

A Bibliometric Analysis on Mindfulness

¹ Viniksha Verma, ² Vandana Singh

¹ Research Scholar, Haryana School of Business, Guru Jambheshwar University of Science and Technology, Hisar, India

² Associate Professor, Haryana School of Business, Guru Jambheshwar University of Science and Technology, Hisar, India

Email: ¹ vinikshaverma003@gmail.com, ² vandana10march@gmail.com

Abstract: *The practice of mindfulness is the ability to be mindful of the job you are doing and to be in the present moment. Through bibliometric analysis of the articles published in the field of management, this study seeks to investigate the mindfulness aspect. Data is gathered from the Scopus database for this purpose, and 643 articles in total were shortlisted after the data was filtered based on several article selection criteria. Biblioshiny software (R Studio) is used to do many analyses, including keyword analysis, publishing trends, the most important authors, the most influential sources, the most referenced countries, and the most significant articles.*

Keywords: *Mindfulness, mindful, conscious, bibliometric analysis, keyword analysis.*

1. INTRODUCTION:

Mindfulness is based on the primary Buddhist meditation method, vipassana, which translates to “to see things as they really are,” is a technique for developing mental discipline that involves paying close attention to thoughts, feelings, and physical sensations without reacting to them (Delgado-Pastor et al., 2013). According to Ericson et al. (2014), mindfulness is simply being conscious of what is happening both inside and outside of ourselves, without ignoring information or emotions that we don't find appealing or do not want to be true. Brown & Ryan (2003) explained that mindfulness is most typically described as the condition of being aware of and attentive to what is happening in the moment.

Being mindful entails being able to articulate one's subjective experience as well as being conscious of oneself and the surroundings in the here and now without passing judgment or unintentionally responding (Baer et al., 2006). Another way to think of mindfulness is as a psychological characteristic that describes the propensity to be mindful in day-to-day interactions (Brown & Ryan, 2003). When practicing mindfulness, a person focuses on their feelings, thoughts, and physical sensations as well as their external experiences-such as noises and visual events-without automatically responding to or passing judgment on them (Segal et al., 2002). The self-regulation of attention (consciousness) toward the present experience and an attitude of inquiry, openness, and acceptance of the present experience are the two basic components of mindfulness that have been identified in recent clinical studies (Delgado-Pastor et al., 2013).

According to Van Dam et al. (2017), over the last 20 years, mindfulness has quickly gained attention in a wide range of psychological science, including educational psychology, clinical, social, organizational, and cognitive science, among many others. Meditation, a sort of mindfulness practice, has grown in popularity recently among non-clinical populations seeking to enhance their wellness and lower stress levels (Chiesa & Serretti, 2009). There is mounting evidence that mindfulness-based therapies can effectively lower depression and increase positive feelings in both clinical and nonclinical groups (Teasdale et al., 2000; Tang et al., 2007; Williams, 2008). Businesses are using mindfulness more and more to assist their staff members in managing stress, improving their emotional intelligence, and reaching their full leadership potential (Reb et al., 2016). Mindfulness is regarded as a personal tool that aids in stress management by motivating workers to focus on the here and now rather than on problems and results that are out of their control (Grover et al., 2017). Mindfulness can also be used in the aspect of students or regarding the people who tend to learn something as students who receive mindfulness training may find that they learn more effectively and become more involved in the school community (Leland, 2015).

Regular mindfulness practice has been demonstrated to provide favorable results like greater life satisfaction, better sleep, and more self-awareness in addition to lowering stress and enhancing psychological wellness (Kabat-Zinn, 2003; Fredrickson et al., 2008). Since mindfulness is becoming increasingly crucial, this study uses bibliometric analysis to try to shed light on the research that has been done on mindfulness in the subject area of management. The thoroughness and objectivity of reviews made possible by bibliometric analysis have made it popular among scholars in recent years (Zupic & Cater, 2015; Donthu et al., 2021).

2. METHODOLOGY:

The Scopus Database, one of the largest abstract and citation databases, provided the data for this study by indexing a vast number of reputable journals from various databases. The keyword “mindfulness” was used to search the data for publications related to this study. The keyword was searched inside the article titles, yielding 16,803 documents on 4 December, 2024. Since the goal of the study was to examine the phenomena of “mindfulness” in the management area, the documents were sorted by subject area, and only those pertaining to “business, management, and accounting” were included in the analysis, which produced 907 studies. Only documents that were articles and were published in journals, and articles in the English language, were included in order to eliminate irrelevant articles, leaving 643 articles for the bibliometric analysis.

3. RESULTS AND FINDINGS:

3.1 Primary Information

Primary Information shows the statistical data about the articles considered for this study. Table 1 shows that 643 articles were published between 2003 and 2024. These articles were published by 296 journals. A total of 38,528 references and 1780 author keywords were found in these articles, which were written by 1680 authors, only 98 of whom were single-authored.

Table 1: Primary Information

Main Information	Results
Documents	643
Time-span	2003:2024
Sources	296
References	38,528
Author's Keywords	1780
Authors	1680
Single-authored docs	98

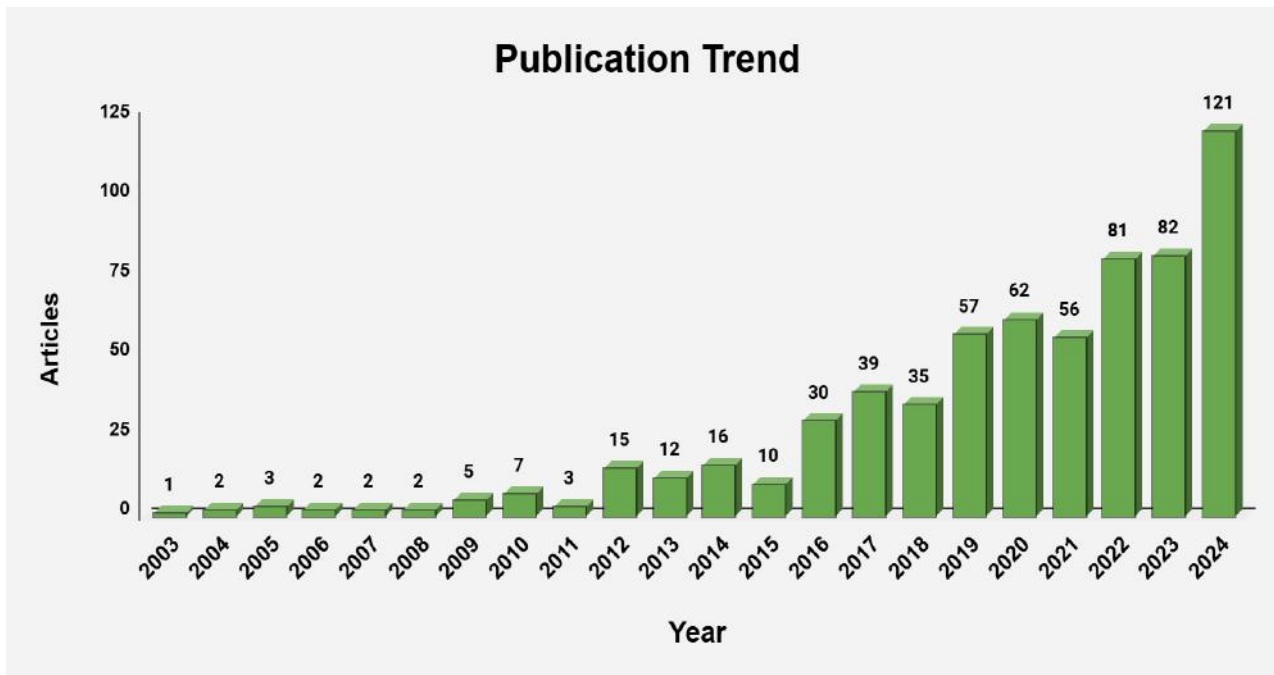
Source: Author’s own analysis using R Studio

3.2 Publication Trend

As shown in Figure 1, the Scopus database indicates that the first mindfulness article published in the subject area of management dates back to 2003. Based on the statistics collected, the yearly growth rate is 25.66%. With 121 publications published in 2024, the year had the most published articles since 2003. The quantity of publications published in 2024 alone makes up almost 19% of all articles published up to that point. It is also certain that the overall number of articles created had increased significantly.

3.3 Most Influential Sources

Based on the journals found according to the papers included in this study, Table 2 lists the top ten most influential journals. With 37 articles on mindfulness, the “Journal of Contextual Behavioral Science” is the most influential journal. However, with 15 publications on mindfulness, the “International Journal of Stress Management” and the “Journal of Business Research” come in second on the list.



Source: Author’s own analysis using Excel

Figure 1: Publication Trend of articles on Mindfulness

Table 2: Top Ten Most Influential Sources

Sr. No.	Sources	Articles
1.	Journal of Contextual Behavioral Science	37
2.	International Journal of Stress Management	15
3.	Journal of Business Research	15
4.	Journal of Business Ethics	14
5.	Journal of Managerial Psychology	12
6.	International Journal of Hospitality Management	9
7.	Childhood Education	8
8.	Journal of Business and Psychology	8
9.	Journal of Management, Spirituality and Religion	8
10	Journal of Retailing and Consumer Services	8

Source: Author’s own analysis using R Studio

3.4 Most Significant Author

The top ten significant writers in the field of mindfulness are shown in Table 3. Of the 1680 authors identified from the publications taken into consideration for this study, Charoensukmongkol Peerayuth is the most influential, as indicated in Table 3. With 12 publications and 309 total citations, Charoensukmongkol Peerayuth has the most articles. Allen Tammy D. is at the top of this list according to total citations, with 537 citations overall, but he only has four papers, placing him in eighth place.

3.5 Most Referenced Countries

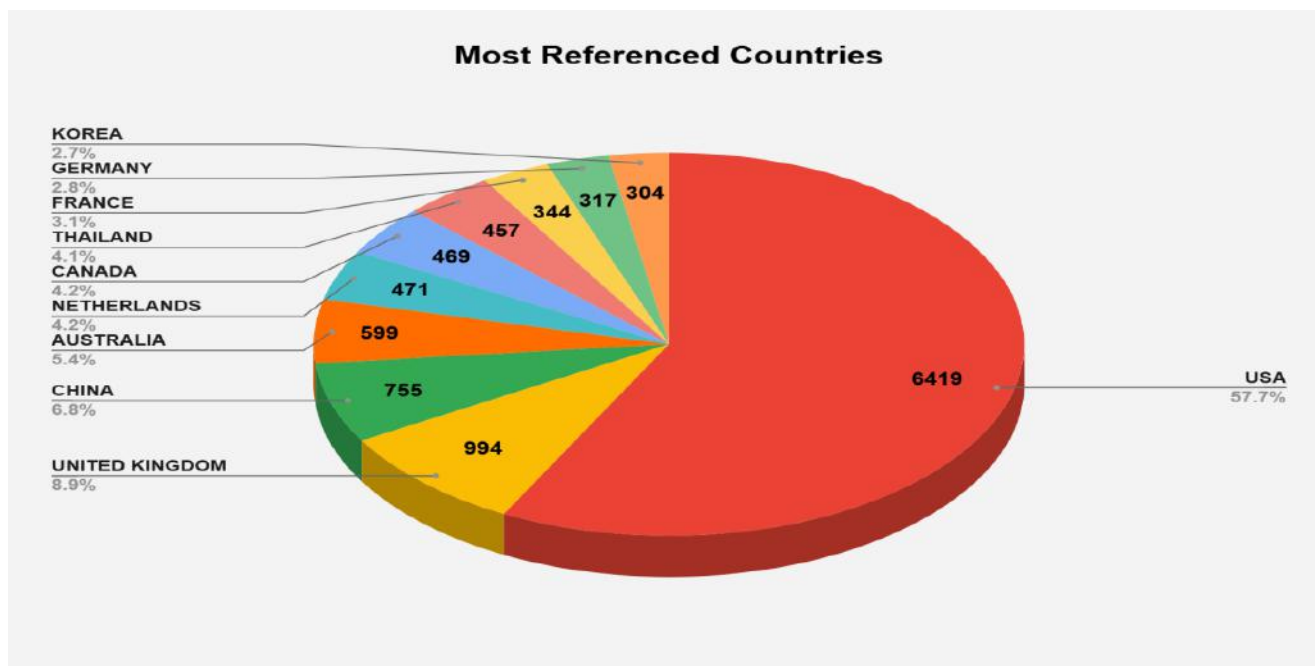
The most referenced countries are those whose publications receive a lot of citations. Figure 2 shows a pie chart of the top ten most referenced countries, and it is evident that the United States has the most citations (6,419 citations, or 57.7%

of the total citations received by the top 10 countries). The United Kingdom comes in second place with 994 citations received on publications published in the United Kingdom.

Table 3: Top Ten Significant Authors

Sr. No.	Author	Total Citations	Articles
1.	Charoensukmongkol Peerayuth	309	12
2.	Ndubisi Nelson Oly	328	7
3.	Wang Yao-Chin	66	6
4.	Aranega Alba Yela	65	5
5.	Ni Dan	46	5
6.	Vu Mai Chi	113	5
7.	Zheng Xiaoming	46	5
8.	Eck Thomas	4	5
9.	Allen Tammy D.	425	4
10.	Castano Sanchez Rafael	65	4

Source: Author’s own analysis using R Studio



Source: Author’s own analysis using Excel

Figure 2: Most Referenced Countries

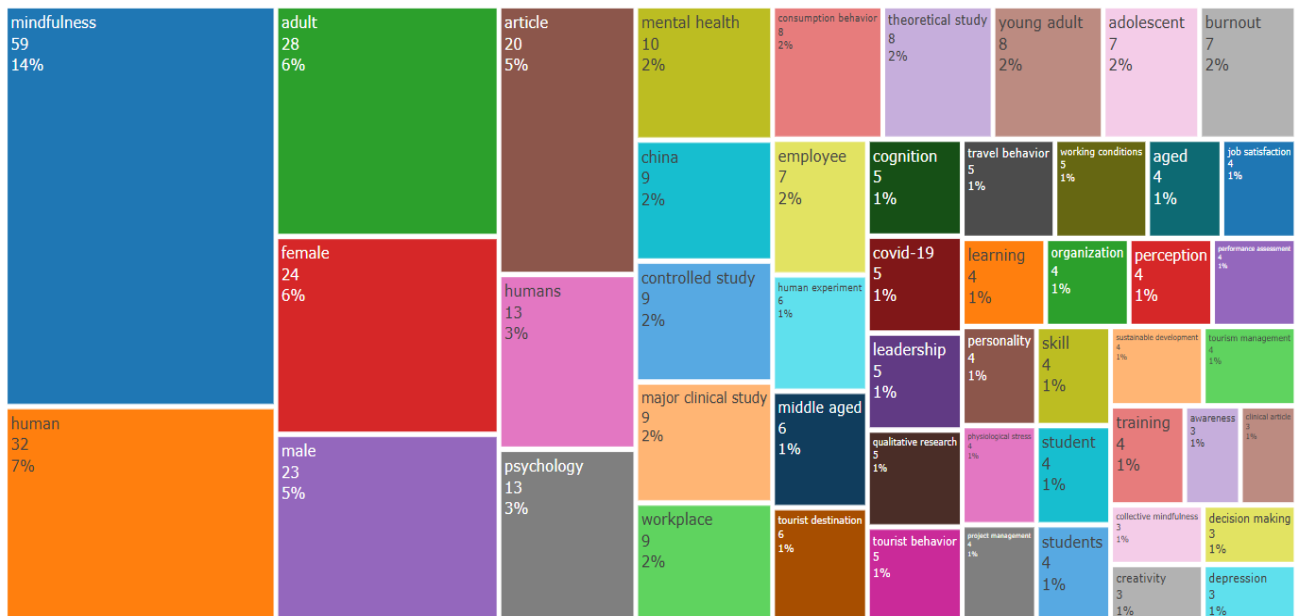
Table 4: Top Five Most Significant Articles

Sr. No.	Paper	DOI	Total Citations	Journal
1.	Shapiro S. L. (2005)	10.1037/1072-5245.12.2.164	855	International Journal of Stress Management
2.	Good D. J. (2015)	10.1177/0149206315617003	699	Journal of Management
3.	Weick K. E (2006)	10.1287/orsc.1060.0196	659	Organization Science
4.	Dane E. (2010)	10.1177/0149206310367948	507	Journal of Management
5.	Fiol C. M. (2003)	10.5465/amr.2003.8925227	384	Academy of Management Review

Source: Author’s own analysis using R Studio

3.6 Most Significant Articles

The top five significant studies in the field of mindfulness are displayed in Table 4. Shapiro S. L. (2005) is the most cited article with a total of 855 total citations received, it was published in “International Journal of Stress Management.” Following it is article published in “Journal of Management” and authored by Good D. J. (2015) with 699 total citations. Out of the top five, two articles were published in “Journal of Management.”



Source: Author’s own analysis using R Studio

Figure 3: Tree Map

3.7 Keyword Analysis

The 50 most frequent keywords from the publications utilized in this study are displayed in a tree map in Figure 3. As it can be observed, “mindfulness” has a frequency of 59, which is shown by the blue rectangle at the upper left corner. The orange box next to the box for “mindfulness” represents the second-most frequent keyword in the list, which is “human,” which has a frequency of 32.

4. CONCLUSION:

Mindfulness is gaining considerable interest recently, so this paper provides insights on the research conducted on the aspect of mindfulness. After analyzing 643 articles using bibliometric analysis, the result showed the most influential sources that published the most number of articles on mindfulness and the most significant authors who had contributed the most to the research done on mindfulness. Most significant articles are also identified in this study along with a keyword analysis to know about the most frequent keywords that occurred in the articles considered for this study. Several limitations of this bibliometric analysis should be noted. The data was collected from a single database, so the future researchers can encompass their study by collecting the data from other databases. Future studies can be conducted by using the data relating to a specific country to know the growth of research done related to mindfulness. While searching the data, the keyword “mindfulness” was only limited to the title; in future studies it can be searched in the abstract and keywords also.

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