

**COMPARATIVE ROLE OF MINDFULNESS ON SUBJECTIVE WELL-BEING OF BUSINESSMEN AND PROFESSIONALS**

**Dr. Lav Kumar Singh\*; Dr. Manish Kant\*\***

\*Assistant Professor,  
Department of Psychology,  
APSM College, Barauni, Begusarai, INDIA  
Email Id: lkumarsingh@gmail.com

\*\*Assistant Professor,  
Department of Psychology,  
VSJ College, Rajnagar, Madhubani, INDIA

**DOI: 10.5958/2249-7137.2026.00007.9**

---

**ABSTRACT**

*The present study aimed to examine the comparative role of mindfulness on subjective well-being among businessmen and professionals. In the current fast-paced and competitive lifestyle, working adults frequently experience stress, mental burden and reduced life satisfaction. Mindfulness, which refers to present moment awareness and non-judgemental attention, is considered an important positive psychological factor that may enhance subjective well-being. A descriptive research design was used for the study. The sample consisted of 150 participants including 80 businessmen and 70 professionals with an average age of 41 years. Participants were selected through purposive and snowball sampling techniques. Data were collected using the Mindful Attention Awareness Scale (MAAS) and the Satisfaction With Life Scale (SWLS). Statistical analysis included mean, standard deviation, independent sample t-test, Pearson correlation and regression analysis. Results indicated that businessmen scored significantly higher than professionals in mindfulness as well as subjective well-being. Further, mindfulness showed a significant positive correlation with subjective well-being in both groups. Regression findings revealed that mindfulness significantly predicted subjective well-being among businessmen and professionals, though the predictive strength was stronger in businessmen. The findings suggest that mindfulness can be considered as a supportive psychological resource for improving well-being in occupational groups, and mindfulness-based practices may be useful in stress management and mental health promotion programs.*

**KEYWORDS:** *Mindfulness, Subjective Well-Being, Businessmen, And Professionals.*

---

**REFERENCES**

1. Baer, R. A., Smith, G. T., Hopkins, J., Krietemeyer, J., & Toney, L. (2006). Using self-report assessment methods to explore facets of mindfulness. *Assessment, 13*(1), 27–45. doi:10.1177/1073191105283504
  2. Baron, R. A., Franklin, R. J., & Hmieleski, K. M. (2016). Why entrepreneurs often experience low, not high, levels of stress: The joint effects of selection and psychological capital. *Journal of Management, 42*(3), 742–768. doi:10.1177/0149206313495411
-

3. Brown, K. W., & Ryan, R. M. (2003). The benefits of being present: Mindfulness and its role in psychological well-being. *Journal of Personality and Social Psychology*, 84(4), 822–848. doi:10.1037/0022-3514.84.4.822
4. Diener, E. (1984). Subjective well-being. *Psychological Bulletin*, 95(3), 542–575. doi:10.1037/0033-2909.95.3.542
5. Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The Satisfaction With Life Scale. *Journal of Personality Assessment*, 49(1), 71–75. doi:10.1207/s15327752jpa4901\_13
6. Hülshager, U. R., Alberts, H. J. E. M., Feinholdt, A., & Lang, J. W. B. (2013). Benefits of mindfulness at work: The role of mindfulness in emotion regulation, emotional exhaustion, and job satisfaction. *Journal of Applied Psychology*, 98(2), 310–325. doi:10.1037/a0031313
7. Kabat-Zinn, J. (1990). *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness*. Delacorte.
8. Kabat-Zinn, J. (1994). *Wherever you go, there you are: Mindfulness meditation in everyday life*. Hyperion.
9. Lyubomirsky, S., King, L., & Diener, E. (2005). The benefits of frequent positive affect: Does happiness lead to success? *Psychological Bulletin*, 131(6), 803–855. doi:10.1037/0033-2909.131.6.803
10. Maslach, C., & Leiter, M. P. (2016). Understanding the burnout experience: Recent research and its implications for psychiatry. *World Psychiatry*, 15(2), 103–111. doi:10.1002/wps.20311
11. Ryan, R. M., & Deci, E. L. (2000). Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being. *American Psychologist*, 55(1), 68–78. doi:10.1037/0003-066X.55.1.68.
12. Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: The PANAS scales. *Journal of Personality and Social Psychology*, 54(6), 1063–1070. doi:10.1037/0022-3514.54.6.1063