJR = Scimago journal ranking

Source: Prepared by the authors (2023)

Followed by the Personnel Review with TP (24), TC (275), cite score (4.6), SNIP (1.399), and SJR (0.891). International Journal of Contemporary Hospitality Management with TP (21), TC (230), cite score (11.1), SNIP (2.042) and SJR (2.288). Journal of Business and Psychology with TP (21), TC (257), cite score (9), SNIP (3.307), and SJR (.093). Journal of Occupational and Organizational Psychology with TP (21), TC (1579), cite score (6.8), SNIP (1.934), and SJR (1.971). European Journal of Work and Organizational Psychology with TP (17), TC (422), cite score (6.1), SNIP (2.089), and SJR (1.66). Journal of Hospitality and Tourism Management with TP (16), TC (124), cite score (6.5), SNIP (2.135), and SJR (1.611). Finally, Journal of Management, Spirituality, and Religion with TP (16), TC (337), cite score (3.5), SNIP (0.864), and SJR (0.626).

Among these journals the Journal of Occupational and Organizational Psychology has the highest citations per publication (n=1579), followed by Journal of Organizational Behaviour (n=878), Journal of Business (n=812), and Ethics and Journal of Hospitality and Tourism Management has lowest citations per publication (n=124) as shown in the Table.1.

CONCLUSION

This work has analyzed the evolution of the research in mindfulness and psychological capital. Only few or no studies have conducted an in-depth bibliometric analysis in this research area. However, the research in positive psychology began in 1904, and mindfulness started in 1916; the interrelation among these two variables was started in 2002. Therefore, this bibliometric analysis has made few conclusions.

Over the past 21 years, 3,340 authors from 96 countries around the globe have contributed to this research area. Over the past five years, the research has been exponentially growing in this research area. Mainly there is an tremendous increase in the research after the pandemic of Covid-19 outbreak. This period has created lot of chaos in the global working environment. The trendline in the research compared to the past 2 decades has been multiplied during this period. The increase in the spread of the virus and the global lockdown by the individual countries has been extremely impacted on the daily routine of the individuals and also temporarily effected the business operations.

This initially shown its direct impact on the efficacy, hope, and optimism of the work-force. Then, gradually the organizations and its work-force has developed alternative plans to continue their business with resilient nature and also regenerated the hope and efficacy with the optimistic viewpoint. By analysing the keywords, the usage of mindfulness (150), well-being (77), work engagement (66), resilience (65), leadership (60), psychological capital (57), human (55), covid-19 (47), self-compassion (45), job satisfaction (44), stress (41), life satisfaction (39), psychology (37), emotional exhaustion (36), emotional intelligence (31), mental health (31), authentic leadership (30), creativity (30), burnout (30), happiness (27), workplace spirituality (27), motivation (23), emotions (23), engagement (22), spirituality (21), psychological well-being (19), self-efficacy (19), and anxiety (18).

The most used keywords include mindfulness, human, positive psychology, and wellbeing. Over 159 journals have published these works over the years. Mostly United States, United Kingdom, and Australia have contributed more in this research area.

There are a few limitations for this study, as this study has analyzed the data extracted only from the Scopus database. The results might vary if we consider Web-of-science, Google scholar, or other databases. We have considered only Articles, reviews, and conference papers published in the subject area of business, management, and accounting in the English language. The results might vary if we change the search terms. It is also possible that a few important articles might not be reviewed with minor errors in data extraction. We have also been limited to taking the self-citations or the nature of the citations (positive or negative).

DECLARATION OF CONFLICTING INTERESTS

The authors report there is no conflict.

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