

## **Facing Workplace Adversities With Enhanced Level Of Resilience With Mindfulness Practice As Intervention – The Study On Generation Y Employees\***

Vincent Kim Seng OH  
Multimedia University, Cyberjaya, Malaysia

Abdullah Sarwar  
Multimedia University, Cyberjaya, Malaysia

LAI Ming Ming  
Multimedia University, Cyberjaya, Malaysia

YEAP Peik Foong  
University of Newcastle, Australia

Gowrie Vinayan  
Heriot-Watt University, Putrajaya, Malaysia

Niaz PERVEZ  
Multimedia University, Cyberjaya, Malaysia

Correspondence should be addressed to: Vincent Kim Seng OH; voks79@gmail.com

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### **Abstract**

**Purpose:** This conceptual paper explores the relationship between psychological well-being and resilience using mindfulness as the mediating variable. This paper shows that with mindfulness intervention, Generation Y employees can enhance their level of resilience to face and overcome challenges in their workplace.

**Design/methodology/approach:** The author reviewed related literature by examining the relationship between psychological well-being and resilience and the positive connection with mindfulness.

**Research Implication:** This paper can guide scholars to initiate empirical studies based on enhancing the level of resilience and examining the influence of mindfulness.

**Originality/value:** This conceptual paper provides theoretical insights into the importance of resilience and shows the connection with mindfulness intervention to enhance the resilience of Generation Y employees in the workplace. This paper will deeply encourage scholars to study mindfulness intervention for enhanced workplace resiliency.

**Keywords:** Psychological well-being, Mindfulness, Resilience, Workplace, Generation Y