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South Asian Journal of Management Research (SAJMR), is a scholarly journal that publishes

scientific research on the theory and practice of management. All management, computer

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research presented in these articles contributes to our understanding of critical issues and offers

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contexts, including for profit and nonprofit businesses, organizations from the public and

private sectors, and formal and informal networks of people. Theoretical, experimental (in the

field or the lab), and empirical contributions are all welcome. The journal will continue to

disseminate knowledge and publish high-quality research so that we may all benefit from it.

Dr. Pooja M. Patil

Editor

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Employee Well-Being in Optimising Performance at Workplace: A Bibliometric Perspective and Future Research Direction

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Abstract

Nowadays, organizations understand the importance of human intellectual capital for achieving sustainable growth in highly competitive markets and hostile business environments. Organizations must ensure employees are happy and satisfied to have more productive human intellectual capital. Now, organizations are implementing employee well-being strategies to make their employees happy and comfortable, as employees benefit from well-being strategies and perform better. Researchers have studied the myriad dimensions of employee well-being in previous research. Our study aims to synthesize the research on employee well-being with particular reference to its impact on employee performance. Our study combines a systematic literature review and bibliometric analysis. We systematically analysed a sample of 191 articles identified from the Scopus database and other sources to explore the research growth in the last 25 years. Bibliometric analysis determined the publication trend, most influential authors, journals, cited studies and key affiliations. We have identified research clusters based on content analysis of the last five years of research papers (2018-2022) included in the study. We identified clusters and named them according to the commonality of research themes among them. The study will help researchers, organizations, and policymakers understand the importance of employee well-being. It also facilitates researchers with future scope of research through the identified research gaps.

Keywords: Employee Well-Being, Performance, Bibliometrics Analysis, SLR, High-Performance Work System (HPWS), Work-Life Conflicts (WLC), Leadership

Introduction

Employee well-being was first expressed in the early Human Resource Management (HRM) literature by Beer (1984) as the long-term consequences of HR policies. According to Stoll (2014), well-being has roots in ancient Greek history. The concept was developed as a philosophy of the good life and later conceptualised as a religious term. Nevertheless, the extensive empirical research work turned well-being into a scientific concept. Employee well-being is a broad concept that describes how an employee experiences and functions at work (Guest, 2017). However, researchers have yet to reach a consensus on the definition of employee well-being (Page & Vella-Brodrick, 2009) because employee well-being is a subjective concept which means "several things to different people" (Danna & Griffin, 1999; Wright & Huang, 2012). Wellbeing is a broad term that can be measured in terms of life satisfaction, happiness, leisure, health, job satisfaction, job strain, engagement, and depression (Warr & Nielsen, 2018). Ogbonnaya (2019) expanded their concept of well-being to include satisfaction, enthusiasm, health and future scope to include feelings of organizational belongingness for future studies. The main dimensions of employee well-being include psychological, physical and social well-being (Grant et al., 2007; Van De Voorde, Paauwe and Van Veldhoven, 2012). While psychological well-being focuses on subjective experiences and functioning at work, physical well-being outlines well-being in terms of physical health and social well-being refers to the quality of a person's relationships with other people and communities (Grant et al., 2007; Van De Voorde et al., 2012; Nielsen et al., 2017). Hauff et al. (2022) proposed a broader approach to well-being through physical and mental health, job satisfaction and work engagement.

For last two decades, research work in the field of human resources has been directed toward employee-centred outcomes like employee well-being, to find the effect of HR practices on the well-being of employees (Jiang et al., 2012) because both policymakers and Human Resources (HR) professionals consider employee well-being as a critical outcome. Many studies recommended the implementation of well-being strategies because of their positive impact on organizational outcomes such as enhanced performance and reduced cost (Guest, 2017; Kundi et al., 2020; Benitez & Medina, 2022). The link between well-being and health and productivity was observed closely with subjective measures of performance assessment i.e., ratings by supervisors, colleagues and

research participants (Warr & Nielsen, 2018), but the researchers rarely measured objective measures (sales and actual output) for employee performance. Healthy and happy employees had a better quality of life, lower risk of illness and injury and increased work productivity. Employees experiencing higher well-being were more likely to contribute to their communities than employees with less well-being (Hamar et al., 2015). According to the Harvard Business Review service analysis report (2013), employees with good physical, mental and emotional health are more likely to perform optimally in the workplace than those without. Global Happiness and Wellbeing Policy Report by Global Happiness Council (2019) further claim that there is a direct relationship between employee well-being and productivity. Global Human Capital Trends survey by Deloitte (2020) found that 80 per cent of organizations express that employee well-being is essential to their success. As per the research by Oxford University, happy workers are 13% more productive (Bellet et al., 2019). Gallup's State of the Global Workplace 2022 Report, which analysed 112,312 business units in 96 countries found a strong link between well-being and performance outcomes such as employee retention, productivity, safety and profitability.

The COVID-19 pandemic has resulted in sudden and unexpected changes to work practices which, in turn, has created uncertainties for employees and affected their well-being (Oakman et al., 2020). Employees stressed by COVID-19 experienced depression and could not focus on their work, resulting in reduced performance (Yunita & Saputra, 2019). A study by a HR service provider firm named 'The 7th Fold', "36 per cent of employees in India reported that their mental health worsened when they settled into a new style of working from home" (7th Fold, HR-firm, 2020). A survey by Oracle (2020) claims that 84 per cent of people experienced more stress and anxiety at work, and approximately 85 per cent of people reported that mental health issues at work negatively affected their personal lives.

Employee well-being is multifarious and directly relates to individual and organizational performance. At the same time, employees face well-being related issues (anxiety, stress and health issues) at the workplace. Therefore, it is necessary to investigate interventions that can improve the quality of employee well-being in organizations. The sudden evoke of COVID-19 worsened the situation and got the attention of scholars toward employee well-being research. Therefore, our study aims to synthesize the literature work in the area of employee well-being in optimizing performance at the workplace. For this, we first searched for quality literature and then performed contextualised SLR and bibliometric analysis to gain insights into the publication trends of well-being research. Then, the literature published in the last five years was analysed to identify the research themes and future research directions.

Hence, our paper aims to find out the following research questions –

- What is the current publication trend in employee well-being with particular reference to performance?
- Who are the most influential authors and their research papers?
- What are this area's most influential journals, publishers and affiliations?
- What is the intellectual structure and revealing significant themes in this area of research?

Research Objectives

- To know about the publication trend of topic-related literature.
- To know about the significant authors and their research articles contributing to the topic.
- To know about the significant journals, publishers and affiliations.
- To find out significant research themes and intellectual structure of this research area.
- To identify the gaps for future research.

Rationale for the study

Employee well-being has been a buzzing term among HR professionals and researchers for many years. But the term gained momentum after COVID-19 when every employee suffered from uncertainty, stress, health issues and work-life imbalances. Despite this, we found a meagre count of studies summarizing the research on employee well-being. 'Thirty-Eight Years of 'Wellbeing' Research: Bibliometric Analysis of Open Access Documents' by Ali et al. (2021) is the most recent work related to well-being that did a bibliometric analysis of open access documents only and did not cover any specific dimension of well-being. 'Mindfulness and Well-being: A Bibliometric Analysis' by Rusdi and Wibowo (2021) did a bibliometric analysis of well-being with the dimension mindfulness. 'Workplace resources to improve employee well-being and performance: A systematic review and meta-analysis' by Nielsen et al. (2017) studied 84 quantitative studies only. 'A systematic and bibliometric review of the financial well-being: Advancements in the current status and future research agenda' (2022) by Singh and Malik studied only the financial dimension of well-being.

Our study differs from all other studies in many aspects, we have done comprehensive research on well-being covering all forms of well-being like financial, physical and psychological well-being, with performance as the research dimension. We have used the Scopus database to ensure the quality and wide coverage of literature on employee well-being. We did not have limitations like the use of open-access documents only. To be specific about the organizational perspective, we had included 'employee well-being' as a search term rather than using

'well-being' only. We have not found any study that is specific to the organizational perspective, covering all forms of well-being and linking employee well-being with performance.

Research Methodology

In the study, we have used a blend of contextualised SLR (systematic literature review), bibliometric and content analysis to analyse the rigorous research growth over a while and future research scope in the area of 'employee well-being and performance'. We first performed contextualised SLR to search the data for bibliometric analysis by defining the search terms for retrieving data from the Scopus Database. Then, we systematically extracted the papers to be studied using the PRISMA approach to set our inclusion and exclusion criteria. In the second stage, we analysed the extracted data using bibliometric analysis. According to Donthu et al. (2021), 'Bibliometric analysis is an effective method of summarising and synthesising literature'. We have applied bibliometric analysis to analyse the publication trend, key author analysis, journal analysis, affiliation analysis, country analysis and document analysis. We have used Biblioshiny, a software package by RStudio (Aria & Cuccurullo, 2017) and VOS viewer for bibliometric analysis. Further, in the third stage, we did the content analysis of the literature retrieved in the first stage in collaboration with the keyword analysis done using bibliometric analysis. Our content analysis has uncovered evolving research clusters and identified gaps for future research.

Defining search terms

Our topic consisted of two significant terms: well-being and performance. To ensure our search results align with our research focus on business organizations, we employed the association of the term 'employee' with 'well-being.' This step was necessary because searching solely with the keyword 'well-being' yielded a substantial number of articles that lacked a specific organizational perspective. By using various search terms, we discovered that many authors use the two words 'wellbeing' and 'well-being' as synonyms. We used two search strings to ensure both inclusions, i.e., 'employee well-being and performance' or 'employee wellbeing and performance'.

Search delimiting criteria

Our last search with the defined search strings was done on the 'SCOPUS' database on 15th June 2023 (Figure 1). We included the records of the last 25 years, i.e., 1998-2022 and got 685 records. To reduce the number of records and maintain the inclusion of highly relevant records, we further refined the results based on the subject area by eliminating records from unrelated areas like; agriculture, physics, chemicals, astronomy, energy etc. The search was then refined based on the document type by eliminating books, book chapters, and news. Only articles, reviews and conference papers were included. To ensure the feasibility of reading, we included the papers available in English only. After all refining and elimination, we were finally left with 472 documents (Table 1). Then we included 56 papers from other sources like Google Scholar, Research Gate, and Academia. Lastly, we had 528 identified records.

(TITLE-ABS-KEY("EMPLOYEE WELLBEING" AND "PERFORMANCE") OR TITLE-ABS-KEY("EMPLOYEE WELLBEING" AND "PERFORMANCE")) AND (EXCLUDE (SUBJAREA, "ENGI") OR EXCLUDE (SUBJAREA, "COMP") OR EXCLUDE (SUBJAREA, "ENER") OR EXCLUDE (SUBJAREA, "MATH") OR EXCLUDE (SUBJAREA, "NURS") OR EXCLUDE (SUBJAREA, "PIIAR") OR EXCLUDE (SUBJAREA, "EART") OR EXCLUDE (SUBJAREA, "BIOC") OR EXCLUDE (SUBJAREA, "AGRI") OR EXCLUDE (SUBJAREA, "NEUR") OR EXCLUDE (SUBJAREA, "PHYS") OR EXCLUDE (SUBJAREA, "MATE") OR EXCLUDE (SUBJAREA, "CENG") OR EXCLUDE (SUBJAREA, "VETE") AND (LIMIT-TO (DOCTYPE, "AR") OR LIMIT-TO (DOCTYPE, "RE")) AND (LIMIT-TO (LANGUAGE, "ENGLISH")) AND (EXCLUDE (SUBJAREA, "ENVI"))

Figure 1. Screenshot of search strings used by SCOPUS database to retrieve data.

Source: SCOPUS Database

Table 1: Delimiting the data collected from database

Stage	Filtering criteria	Eliminated	Accepted
1	Initial retrieval result (1998-2022)		685
2	Subject area (Business, finance, psychology and related area)	147	538
3	Article, review, conference papers	57	481
4	Language filter (English)	09	472

Data retrieval for bibliometric and systematic review

To delimit the count of literature and to maintain relevance, 528 identified works of literature were further screened by analysing the keywords and abstract, as shown in Figure 2, using the PRISMA approach. To focus

our analysis on the relationship between employee well-being and performance, we excluded records that did not specifically examine this connection. However, we retained literature that established the foundational concepts of employee well-being to ensure a comprehensive understanding of the topic. The second refining stage included accessing the full-text papers and eliminating those articles whose objectives did not match our study's requisites. A few of the papers were inaccessible and thus eliminated from the study. Finally, we had 191 documents for bibliometric analysis and SLR.

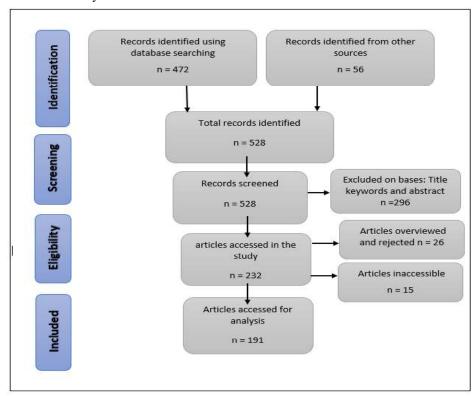


Figure 2: Inclusion exclusion criteria for retrieval of data for bibliometric analysis using PRISMA approach Source: Authors' Own

Results and Discussion

Year-wise trend of publication

Figure 3 shows the article's yearly publication. A growing trend in the number of publications per year is evident here. The average annual growth is 15.06 per cent. The year 2021 had the maximum number of publications, i.e., 32 articles. The year 2022 has 29 publications which exceeded 2021 by the year end. Before 2014 number of publications was in single digit. The time between 2014-2016 was turning point in the field of well-being as the researchers extended their probe into "employee well-being with performance" also. The extension is attributed to employee well-being as a composite term for measuring financial, physical, emotional and mental well-being and further the growing importance of human capital in the corporate world. The highest growth trend was visible from 2019-2020, which may be due to the evoke of Covid-19, during which there were higher uncertainties related to life and work such as: financial, emotional, health and psychological issues.

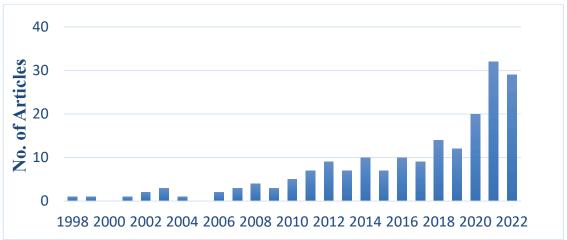


Figure 3: Annual scientific production and trend on 'employee well-being and performance'.

Note: above figure is based on our data search from SCOPUS on 15th November 2022.

Source: Authors' Own

Influential source analysis

Table 2 shows the top journals having more than 5 publications scores and contributing highly towards performance and employee well-being. International Journal of Human Resource Management is a highly contributory journal with 17 publications. John Wiley & Sons are the publishers of 4 journals out of 8, so we can say that John Wiley & Sons is the top contributing publisher. The impact factor of all top journals is excellent, two of which have an impact factor above 10, indicating the richness of selected article.

Table 2: Top influential journals, their impact and influence.

S.no.	Sources	Publisher	NP	JIF
1	International Journal of Human Resource Management	Routledge	17	7.8
2	Journal of Occupational Health Psychology	APA	13	12.4
3	Human Resource Management Journal	Wiley	12	7.7
4	Frontiers in Psychology	Frontiers	11	4.0
5	Journal of Organizational Behaviour	Wiley	6	11.6
6	Personnel Review	Emerald	6	4.6
7	Asia Pacific Journal of Human Resources	Wiley	5	5.8
8	Human Resource Management	Wiley	5	8.4

Note: This table lists the top journals with 5 or more publications (NP), their publishers, and journal impact factor (JIF) as per the Scopus database.

Influential authors analysis

Table 3 shows the top 10 authors who contributed most to our topic. Arnold Bakker was the most productive and efficient author, with the highest production and citations. Evangelia Demerouti wrote four documents and topped the average citations per document. There were five authors with four papers each. Five authors were from the Netherlands, ranked 4th in the most influential country's list for publication on employee well-being as per table 4. The countries from which the top-producing authors belong were also the countries with the highest co-authorship network, as per Figure 4. Sven Hauff, who secured the second position among top-producing authors, had scored the least citations due to all publications in the year 2022 and after that.

Table 3: Top influential authors, their impact and influence.

Author Name	Affiliation	Country	NP	TC
Arnold Bakker	Erasmus University	Netherlands	8	7736
Timothy Bartram	La Trobe University	Australia	4	144
Peter Boxall	University Of Auckland	New Zealand	4	449
Wilmar Schaufeli	Utrecht University	Netherlands	4	537
Evangelia Demerouti	Eindhoven University	Netherlands	4	7332
	Arnold Bakker Timothy Bartram Peter Boxall Wilmar Schaufeli	Arnold Bakker Erasmus University Timothy Bartram La Trobe University Peter Boxall University Of Auckland Wilmar Schaufeli Utrecht University	Arnold Bakker Erasmus University Netherlands Timothy Bartram La Trobe University Australia Peter Boxall University Of Auckland New Zealand Wilmar Schaufeli Utrecht University Netherlands	Arnold Bakker Erasmus University Netherlands 8 Timothy Bartram La Trobe University Australia 4 Peter Boxall University Of Auckland New Zealand 4 Wilmar Schaufeli Utrecht University Netherlands 4

6	Sven Hauff	Helmut Schmidt University	Germany	4	34
7	Kerstin Alfes	Kingston University	UK	3	323
8	Jaap Paauwe	Tilburg University	Netherlands	3	582
9	K. Van De Voorde	Tilburg University	Netherlands	3	532
10	James Avey	Central Washington University	United States	2	499

Note: This table lists the top 10 authors with a high number of publication (NP), their affiliations and Total citations as per the Scopus database.

Table 4: Top influential countries their impact, influence and collaborations.

S.no.	Country	NP	SCP	MCP	GC
1	United Kingdom	19	15	4	1846
2	USA	19	17	2	1869
3	Australia	18	16	2	1213
<u></u>					Table Contd

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S.no.	Country	NP	SCP	MCP	GC
4	Netherlands	14	10	4	8507
5	China	11	5	6	463
6	Spain	9	6	3	86
7	Germany	8	7	1	210
8	Canada	7	6	1	374
9	Finland	7	2	5	368
10	New Zealand	7	6	1	486

Note: This table lists the top 10 countries with a high number of publications (NP) and their single-country publications (SCP), multiple-country publications (MCP) and global citations (GC) as per the Scopus database.

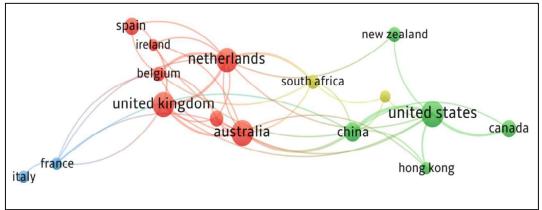


Figure 4: Co-authorship network of countries created using Vos viewer software. Source: Authors' Analysis using Vos viewer software

Influential document analysis

Table 5 shows that 'The Job Demands-Resources model: State of the art', written by Arnold Bakker and Evangelia Demerouti, had the highest global citations because of its pioneer work toward employee well-being. JD-R Model proposed that an imbalance between job demands and job resources causes stress and burnout. The top 3 most cited documents relate to the job demand-resources model as imbalances between job demands and job resources lead to well-being issues. From the list of 10 most globally cited documents, 4 were the works of Arnold Bakker and Evangelia Demerouti. 5 authors whose documents secured positions in the top 10 most cited papers were also in the list (Table 3) of most influential authors in terms of production of documents. Most of the top cited papers were contributions of the Netherlands which also secured a place in Table 4 of most influential countries. Top cited documents cover various aspects of well-being like lack of resources, health, mindfulness, performance, happiness, work-life balance and control.

Table 5: Top influential articles, their authors and impact

S.no.	Paper	Document Name	GC
1	Bakker And Demerouti (2007)	The Job Demands-Resources model: State of the art	5134
2	Bakker And Demerouti (2017)	Job demands-resources theory: Taking stock and looking forward	1614
3	Demerouti And Bakker (2011)	The Job Demands–Resources model: Challenges for future research	584
4	Guest (2017)	Human resource management and employee well-being: Towards a new analytic framework	455
5	Thompson And Prottas (2006)	Relationships among organizational family support, job autonomy, perceived control, and employee well-being	452
6	Voorde And Paauwe (2012)	Employee well-being and the HRM-organizational performance relationship	448
7	Avey et. al. (2010)	Impact of positive psychological capital on employee well- being over time	448
8	Glomb et al (2011)	Mindfulness at work	417
9	Grant et al. (2007)	Happiness, health, or relationships? managerial practices and employee well-being Tradeoffs	375
10	Bakker (2010)	Beyond the Demand-Control model	340

Note: This table lists top 10 articles with the higest global citations (GC) their year of publication and their authors as per SCOPUS Database

Influence and Collaboration Analysis of Affiliations and Countries

Conducting affiliation analysis was to study the significant Universities and the regions from where our study has maximum contributions. Table 6 presented the Universities having a contribution of more than 5 publications. Tilburg University and Erasmus University are in the top two, both from the Netherlands, followed by two universities from Australia. We can synthesize from Table 6 that the Universities of the Netherlands had leading publications in this area. Table 4 presents the top 10 countries where the maximum number of articles were published. The United Kingdom and the USA were in the top two having 19 publications each, followed by Australia and Netherlands. The United Kingdom is the most producing region, but as per Table 6, Cranfield University of the United Kingdom was at the bottom of the top ten Universities list in terms of affiliation. The Universities in the United Kingdom need to work in collaboration with other Universities in the UK to facilitate knowledge sharing and resource pooling, ultimately bolstering the research output of Universities in the UK. Universities of the Netherlands are at the top in terms of articles. At the same time, the Netherlands is 4th in the top producing country list (table 4), which indicates a high collaboration among the universities of the Netherlands, as collaborated work counts for each collaborating university. Articles from the Netherlands had the highest global citations, followed by the USA and UK. Multiple country production (MCP), which indicated collaboration among countries, China was on top, having 6 multiple country production (table 4), followed by Finland. The UK and Netherlands had 4 MCP, but if we compare the ratio with total articles, the Netherlands is ahead of the UK. As per Figure 4, which shows the co-authorship network of countries, we found that authors from developed countries like the USA, UK, Netherlands, and Australia collaborated more with other country's authors. A developing country, China also collaborated highly with other countries in well-being research.

Table 6: Top influential affiliations their country and impact.

S.no.	Affiliation	Country	Articles	
1	Tilburg University	Netherlands	14	
2	Erasmus University Rotterdam	Netherlands	13	
3	La Trobe University	Australia	12	
4	Monash University	Australia	11	
5	Helmut Schmidt University	Germany	8	
6	Utrecht University	Netherlands	8	
7	Ludwig Maximilian University	Germany	7	
8	Portland State University	USA	7	
9	Renmin University of China	China	7	
10	Cranfield University	United Kingdom	6	

Note: This table lists the top 10 Affiliations their country and numbers of articles as per the SCOPUS Database.

Content analysis of Literature

To get an insight into the intellectual structure of the research, we performed a content analysis of the last five years of literature (2018-2022). Through this, 3 clusters were identified based on the commonality of the theme followed by them. Further, a keyword analysis was done to get insight into the topic of well-being & performance. A detailed content analysis is presented by the researcher in the following paragraphs.

Cluster One: High-Performance Work System (HPWS) and Performance Relation with wellbeing.

Cluster one is the largest cluster that seeks the relationship of HPWS with employee well-being, with a motive of gradual increase in performance by adopting performance-related HR practices. Guest (2017) recognised the need to introduce employee well-being in HR practices and policies on ethical grounds and a positive impact on organizational outcomes. According to Page and Vella-Brodrick (2009), "Employee well-being is an important academic and practical pursuit due to its links to performance and turnover". Well-being-oriented HRM and engagement practices could fasten the relationship between well-being and performance (Kundi et al., 2020: Benitez & Medina, 2022), but it also depends upon a bundle of practices (Salas-Vallina et al., 2021) like spirituality (Djafri et al., 2018), mindfulness interventions (Pang & Ruch, 2018; Sharma & Kumra, 2020), employee voice promotion (Rollmann et al., 2021), meaningfulness and social worth at workplace (Duan et al., 2020) and supportive organizations (Sungu et al., 2019) strengthened the relationship of well-being and performance. Calderwood et al. (2021) found a positive relationship between physical well-being and performance. However, well-being dimensions are variedly associated with performance, such as psychological well-being having a relation with innovative job performance and physical well-being having a relation with in-role job performance. However social well-being boosts both (Khoreva & Wechtler, 2018). HPWS that seek a gradual increase in performance not only result in increased performance but also benefit the employees with higher well-being (Hauff et al., 2022b), but Guerci, Hauff and Gilardi, (2022) found that HPWS practices such as autonomy, performance-related pay, self-directed team do not have the same relationship with different dimensions of well-being (health, happiness and social well-being). HPWS positively correlated with well-being when mediated by employee engagement and job satisfaction (Hauff et al., 2022a; Ananthram et al., 2018). HPWS increases well-being through organizational support but could negatively impact employee well-being through increased stress (Qi et al., 2021). Work stress caused by HPWS leads to presentism, which could lower the employees' performance and well-being (Ananthram et al., 2018; Ho et al., 2022). HPWS strategies should be implemented cautiously, as negative emotions about strategic change may lead to insomnia and poor psychological well-being of employees (Rafferty & Jimmieson, 2017).

Cluster Two: Leadership and HRM Practices that foster well-being for enhanced performance

Cluster two is the second largest cluster that seeks empirical evidence of how leadership styles like ethical leadership, virtuous leadership, participative leadership and HRM practices like teamwork and participation in management can impact employee well-being and performance. These studies suggest practical implications for administrators while planning HR policies. Many studies stated that employees who perceived high organizational support were high on well-being and felt obliged to achieve high organizational performance (Hendriks et al., 2020; Cheng et al. 2022). Hetrick et al., (2022) stated that unethical leadership behaviour threatens employees and negatively impacts employee wellbeing in terms of high burnout and lower health condition. Studies support that supportive leadership styles like ethical (Sarwa et al., 2020; Cheng, 2022), transformational (Addo & Dartey-Baah, 2020) and virtuous leadership (Hendriks et al., 2020) directly or indirectly link employee well-being and results in higher performance and engagement. However, if the organizations have problems related to interpersonal conflicts (Losada-Otalora et al., 2020) and a flawed psychological environment (Brunetto et al., 2021) signifies a decline in employee well-being.

To cope with these problems, organizations can adopt the sustainable HRM principle of common good value that provides the possibility of high performance through higher job resources (Lu et al., 2022). Interpersonal conflicts are resolved through highly collaborative teamwork, which might have unintended consequences on well-being but a positive impact on employee collaboration and performance. In order to achieve a growing trend in performance, administrators may focus on enhancing employee well-being through promoting autonomy, facilitating participation in management (Uribetxebarria et al., 2021) and offering resilience training programs (Scheuch et al., 2021), as these initiatives have a positive impact on employee performance. Knight and Haslam (2010) also found that the autonomy of employees in designing a workspace is a predictor of psychological comfort at work, leading to enhanced employee well-being. While it is important to invest in HRM practices to promote employee well-being, Research also suggests that beyond a certain point, continued investment in HRM may actually lead to a decline in well-being (Ho & Kuvaas, 2019). This cluster had two more studies (Yao et al., 2021; Hauff et al., 2022b) that discussed the health dimension of well-being and found that health-oriented leadership positively impacts employee's physical well-being.

Cluster Three: Work Family Conflicts (WFC), Work Life Balance (WLB) relation with well-being and performance.

Cluster three is comparatively smaller than clusters one and two. WLB is an important measure when we talk about the psychological well-being of employees. Satisfaction with WLB was responsible for enhanced employee well-being and ultimate performance during Covid-19(Ortiz-Bonnin et al, 2022). Medina-Garrido, Biedma-Ferrer and Ramos-Rodríguez, (2021) found that WLB was not directly related to performance but was indirectly associated with the well-being generated by WLB policies. Work pressures, work overload, and overtime negatively affected employeewell-being by increasing WFC (Hamilton Skurak et al, 2018). WLB directly impact well-being and performance, so organizations are devising WFC strategies like free flow of information, unambiguous communication, acceptance of WFC, and family-friendly culture (Anand & Vohra, 2022). A family-friendly culture can help employees reach a better WLB, which in turn leads to higher satisfaction and well-being at work (Stankevičienė et al., 2021).

Author keyword analysis

Author keywords were the best indicators of the content and theme followed by the studies. Theyindicated the research questions under study and the focus area of the study. In our study, we did the keyword analysis to see the research flow in the area of well-being and its impact on performance. We built the author keyword cloud (Figure 5) from initially extracted 191 articles using Biblioshiny software. We set the threshold of 5 minimum occurrences, removed some redundant keywords, clubbed synonymous keywords and finally had a set of 34 keywords. The word cloud size represents the frequency of occurrence, and location represents the proximity to each other. We found that job performance and well-being are most frequently occurring and used together. From the word cloud, we can conclude that most of the studies reflect factors that give rise to the requirement of well-being like; mental health, occupational health, burnout, stress and depression. Next, we can see the word that explains increasing well-being and performance, like; mindfulness, engagement, leadership, satisfaction, social support and motivation. Productivity, work performance, and job performance are used to measure well-being's impact on organization and job performance. Keyword analysis also helped us to form the clusters in cluster analysis.



Figure 5: Word cloud of author's keywords created using Biblioshiny software Source: Authors' Own.

Scope for Future Research

Through a comprehensive review of the literature, we found that there has been a continuous growth of research work in this area. Still, specific gaps needed to be explored and require extensive research. Thus, we propose the

following future research avenues on well-being and performance:

- We found significant differences between the studies regarding the factors they have used for measuring
 employee well-being, so there is a need to develop an accurate and comprehensive measurement scale for
 measuring employee well-being rather than subjective measures.
- Only a few studies measured the direct relationship between employee well-being and performance. Well-being was frequently used as a mediator and moderator to study the impact of certain independent variables on performance. Future research can work towardmeasuring the direct impact of well-being on performance.
- Most empirical studies have collected data from a single point of time so, future studies can be longitudinal research to check the sustainability of well-being practices over a longer period.
- Employee well-being had its own financial cost and also contributed toward the revenues. Nevertheless, we have yet to find a study that measures the financial effectiveness of well-being. So future research can work toward empirically testing the financial feasibility of well-being in terms of performance as financial returns.
- From the analysis of cluster one, we learned that different leadership styles were individually tested to
 measure their concern toward well-being and its impact on performance. So, future research can examine the
 impact of different leadership styles on employee well-being to know the role of leadership in well-beingoriented HRM.

Conclusion

The objective of our study was to synthesize the literature in the area of well-being and performance. So, in line with our objective, we used bibliometric analysis and systematic literature review and found an average growth of more than 15 per cent in this research area. Factors contributing to the growth of literature on well-being were: the increasing importance of human capital and curiosity to know about how to maintain human capital.

We found the most impactful journals, authors, documents and affiliations in our study. International Journal of Human Resource Management and Journal of Occupational Health Psychology tops our list. Arnold Bakker and Timothy Bartram contributed maximum literature on well-being. Universities of the Netherlands collaborated more while the United Kingdom and the USA were highly producing.

Three clusters were identified through an in-depth literature analysis of recent studies. The theme of the first cluster is the relation of HPWS and performance with well-being; the second is leadership and HRM practices that foster well-being for enhanced performance and the last is the impact of WFC and WLB on well-being. These clusters will help the researchers to choose their area of interest for future studies. At last, we have identified future research avenues that will guide the researchers.

The studies selected for descriptive content analysis were limited to only five years (2018-2022). We used only one database, i.e., SCOPUS, to collect literature. Future research can work on these limitations.

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