P-ISSN: 2204-1990; E-ISSN: 1323-6903 DOI: 10.47750/cibg.2021.27.03.095

# **Employee Involvement and Work Culture**

# VIPIN JAIN<sup>1</sup>, CHANCHAL CHAWLA<sup>2</sup>, SATYENDRA ARYA<sup>3</sup>

<sup>1,2,3</sup>Department of Management, Teerthanker Mahaveer University, Moradabad, Uttar Pradesh, India Email ID: vipin555@rediffmail.com<sup>1</sup>, chanchal.management@tmu.ac.in<sup>2</sup>, satyendra.management@tmu.ac.in<sup>3</sup>

**Abstract:** This paper illustrates the relationship betweenemployee participation in problemsolving and decision making and perceived administrative performance. Concurrently, the concept of employee participation was studied by implanting it within the perspective of a national belief. The operative use of employee participation is confidently related to superficial administrative performance. More specifically, employee involvement and empowerment plans, and the habit of self-handling teams have a straight noteworthy link to the decision-making perception of the administrative performance. According to the results obtained, the enterprises are cheered to adopt employee participation agendas to boost performance, competitiveness and growth on the local and international marketplace.

**Keywords:** Employee Participation, Empowerment, Cooperation, Employee Well-being, Selfmanaging teams, Healthy Workplace.

## **INTRODUCTION**

Engagement is the condition in which, as determined by three key actions, the person is emotionally and mentally committed to the organization: speak, remain and aspire. Today's success needs a little bit more and decent attendance. In every organization, workers play a critical role. The participation of workers would help to accomplish organizational goals. Individual Involvement is the degree to which an employee believes in an organization's goal, intent and principles and shows that dedication by their behaviour as an employee and their attitude towards their employer and customer. It is high when the statement and conversation are held to represent the organization, its staff, and the product and services delivered with natural enthusiasm. Companies have been trying to understand the advantage of empowerment, collaboration, appreciation, growth of people, performance management and new forms of leadership for the last two decades.

There is a major distinction between introducing programs that have the ultimate purpose of increasing employee engagement and truly seeing the payoffs. And, on the other hand, poor participation may easily be attributed to persistent downsizing, leading to an erosion of trust and dedication. In terms of how a person "feels inside," the working concepts of dedication are largely established. Nevertheless, when one asks people if the extent of commitment in the workplace is readily evident to an outside visitor, their responses are always 'yes' Employment happiness, confidence in what one is doing, and feeling respected all lead to measurable conduct. Excitement and excitement levels can be seen, people can be seen going to great lengths to address consumer problems and a culture of consistency and performance development can be seen. Likewise, habits in the workplace that suggest poor commitment are moaning, low motivation, passive-aggressive behaviour, lack of coordination, etc.

## **Engagement of Employees**

# 1. Definition

Employee participation is the way in which an organisation strives to establish a bond between the company and its employees such that:

- Employees fully understand and work towards the goals of the company.
- The corporation respects the personal desires and objectives of its employees. Most employees are mindful of the fact that the organisation must develop an atmosphere and a culture that can facilitate this partnership.

# 2. Aspects:

According to the global study, there are three fundamental characteristics of employee engagement.

- The workers and their specific psychological make-up and experience.
- Employers and their ability to create environments that facilitate the participation of employees.
- Staff contact at all levels.

Employee involvement provides workers with greater motivation for the job they do and increases their loyalty to the company. It is about developing a passion for their jobs, their work and the organization, and ensuring

Copyright © The Author(S) 2021. Published By Society Of Business And Management. This Is An Open Access Article Distributed Under The CCBY License. (Http://Creativecommons.Org/Licenses/By/4.0/)

that they are matched with the organization's ideals, well-educated and well-integrated with their peers and the organization's fabric or community.

#### **Employee Interaction Drivers**

Several scholars have sought to categorise factors that affect employee involvement and have established models with managerial implications. Their research seeks to pinpoint the variables that will improve employee commitment. As per the Penna Research Study, the workplace environment can be a valuable tool for getting managers and workers together for the sake of cultivating a sense of community and creating space for them to contribute. Staffs want to serve in organisations where they see meaning. Researchers also developed a modern 'Hierarchy of Interaction' model, which is identical to the Maslow hierarchy model. Lastly, simple terms of pay and benefits are available [1]. When a worker satisfies these requirements, the worker sees development prospects, improvement capacity and leadership style in the model mix. According to the report, almost two-thirds of those polled want more chances to stay happy in their jobs [2]. A main ingredient in the employee engagement and retention recipe is a healthy manager-employee partnership. Growth Dimensions International notes that to build a highly engaged workforce, a manager must do five things:

- Aligning work with policy
- Empower the workforce
- Promote and inspire teamwork and cooperation
- Helping persons to evolve and grow
- Providing recognition and support

Some report describes the top ten characteristics of the workplace which results in employee involvement[3]. The Institute of Work Studies found that a sense of respect and dedication is the most important factor in employee engagement after observing 10,000 NHS employees in the United Kingdom. It includes components including participation in decision making, how workers feel capable to share their opinions, the possibilities for employees to better their employees [4][5]. The research, as the most important indicator of people's participation, identifies the opportunity to increase their beliefs and views. The paper further explains how important it is to keep the company up-to-date.

Gallup, the oldest research firm to perform engagement studies, has found that the supervisor is the gateway to a workforce that is engaged. James Clifton, CEO of the Gallup company, says that more active workers are employees with strong friendships at work [6]. Vance makes it clear that the commitment of workers is inextricably associated with employer operations [7]. It offers a model of job success to show how employer behaviours affect work performance and participation. The participation of employees is due to the individual attributes like expertise, ability, talents, attitudes and personalities, and organisational backgrounds which include leadership, the physical and social atmosphere, and HR activities directly affecting the worker, process and meaning components of job performances. The bulk of drivers engaged in the job are non-financial. Any organisation with committed leadership can therefore reach the requisite degree of engagement at a lower cost. This isn't to say that employers should neglect their workers' financial concerns. Success may be reward synonymous. However, that is simply to represent the ancient public relations movement's claim, "It is not only money that motivates human capital as a social being." Wages and benefits are equally essential to all employees, according to Buckingham and Coffman. A company's wage should be at least on par with the industry average. An organization's salary should be at least equal to the average industry. Nevertheless, taking the pay and benefit plan to the market stage, which is a reasonable first step, would not make a company take it very far, it's like the ballpark ticket [8].

## The various Drivers of Employee Engagement

Most companies now recognize that their biggest assets are workers. If your workers are pleased, the efficiency of the company is higher, but most companies still call human capital a challenge. Some would say it's a challenge to find the right talent that fits the culture of the company. Quality applicants are difficult to find and organizations need to go out of their way to attract top performers. But organizations know, in fact, that this game is more than playing offense. It also takes some levels of expertise on the management side to retain a workforce that is going to be actively engaged. They need to keep their top stars first, and they can do this by helping to boost staff levels of employee involvement. But someone who wants to boost employee engagement needs to know the drivers first. Imagine that you want to lose weight, but you have no idea how or what you can do to accomplish your goal effectively. When it comes to employee engagement, workplace research has troubling data. In reality, for every disengaged worker, organizations will lose up to 2.246dollars per year. Suppose your company has 1000 workers and 51 percent of employees are disengaged, you will have 510 disengaged employees, according to Gallup's report. If you add up the percentages so you lose 1,145,560 dollars a year and that is a whopping number.

## The Eight Drivers of Employee Engagement

## 1. Wellness for staff:

Employee health is one of the most critical factors, high-welfare workers, better concentration, better results, and not only achieve their professional goals, but also their personal goals. These are the workers who at work don't get distracted. It is up to an organization to give its workers a conducive atmosphere. In supporting the well-being of workers, working culture plays an important role.

# 2. Empowering workforce:

In an organization where you are constantly told what needs to be done, how well do you think you can perform? Not too fine, yeah, I was thinking as much! Instead of continuously nagging them, learn to inspire the workers. You may think micromanagement is going to help, but it's the worst thing you can do for your workers. Employee empowerment drives higher levels of involvement, creating an incentive for workers to make their own choices. It raises ownership and responsibility among the staff.

## 3. Community in the workplace:

In promoting employee involvement at work, organizational culture plays an important role and this is confirmed. An average American spends up to sixty hours at work, and the working culture begins to describe who you are somehow. Culture determines the organization's tone. You feel at home turning up to work when you have a classified organizational culture. Imagine a dysfunctional organization, without proper rules or regulations, and now imagine working there yourself. Most people are going to stop me right now, I bet!

## 4. Growth in career

Organizations need to realize that workers have personal and professional objectives and that these are in tandem with each other. If your workers in your company do not see consistent job development, likely, they will not hang around. A higher rate of attrition means losing valuable capital and assets, and when workers see others abandoning their morale, it immediately goes down. Therefore, make sure their commitment levels are high to retain employees.

## 5. Alignment of the Brand

They feel in harmony with their position when workers are in tandem with the mission and objectives of the company. They don't mind putting in a few extra hours to keep the ball going while workers are involved. They assume that they are an important part of the business and take care of the tasks assigned.

## 6. Benefits

If there is a reward offered, humans are programmed to become excited. This is the nature of human conduct, but this can be used in the workplace to your benefit and is a way to thank the workers for the excellent work they have done for you for the longest possible time. This idea is known at work as gamification. This helps the workers to hang around and even work hard.

## 7. Social contact at work

Learn at work to cultivate social connections. Your office doesn't have to be high school, where you need someone to track you constantly or threaten you if things aren't handled in any way. You don't want individuals to gang up and others to feel left out. Cultivate a social atmosphere at work, where people meet and greet their co-workers outside the four walls of the company as they would do in the community.

#### 8. Data and more detail

Data is crucial, as with any company, you will need a way to take the pulse of your organization and know at what level your employees are interested or otherwise. One of the easiest approaches is to deploy the Net Promoter Score survey for workers. The scores are usually ranked as:

- The promoters are people who rate you between 9-10, are highly committed and eager to encourage your organization.
- The Passives are people who rate you between 7-8. They are not at their full level of dedication, but they are more likely to be active.
- Your detractors are individuals who rank you between 1-6. They are much disengaged and are likely to complain about the whole company.

Finally, expanding your company in the right direction, for which you need to improve your human capital, is extremely necessary. The explanation is crystal clear: a company does not accomplish its objectives without a committed workforce. The best companies know and vouch for the value of an active workforce. You are paving the way to success by empowering the employees with the right resources and technology.

#### **Conceptual structure**

Kahn's idea of seminal commitment and resignation emerged from the fact that workers commitment was the promotion of relations with others as well as the dual image of one's own self [9][10]. The retirement of oneself and the selected tasks was disengagement, promoting a general loss of contact, emotional absence and passive behaviour [11]. People are attracted to their jobs physically and psychologically, so as to represent their understanding of the work. The use of personal voices, emotional thought, honesty, defensible communication,

playfulness and ethical behaviour, what scholars call imagination is self-expression [12][13]. Employees want to talk and use each other, or retreat from work every day to protect themselves [9][13]. Definition, security and availability is areas crucial to recognising job commitment and disengagement [10][14]. The freedom to expound without fear of negative effects on one's own personal appearance, status, or work was described as protection. Availability was described as providing the necessary resources for the completion of the task: physical, emotional and psychological [10][15]. Engagement of employees or disengagement of employees evolved to the extent that these three constructs could be met [9][16]. His early work was strongly inspired by motivational psychology and sociologists [11][17]. The hierarchy of requirements of Maslow provides a simple philosophical basis to acknowledge Kahn's early work on commitment and motivational theory and brings meaning to the conceptualising of employee involvement in fulfilling fundamental human needs [18][19]. Concerning employee engagement, the meaning of motivation theory of Maslow can be found in the framework of the theory as well as the concept of each essential need.

Structurally, needs are first organized in order of ability in Maslow's Hierarchy. Second, the earlier it appears in the hierarchy, the more fundamental and essential it is to exist. Third: The need for a hierarchy of needs divided into two classes - sustainability and growth - is sequentially filled from lowest to highest. These criteria, individually defined as physiological, security, property and affinity, appreciation and self-realization, are essential requirements for humans. Physiological needs have been established at the bottom of the ladder, as the highest needs for human life. The need for protection was described as a sense of protection, a sense of fear and/or power. An individual is able to join when the need for security is satisfied. One has identified the need for belonging and loving as the growth of relationships and affection. The need for respect is the need for "stable, firm, sometimes high judgement, respect for oneself or self-esteem and admiration of others." Self-updating is characterised as completing an intensively satisfying process.

Finally, by conceptualising the pursuit of optimal self-implementation, the quest for self-actualisation is compatible with the idea of employee commitment. Work becomes a vital part of their identification for workers who achieve this level. Herzberg's two-factor hypothesis indicates that autonomy, self-knowingness and understanding and substantial understanding are factors that increase an employee's inherent drive to work [20][21]. Herzberg has indicated that the intrinsic factors (engagement value, personal development) have motivated employees to work instead of foreign factors (paid, business image), closely linked to Kahn's sphere of importance [22], [23]. Besides, the fulfilment of person requirements was accepted as an essential component of the engagement of workers, but an awareness of individual needs was never completely explored.

Recent scholars have proposed that workers might be predisposed to some optimistic viewpoints based on inherent personality characteristics[24], [25]. For example, Macey and Schneider said staff with a constructive mindset, a high degree of experience and a good impact on the features may be more likely to engage in their jobs [24]. Furthermore, Shraga and Shirom presented data demonstrating a major relationship between job power and the Big Five personality trait variables of openness and extroversion [26], [27]. Other researchers have shown that personality variables, like trust, self-efficacy, self-esteem and coping styles, all playing a role in creating variables oriented on work [28-32].

#### **Strategies for Engagement of Employee**

We also discussed the evolution and definition of employee involvement, its causes and the importance of employee involvement, which explains how they are linked to success in industry. Now, at this point, any inquisitive reader may ask: What, then? This question is answered by employee engagement techniques listed below. Managers ought to look at the following ten points in order to have engaged workers in every company. These points should be called "tablets," since it is believed that staff disengagement disorders can be cured by taking the following ten pills:

# 1. Begin it from day one:

Many firms have clear modern recruitment processes. However, they lack retention strategies. In the first day of the new career, good recruitment and orientation programmes are the first building blocks. Managers must make sure that they pool the potential talent of the incoming employee by effective recruitment. In order to ensure that the employee is able to develop realistic perceptions of jobs and to reduce position disputes, he/she needs to be given both general guidelines on the intent of an organisation, the vision, the organization's principles, strategies, and procedures, as well as his or her duties, as well as the roles, goals, and current priorities of the organisation to which he or she belongs. After the recruiting decision has been taken, the boss must ensure a role-talent match and make any management attempt to retain talent in the company in place of bringing an employee in any position.

#### 2. Begin from the top:

The contribution of staff requires the commitment to leadership in the implementation of a common mission, vision and values. Except people at the top believe, own, share, handle and reinforce the leadership of employees, employee participation will never be anything other than HR thing or corporate style. Employee

commitment should not be founded on false assurances from top management, but rather on committed, heartfelt service. It is important to set an example.

#### 3. Employee engagement can be enhanced by employing two-way communication:

Two-way contact should be promoted by managers. Employees should not be considered as a set of pots in which the thoughts are poured without having their opinion in work and personal matters. Employees who are told of what is required of them clearly and on a regular basis are found to be more involved. The key is to get individuals interested as well as always express gratitude for performance. Share authority with employees by implementing their participation in decision-making which makes them feel a sense of ownership and are more dedicated to learning about it.

## 4. Encourage critical thought:

Encourage independent thinking by giving workers more autonomy to gain liberty and choose their own best way to do their job while achieving the desired outcome. Provide them with satisfactory development and improvement opportunities: monitor performance instead of attempting to regulate all the mechanisms by which the result is obtained.

#### 5. Job Guaranty:

Make sure workers have what they want to do: Administrators should make sure that all employees have the tools they need to do their jobs well, whether it's human or material resources.

#### 6. Provide proper guidance to workforce:

Support workforce by providing appropriate instruction to improve their expertise and skills. It is commonly thought that their confidence increases as employees get more acquainted with their job by seeing their direct bosses work there without any oversight, which in turn builds their self-efficacy and self-dedication.

#### 7. Maintaining good feedback system:

Organizations should have a framework of performance management which reflects their degree of commitment to managers and employees. The regular analysis of the extent of commitment of employees helps to recognise the factors involved in employee participation. Both factors that impact the organisation's engagement after the survey is finalised should be analysed, and the number of factors to be clustered in two or three areas should be shortened. Companies must focus on factors which can make the most difference for staff to have tools to improve these fields, since all variables can be impossible to address at one go. Relevant, monitor-able, accountable and time-based action plans should be developed and implemented by managers in support of such surveys.

#### 8. Incentives have a role to play:

For workers engaged in their profession, employers can create both financial and non-financial benefits. Management theories have found that as employees get more pay, recognition and praise, employees make more commitment. A clear connection between performance and the rewards provided to workers should be identified.

## 9. Create a exceptional corporate culture:

Organizations must promote a strong work culture where all job components agree with managers' goals and values. In addition to keeping their current employees involved, organisations which develop a culture of mutual appreciation by keeping success stories alive are also baptising new entrants with this infectious working-class spirit.

#### 10. Spotlight top-performing employees:

A 2004-05 survey of HR practises among 50 large U.S. companies by Watson Wyatt Worldwide shows that toplevel organisations work for their top-level workers. According to the findings of the same survey, what high performance firms are doing, which lowers high-performance workers' sales and thus leads to the top success of companies.

## CONCLUSION

This paper creates a diffident contribution to understanding the correlation between employee participation and administrative performance. The results of this paper deliver practical support to the hypothesis that the submission of employee participation in policymaking and problem resolving practices disturbs the opinion of operational performance. This consequence is a little stronger in the aspect of employee involvement and empowerment. The results also demonstrate that both investigated aspects of employee involvement i.e. employee involvement and empowerment are significantly inter-linked which relates with hypothetical postulates. This leads to the assumption that one aspect strengthens the other. In reality, by enhancing employee involvement, rises administrative capability to organize work in independent teams who take decisions. The significant relationship suggests that the enactment of employee participation programs needs a systemic and unified method rather than incomplete solutions. The use of operative employee participation programs needs a mode for practitioners and administrative leaders to consider through the interaction between an administration's internal systems, present employee welfares, and strategic opportunities for permitting them both to work together. Moreover, the illustrations provided in this paper determine that an

organization does not need to be a mega-firm with ample resources to generate a healthy environment. In conclusion, implementing operative employee participation mechanisms has potential. On the other hand, like other intentional modification mechanisms, operative employee participation needs operational change management procedures.

## REFERENCES

- 1. M. Stairs and M. Galpin, "Positive Engagement: From Employee Engagement to Workplace Happiness," in Oxford Handbook of Positive Psychology and Work, 2009.
- 2. K. Betts, "Online Human Touch (OHT) Training & Support: A Conceptual Framework to Increase Faculty and Adjunct Faculty Engagement, Connectivity, and Retention in Online Education, Part 2," J. Online Learn. Teach., 2009.
- 3. T. Perrin, "Working Today: Understanding What Drives Employee Engagement," 2003 Towers Perrin Talent Rep., 2003.
- 4. M. Tamir and M. D. Robinson, "Knowing good from bad: The paradox of neuroticism, negative affect, and evaluative processing," J. Pers. Soc. Psychol., 2004, doi: 10.1037/0022-3514.87.6.913.
- 5. Cipd, "4 Identifying Learning Needs in Organisations," Learn. Dev., 2006.
- 6. K. Clifton, R. Ewing, G. J. Knaap, and Y. Song, "Quantitative analysis of urban form: A multidisciplinary review," Journal of Urbanism. 2008, doi: 10.1080/17549170801903496.
- 7. N. J. Hiller, D. V. Day, and R. J. Vance, "Collective enactment of leadership roles and team effectiveness: A field study," Leadersh. Q., 2006, doi: 10.1016/j.leaqua.2006.04.004.
- 8. A. Wilkins and C. Holtham, "Organisational Creativity: Building a Business Ba-Haus?," Creat. Educ., 2012, doi: 10.4236/ce.2012.326110.
- 9. F. Luthans and S. J. Peterson, "Employee engagement and manager self-efficacy," J. Manag. Dev., 2002, doi: 10.1108/02621710210426864.
- 10. F. Luthans and S. J. Peterson, "Employee engagement and manager self-efficacy: implications for managerial effectiveness and development," J. Manag. Dev., 2002, doi: 10.1108/02621710210426862.
- 11. B. Shuck and K. Wollard, "Employee engagement and HRD: A seminal review of the foundations," Human Resource Development Review. 2010, doi: 10.1177/1534484309353560.
- 12. A. N. Li and H. Liao, "How Do Leader-Member Exchange Quality and Differentiation Affect Performance in Teams? An Integrated Multilevel Dual Process Model," J. Appl. Psychol., 2014, doi: 10.1037/a0037233.
- M. Afzal et al., "Thiamine potentiates chemoprotective effects of ibuprofen in DEN induced hepatic cancer via alteration of oxidative stress and inflammatory mechanism," Arch. Biochem. Biophys., 2017, doi: 10.1016/j.abb.2017.05.006.
- Ameeduzzafar, S. S. Imam, S. N. A. Bukhari, and A. Ali, "Preparation and evaluation of novel chitosan: gelrite ocular system containing besifloxacin for topical treatment of bacterial conjunctivitis: scintigraphy, ocular irritation and retention assessment," Artif. Cells, Nanomedicine Biotechnol., 2018, doi: 10.1080/21691401.2017.1349779.
- 15. N. Kumar et al., "Insights into exchange factor directly activated by cAMP (EPAC) as potential target for cancer treatment," Molecular and Cellular Biochemistry. 2018, doi: 10.1007/s11010-018-3294-z.
- A. Fakhria, S. J. Gilani, S. S. Imam, and Chandrakala, "Formulation of thymoquinone loaded chitosan nano vesicles: In-vitro evaluation and in-vivo anti-hyperlipidemic assessment," J. Drug Deliv. Sci. Technol., 2019, doi: 10.1016/j.jddst.2019.01.033.
- 17. M. S. Uddin et al., "Pharmacological approaches to mitigate neuroinflammation in Alzheimer's disease," International Immunopharmacology. 2020, doi: 10.1016/j.intimp.2020.106479.
- 18. E. W. Mathes, "Maslow's Hierarchy of Needs as a Guide for Living," J. Humanist. Psychol., 1981, doi: 10.1177/002216788102100406.
- M. Saquib Hasnain, P. Rishishwar, S. Rishishwar, S. Ali, and A. K. Nayak, "Isolation and characterization of Linum usitatisimum polysaccharide to prepare mucoadhesive beads of diclofenac sodium," Int. J. Biol. Macromol., 2018, doi: 10.1016/j.ijbiomac.2018.04.151.
- 20. F. Herzberg, "Two-Factor Theory of Motivation.," in Motivation theory., 1959.
- 21. G. P. Latham and C. T. Ernst, "Keys to motivating tomorrow's workforce," Hum. Resour. Manag. Rev., 2006, doi: 10.1016/j.hrmr.2006.03.014.
- 22. F. Herzberg, "One more time: How do you motivate your employees," Hbr, 1987.
- M. Rahman et al., "Therapeutic Applications of Liposomal Based Drug Delivery and Drug Targeting for Immune Linked Inflammatory Maladies: A Contemporary View Point," Curr. Drug Targets, 2017, doi: 10.2174/1389450118666170414113926.
- 24. W. H. Macey and B. Schneider, "<Macey & Schneider. (2008). The Meaning of Employee Engagement.pdf>," Ind. Organ. Psychol., 2008.
- 25. C. Maslach, W. B. Schaufeli, and M. P. Leiter, "Job burnout," Annu. Rev. Psychol., 2001, doi: 10.1146/annurev.psych.52.1.397.

- 26. A. Shirom, "Job-related burnout: A review.," in Handbook of occupational health psychology., 2004.
- 27. M. S. Uddin et al., "Novel anti-Alzheimer's therapeutic molecules targeting amyloid precursor protein processing," Oxidative Medicine and Cellular Longevity. 2020, doi: 10.1155/2020/7039138.
- 28. T. G. Reio and J. L. Callahan, "Affect, curiosity, and socialization-related learning: A path analysis of antecedents to job performance," J. Bus. Psychol., 2004, doi: 10.1023/B:JOBU.0000040269.72795.ce.
- 29. A. M. Saks, "Antecedents and consequences of employee engagement," J. Manag. Psychol., 2006, doi: 10.1108/02683940610690169.
- 30. S. Rothmann and K. Storm, "Work engagement in the South African Police Service," 2003.
- 31. M. Rothmann, N. Li, G. Chen, G. Y. H. Chi, R. Temple, and H. H. Tsou, "Design and analysis of non-inferiority mortality trials in oncology," Stat. Med., 2003, doi: 10.1002/sim.1400.
- 32. D. Xanthopoulou, A. B. Bakker, E. Demerouti, and W. B. Schaufeli, "The role of personal resources in the job demands-resources model," Int. J. Stress Manag., 2007, doi: 10.1037/1072-5245.14.2.121.