

Impact of Mindfulness on Perceived Employee Performance: A Study of Non-Executive Level Employees in Public Banking Sector in Gampaha District

Priyadarshani, G. H. A. M.¹ and Nishanthi, H. M.²

Even though many determinants of employee perceived performance are found in a vast literature, the mindfulness is little investigated with employee performance in Sri Lanka. Bridging the gap in the context, the current study assessed the impact of mindfulness on employee perceived performance in the public banking sector in Sri Lanka. The current study was conducted as a cross-sectional, field study among a sample of hundred and twelve non-executive level public banking employees selected from Gampaha district following the stratified simple random sampling technique. Primary data was collected through a standard questionnaire distributed via google docs through a survey. The collected data were analyzed with the support the SPSS employing correlation, regression and descriptive statistics. It is found that there is a moderate positive relationship between mindfulness and employee perceived performance, and also a positive impact of mindfulness on employee perceived performance is found. It is recommended that organizations establish mindfulness training programs to improve mindfulness of employees, which will affect their performance.

Keywords: *Perceived Employee Performance, Mindfulness*

¹ manojapriyadarshani96@gmail.com

² menaka@kln.ac.lk