

Well-Being as a function of Perceived Stress and Mindfulness among Software Professionals in India

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The life of software professionals is rife with daily challenges and uncertainties; which affects their well-being. Therefore, it is necessary to identify personality traits which may help software professional to cope with stresses of life. Mindfulness is one of those traits which may help to cope with such stresses of professionals. Mindfulness leads to awareness of thoughts, feelings and other bodily sensations and it has been linked to numerous benefits not the least of which is improved mental well-being in addition to increased and reduced levels of stress. Practicing mindfulness in daily life is particularly helpful when faced with challenges or difficult situations.

This study seeks to analyse the impact of mindfulness on perceived stress and well-being among software professionals working in India. Mindful Attention Awareness Scale (MAAS) (Brown & Ryan, 2003), Perceived Stress Scale (Cohen et. al., 1983) and Warwick-Edinburgh Mental Well-being Scale (WEMWBS) (2006) were used to collect the data from 110 software professionals working in different software companies operating in India. The correlation design was used in the present study and mean, standard deviation, correlation coefficient and regression analyses were used to analyse the data. Mindfulness was found to be positively and significantly associated with well-being while it was found to be negatively and significantly correlated with perceived stress. Mindfulness appeared to help the software professionals to better deal with the everyday requirements and challenges of the profession and life. The implications of the findings of this study are explained and suggestions for future researches are given.

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No

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