

Impact of Mindfulness Training on Self-Control Behaviour: Study of Worker Level Employees in Selected Container Terminal at the Port of Colombo, Sri Lanka

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This study aims to examine the impact of mindfulness training on the self-control of worker-level employees at the selected container terminal at the port of Colombo, Sri Lanka. In addition, this study intends to contribute to filling the knowledge gap by looking into the relationship between mindfulness training and self-control. A critical literature review identified five dimensions of mindfulness training's independent variable. As per the research objectives, to test the above variables and their impact, an online questionnaire has been designed and distributed among a selected sample to collect primary data. The sample was drawn from its population using simple random sampling techniques, and it represents a diverse range of respondents based on their age, civil status, work experience, educational qualification, and so on. The collected data were analyzed using SPSS 25.0 software. It was found that mindfulness training significantly impacts self-control and there is a significant relationship between mindfulness training and self-control. Finally, it is concluded that mindfulness training is an important behavioural intention instrument to enhance self-control. Further, it is concluded that effective mindfulness training leads to increased employee self-control. It is suggested that managers establish mindfulness-based exercises in the organization. Hence, it was recommended that the selected organization should consider the employee's self-control and mindfulness training to increase the efficiency level of worker-level employees. Cross-validation of the findings of this study to be done in cross-industry or cross-container terminals comparatively among the larger sample in subsequent studies is recommended, which will add more insight to the substance of the present study.

Keywords: *Mindfulness Training, Self-Control*

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