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## From Appraisals to Well-Being: Integrating Recreational Activities into Modern Performance Management Practices

Pardeep Kaur<sup>1\*</sup>, Dr. Heena Atwal<sup>2</sup>

<sup>1</sup>Research Scholar, University School of Applied Management, Punjabi University Patiala.

<sup>2</sup>Assistant Professor, University School of Applied Management, Punjabi University Patiala.

\*Corresponding Author: kpardeepkor@gmail.com

### Abstract

Performance management is undergoing a transformation, changing from more traditional evaluation-based models that focus on appraising employees' performance to more holistic approaches that emphasize employee well-being, engagement, and persistent productivity. The purpose of this paper is to examine the applicability of integration of recreational practices into contemporary performance management strategies as a Human Resource Management (HRM) practice, as part of the wider recent emergence of continuous performance management. The paper has highlighted that employee focused structured recreational practices, including wellness programs, team-based recreation interventions, cultural diversity initiatives, and stress relief activities, can influence employee motivation, collaboration, and overall job satisfaction being in a work environment. By linking recreation with appropriate work-related HR outcomes, the paper has demonstrated how an organization could create a facilitating environment whereby employees can not only achieve performance targets, but also thrive in their job and personal lives. The results of the paper have provided support for organizations to see recreation as more than simply a form of leisure, but more as a driver for better engagement, innovation, and business effectiveness. This conceptual alignment gives new understandings for managers and HR practitioners when trying to balance performance related metrics, with more human elements to managing the workforce.

**Keywords:** *Employee Well-Being, Performance Management, Recreational Activities, Employee Engagement, Organizational Performance.*

## **Introduction**

Performance management has been viewed as one of the core human resource functions in all organizations. It has typically been associated with formal appraisals, evaluation forms, and merit-based outcomes. Although these processes established accountability in organizations, they reduced employee contributions to rating. The processes of performance evaluation do not take into account the various broader aspects of engagement, motivation, and psychological health. In a present globalized era, technological disruption, and increased competition, organizations are realizing that sustainable performance is not achieved by evaluation alone. Moreover, sustainable performance is about establishing systems which allow and enable individual employees' development through assessment and enriching employees experience.

In only the last 20 years, we have seen a complete shift in practice from performance management in the form of one-way appraisals meetings, and formal annual review processes, to continuous feedback and ongoing coaching, non-evaluative, and development-oriented. In parallel, employee well-being experiences has also emerged as one main themes in recent HR literature and also established employee-related practices. Numerous studies have shown direct relationships between different aspects of employees' well-being and the outcomes of productivity, innovation, and retention. This shift towards employee well-being may also be conflict with the increased realization that stress, burnout, and disengagement have become predominant organizational challenges in today's workplace.

In this regard, the "recreational" aspects of doing work—previously seen as tangential to "serious" organizational functions—are being understood and marketed as mechanisms for employee engagement and enhancement of employee performance. Recreation in the workplace is not limited to recreation; it includes employee wellness initiatives, stress management programs, team building, cultural celebrations, and fun opportunities to relax and be creative. They are being viewed by organizations as investments, rather than costs, as they make for healthier, happier, and more productive employees.

The notion of integrating recreational activities into the organizational performance context strand well with the increasing emphasis on human-centered organizational design to shift away from mechanistic views of employees as 'inputs' into the production of output. Modern organizations and management see employees as people, individual social beings with complex psychological and emotional needs in addition to simple human needs. When organizations can satisfy those needs with recreationally designed activities, they are much more likely, as a minimum, to see performance improvements, but also develop an organizational culture similar to what they envision.

In addition, changes across generational groups in the workforce indicate that such an integration is necessary. Millennials and Generation Z will make up the majority of employees in organizations, and they will prioritize aspects of work-life integration, being, and engagement at work. These generations see value in organizations that include aspects of creativity, time for rest, and space for personal growth with time for professional development. For organizations this translates into designing performance management systems that have components that are relevant to today's workforce expectations. While a good amount of research supports relationships between leisure and individuals' well-being, there is little academic work to find recreation as a system within organizations' performance management processes. This study seeks to fill this gap and consider leisure and recreation not as separate programs, but as part of a performance management system in a different way. The definitive argument of this study is that recreation may serve as an opportunity for organizations to leverage organizational performance attainment relative to employee well-being and create a mutually reinforcing loop of being productive and satisfied.

So, integrating recreation into performance management is about much more than employee happiness-- it is about aligning strategic advantage with organizational well-being. Organizations that have identified the connection between well-being and performance have a large competitive advantage, or the ability to attract the best talent and develop long-term commitment. Therefore, this paper advocates moving from "appraisals to well-being" by bringing more of a systematic approach to incorporate recreation in organizational practices.

### **Literature Review**

- **Performance Management Landscape: From Evaluation to Development**

Performance management practices have historically been centered on formal, appraisal systems whose aim is to evaluate employee performance in terms of previously-distributed goals (Aguinis, 2013). Early models were largely influenced by scientific management ideals or Taylorist approaches that stressed measurement, standardization, and control. Appraisal practices were typically annual, top-down, judgmental in nature, and ultimately conjured decisions around salary, promotions, and disciplinary measures (DeNisi & Murphy, 2017).

Even though the appraisal model provided systematic accountability mechanisms, appraisals were criticized for being bureaucratic, subjective, and demotivating. Employees often viewed performance appraisals as a punitive action rather than a developmental approach, which dissatisfied and alienated individual performance contributors (Pulakos, 2009). In the wake of these realizations, organizations moved toward continuous performance management systems and practices that are being implemented primarily as constructive and developmental systems with coaching, feedback, and employee development as cornerstones of practice.

Moreover, many recent literatures have noted that effective performance management goes well beyond measurement systems, but also attempts to create engagement, motivation, and connection with well-being (Cascio & Aguinis, 2019). As such, modern systems often become multidimensional in their performance management practice and therefore are inclusive of performance system 'goal setting' with continuous, interactive conversations and feedback with development systems and programs that build employee morale and intra-organizational culture. This is a significant departure in performance management practices from evaluations and surface-level strategies related to performance and it creates an opportunity to leverage those strategies to integrate other, well-being focused interventions (e.g. recreation) into performance management practice.

- **Employee Well-Being as a Strategic Priority**

Employee well-being has shifted from being a concern primarily about welfare in organizational discussions to a strategic priority. Well-being is made up of three main areas: physical, psychological and social aspects of oneself (Dodge et al., 2012). Physical well-being encompasses the person's health, engagement, or vitality, and absence of disease; psychological and emotional well-being encompasses the feelings of positivity, satisfaction with life, and resilience; and social well-being encompasses physical objects, relationships with others, a sense of belonging, and support (Keyes, 2002).

The relationship between well-being and performance is well documented. Harter, Schmidt, and Keyes (2002) document that employee well-being is positively related to engagement, productivity, and customer satisfaction. Bakker and Demerouti's (2007) Job Demands-Resources (JD-R) model also suggests that some organizational and personal resources (like, supportive environments, wellness program, recreation, etc.) to help buffer against the stress of job demands can increase our motivation and performance.

Organizational well-being initiatives also help not only to decrease stress and burnout, but can also positively contribute to employer branding and retention of top talent. In particular, for knowledge-based and service-based sectors, where human capital is the primary resource, well-being initiatives are increasingly perceived to be an investment in organizational competitiveness (Grawitch et al., 2006).

- **Workplace Recreation: Definitions, Dimensions and Effects**

Workplace recreation is organized activities for employees to exercise, have fun and refresh either at work or during their off-time (Parks & Quartermain, 2003). These organized activities may include wellness programming (physical programs, yoga, meditation, gym memberships), cultural (festivals or celebrations), outdoor activities (sports, adventure), or creative (art, music, hobbies, clubs).

In the literature, three overarching dimensions of workplace recreation have been identified:

- **Physical Recreation:** Activities that improve health and relieve fatigue, including fitness programs and sports. Physical interventions have been shown to reduce absenteeism, increase energy levels and provide long-term physical improvement (Chenoweth, 2011).
- **Psychological Recreation:** Activities aimed at stress reduction, mindfulness, or creative practices to support emotional regulation. Psychological recreation can improve resilience, emotional regulation, and physiological functioning (Brown & Ryan, 2003).
- **Social Recreation:** Activities with group or team based work or cultural events that had purpose to develop interpersonal relationship. Social recreation can develop trust, collaborative working and contribute to wellbeing in the workplace (Lambert et al., 2010).

There is a strong empirical basis that organizations that create recreational programs have increases in employee morale, creativity and employee performance outcomes. Prasad (2019) found that organizations with structured recreational programs in place focused more on employee job satisfaction, attendance, and their lower employee attrition rates over schools that embraced monetary incentives.

- **Theoretical Foundations of Recreation & Performance Management**

There are several theoretical contexts supporting recreation as important to performance management:

- **Job Demands-Resources (JD-R) Model**

The JD-R framework (Bakker & Demerouti, 2007) suggests although employees have job demands including workload and stress, access to resources -- such as recreational activity -- reduces strain and increases motivation. Therefore, recreation can be used as a workplace resource that retrieve energy, increase resiliency, and maintains consistent performance.

- **Positive Organizational Behavior (POB)**

POB (Luthans, 2002) explains the important aspects of psychological strengths (e.g., optimism, hope, and resiliency) leads to performance. Recreational interventions contribute to enhancing those strengths by creating positive work emotions and work experiences.

- **Social Exchange Theory (SET)**

Social exchange theory (SET) (Blau, 1964) argues that employees reciprocate positive treatment from an organization with higher levels of commitment and

performance. By providing access to recreation, organizations show they care about employee well-being which promotes loyalty and discretionary effort.

Together, the theoretical foundations show that recreation is not simply free time activity - it is a resource for employees that focus shifts from employee satisfaction to organizational satisfaction.

- **Gaps in the Literature**

Though scholars acknowledge the importance of leisure practices, studies that have examined the impact of leisure on employee well-being have tended to observe leisure activities separately. Beyond this, not many research studies on recreation have investigated how recreation can be more systematically embedded in performance management systems. Most of the empirical evidence on the employee benefits of recreation and leisure activities is grounded in studies in the West, and the role of recreation in developing economies like India - where social systems, organizational structures, and limited resources may all affect the way in which recreational initiatives are embraced (Budhwar & Varma, 2011) - lacks sufficient research attention.

Also notable is a lack of longitudinal studies establishing the lasting impact of recreational initiatives. For example, standing studies have investigated the short-term impact of recreation involving things like less employee stress but the long-term outcomes (e.g., innovativeness, organizational commitment, etc.) are largely unexamined.

## **Research Methodology**

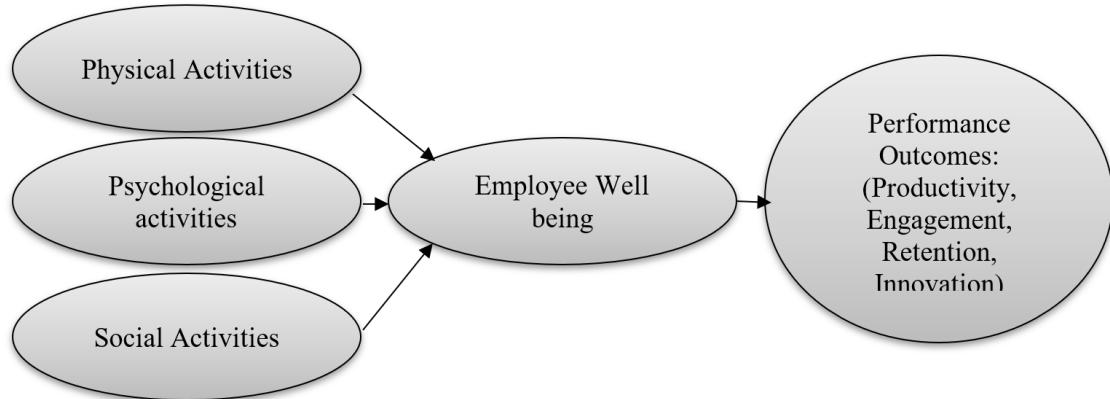
The study adopts a conceptual and theoretical methodology aimed at introducing recreational activities into the discourse of modern performance management. The study employs a literature driven approach, instead of relying on empirical data to develop a conceptual model that explains the relationship of recreational activities and performance management. The conceptual framework was constructed through a literature review process. Sources of data were drawn from reputed peer reviewed journals, books and conference proceedings. Some foundational theories were also considered to provide a theoretical base.

## **Research Objectives**

- To develop a conceptual model to incorporate recreational activities into contemporary performance management systems.
- To investigate the effects of recreational activities (physical, psychological, social) on employee well-being.
- To examine the mediating role of employee well-being on the relationship of recreational activities and Performance outcomes.

- To determine the effect of recreational activities on organizational performance.
- To explore employee perception and acceptance of recreational activities as a component of performance management systems.

## Conceptual Framework



## Discussion and Findings

The current investigation set out to broaden the concept of performance management by incorporating recreational activities within it. While the traditional performance management systems are strong in assessing and evaluating what employees make and do, they are not particularly strong in addressing the employees' needs in totality - more specifically employee well-being. The research utilized theories of positive psychology, job-demands resources (JD-R,) and strategic human resource management to propose a conceptual model which connected recreational activities to employee well-being and organizational performance. The discussion below will interpret the research aims and objectives in the context of up-to-date academic thinking and managerial behaviour.

- Developing a conceptual model to Incorporate Recreational Activities

The first task was to create a conceptual model that included recreational activities into performance management systems. Traditional performance appraisals often target metrics and assess results, but rarely consider recovery, creativity, and building relationships—the very issues that underpin long-term productivity! If physical (e.g., fitness programs), psychological (e.g., mindfulness sessions), and social (e.g., team games) recreational practices are integrated as part of the formal structure for performance management, they allow for a different perspective of employee performance as an outcome of well-being, not simply effort.

This development of the conceptual model is a contribution to theory. Performance management as perceived through the resources-based view (RBV) of

HR credits employees as strategic resources depending on their energy, resilience, and creativity. It also has a connection to positive organizational scholarship that considers human flourishing and thriving as more impactful than just survival. In this context, the model showcases a shift in performance management practices from a business perspective of extracting output to enabling employees to maintain sustainable performance through well-being.

- **Implications for Employee Well-Being from Recreational Activities**

The second objective considered the role of recreational activities on employee well-being. Research reveals that recreational activities improve job satisfaction, performance, build resilience strategies, and reduce stress (Deci & Ryan, 2000; Sonnentag, 2018). Physical activities increase physical health and decrease fatigue; psychological interventions like meditation promote mindfulness and peace; and social recreation engages a person's sense of belonging, relationships and trust.

Theoretically, this is related with Conservation of Resources (COR) theory that recommend people look out or maintain resources that decrease stress and enhance the quality of life. Recreational activities are potentially resources which may restore energy and act as a buffer against burnout. In a performance management context, it might look at recreational programs not as overrated HR benefits, but instead the primary thing to support sustainable human capital.

- **Mediating Effect of Employee Well-Being**

The third objective addressed whether employee well-being mediates the relationship between recreational activity and work outcomes. The reason is that recreational activities do not directly result in improved performance by themselves, but rather they positively impacting well-being which enhances performance.

For example, in an organization, the employees who actively takes part in recreational activities may have positive mind set, less stressed, more creative, and has a better work-life balance. The effectiveness of these benefits is that they improve engagement, job satisfaction, lower absenteeism and improve cooperation, which leads to improved performance. This mediating process shows the rationale of the Job Demands-Resources (JD-R) model, wherein resources (recreational opportunities) enhance personal well-being, and employee well-being improves work engagement and their performance.

Thus, well-being serves as an important, mediating variable between recreational activities and performance outcomes. In the absence of well-being, any recreational programs may instead be viewed as mere decorative or superficial initiatives.

- **Effects on Organizational Performance**

The fourth objective was to examine the organizational-level impact of recreational activities. Individual outcomes are important, but especially for organizations, they want outcomes at scale—greater productivity, reduced turnover, brand reputation as an employer, and sustainable competitive advantage.

Recreational activities help achieve these objectives indirectly through an aggregate effect of improved employee well-being. For instance, organizations that offer recreational programming (whether it be low-level recreation or more comprehensive recreational programming) often see reduced health care costs, higher retention, and a culture of innovation. Furthermore, in intrinsically knowledge-based sectors (e.g. IT, higher education) where creativity and collaboration are drivers of firm performance they also provide space to foster cross-functional communication, learning, and breaking silos in the organization.

From a strategic management perspective, recreational activities improve organizational agility and resilience, as firms adapt to increasing uncertainty in their environments. They demonstrate organizational support beyond just policies or procedures (i.e., signals to improve psychological contracts) and reduce attrition as an employer of choice in competitive labour markets.

- **Employee Perception and Acceptance**

The fifth objective aimed to investigate how employees perceive and accept recreational activities as performance management. Perceptions are important, as policies can be disregarded as "tokenistic" without the participation of employees. Research on HR practices shows that their attribution and sense-making will determine whether the intervention is successful or not.

Employees will be more likely to accept recreational activities if they believe they align with genuine investments in their well-being rather than attempts to extract productivity. For example, looking at mandatory 'fun' activities would create friction while ensuring the programs are voluntary, inclusive, and culturally respectful would garner acceptance. Additionally, it is important to consider that perceptions are bound to generational differences—many millennials and Gen Z employees prefer work-life integration, as well as social engagement—making employees from previous generations more contact-oriented with the programs.

In short, if organizations desire to have recreational activities as an integrated part of performance management, then it should occur in a collaborative social and co-creative way. The manager must then reconceptualize recreation not as a diversion from work but as a valid resource for performance to ensure cognitive and emotional acceptance from employees.

Overall, the discussion highlights how the inclusion of recreational activity in performance management shifts the lens of organizational success. The conceptual model (Objective 1) establishes the premise and the consequences of well-being (Objective 2), the role of well-being as a mediator (Objective 3), and organizational outputs (Objective 4) present a consistent chain of logic. Finally, employee perception (Objective 5) is included to keep the model realistic and usable in a sustainable fashion.

This holistic development reinforces a shift in the way we think about performance management. Rather than thinking about performance management as an isolated HR process, it is now situated within an ecosystem of well-being, organizational culture, and sustainable competitive advantage.

### **Implications**

The findings and discussion of this study offer significant implications across three dimensions: theory, practice, and policy. Together, they contribute to a more holistic understanding of performance management in the contemporary workplace.

- **Theoretical Implications**

This research enriches the theoretical landscape of performance management and human resource development in several ways:

- **Integration of Well-Being into Performance Management:** By embedding recreational activities within the performance management framework, this study extends the traditional boundaries of performance management, which have largely focused on measurement and appraisal. It positions well-being as a central mediator, thereby bridging humanistic and performance-oriented perspectives.
- **Advancing Positive Organizational Scholarship:** The proposed model resonates with positive psychology and organizational scholarship by conceptualizing workplaces as spaces of flourishing rather than mere productivity extraction. It provides a framework that scholars can further test through longitudinal and cross-cultural studies.
- **Contribution to Resource-Based View and JD-R Theory:** By framing recreational activities as strategic resources that fuel employee resilience and engagement, this study broadens the application of the resource-based view (RBV) and Job Demands-Resources (JD-R) model. It highlights how non-financial interventions can produce sustainable performance advantages.

- **Practical Implications**

The evidence from this research provides practical implications for practitioners, such as managers, HR, and organizational leaders:

- **Designing Performance Systems Beyond Metrics:** Employers should consider recreational activities as part of structured performance management—they can be incorporated in performance management processes and discussions, development plans and activities with the employee, in engagement strategies as appropriate.
- **Customized and Inclusive Programs:** A successful implementation is ensuring recreational activities suit the needs of the organization to its employees (e.g., gender, age, culture, different job categories). For example, IT professionals may be interested in e-sports or mindfulness activities, while academics may be more interested in the creative/development workshops, or wellness retreats.
- **Linking Recreation to Productivity Metrics:** To gain managers buy-in organizations need to measure the data from recreational activities into tangible outcomes in terms of reductions of absenteeism, employee engagement scores, turnover and team collaboration.
- **Fostering Organization Culture:** Recreational activities to improve employee benefits need a clear relationship to organizational culture and should not be considered instrumental or incidental – it should be considered a cultural commitment to employee well-being. Organizational recognition and leadership and the process of shared leadership involving all employees that create these activities with the focus on co-creation is critical for acceptance.
- **Policy Implications**

There are also wider social economic and institutional implications and ramifications for integrating recreation into performance management at the policy level:

- **Workplace Well-Being Standards:** Labour and industry regulators may endorse the inclusion of structured well-being and recreation programs into workplace safety and health standards.
- **Incentivizing Employer Behaviour:** Governments can provide tax rebates, awards of excellence, and/or subsidies for organizations that develop and apply effective well-being-based performance systems, especially in sectors where the stress levels (e.g., IT and education) may be high.
- **Higher Education Institutions (HEIs):** In institutions such as universities, the incorporation of recreation into faculty performance reviews may reduce background stress, increase research productivity, improve the quality of teaching, and subsequently allow the institution to align with global examples of academic well-being, in the range of institutional policy.

- **Alignment with ESG and CSR Agendas:** As a result of socially conscious investors and interested parties increasingly assessing organizations on Environmental, Social, Governance (ESG) and Corporate Social Responsibility (CSR) metrics, adding recreation to HR policies can reflect a forward-thinking and socially responsible employer brand.

## Conclusion

This theoretical study has aimed to reconceptualize performance management systems by incorporating recreational activities as an essential part of employee well-being and subsequently, organizational success. Existing performance management systems have been largely focused on assessment, evaluation, and control with little consideration to the human side of performance. By integrating recreational activities - including physical, psychological and social - this paper has proposed to outdated and challenging models of performance management, to a more value based, holistic model that treats employees not only as resources, but individuals whose health, motivation and satisfaction contribute to organizational outcomes.

The proposed conceptual framework highlights how recreation has a positive impact on employee well-being and how employee well-being can mediate the relationship between recreation and individual and organizational performance. The reorientation of performance management systems is indicative of contemporary human resource management tendencies that value resilience, engagement and sustainability over short-term productivity. Additionally, the study has shown how the acceptance and perception of employees are crucial in determining the success of these interventions.

In conclusion, the study has engaged with and contributed to the literature on performance management, positive organizational behavior, and organizational well-being by proposing a new conceptual model and created possibilities for future empirical research as the model can be further tested and developed across industries, cultures and organizational contexts.

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