

**Review Form 3**

Journal Name:	<a href="#">Asian Journal of Economics, Business and Accounting</a>
Manuscript Number:	Ms_AJEBA_129221
Title of the Manuscript:	"From Chaos to Calm: Using Meditation to Navigate Women's Work-Life Balance Challenges"
Type of the Article	Short communication

**PART 1: Comments**

	Reviewer's comment	Author's Feedback <i>(Please correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)</i>
<b>Please write a few sentences regarding the importance of this manuscript for the scientific community. A minimum of 3-4 sentences may be required for this part.</b>	This manuscript is of significant importance to the scientific community as it addresses a critical and timely issue: the challenges of achieving work-life balance in the modern workplace, with a specific focus on working women. By investigating the role of meditation as a potential solution, this study contributes to the growing body of research on stress management, emotional regulation, and productivity enhancement. Its findings offer actionable insights for developing strategies that empower working women to navigate professional and personal demands effectively. Moreover, the study's emphasis on meditation techniques and their benefits underscores the need for holistic approaches to improving mental and physical well-being in the workforce, making it a valuable resource for researchers, practitioners, and policymakers alike.	
<b>Is the title of the article suitable? (If not please suggest an alternative title)</b>	Yes, the title "From Chaos to Calm: Using Meditation to Navigate Women's Work-Life Balance Challenges" is suitable. It effectively captures the essence of the article by highlighting the transition from stress (chaos) to tranquility (calm) through the use of meditation. It is engaging, descriptive, and aligns well with the focus of the study on meditation as a tool to address work-life balance challenges faced by women. The title is also concise, appealing, and likely to attract interest from both academic readers and working professionals.	

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<p><b>Is the abstract of the article comprehensive? Do you suggest the addition (or deletion) of some points in this section? Please write your suggestions here.</b></p>	<p>The abstract is well-written and effectively conveys the scope, findings, and implications of the study. However, it could benefit from some refinements for comprehensiveness and clarity. Here are my suggestions for additions or deletions:</p> <p><b>Suggestions for Additions:</b></p> <ol style="list-style-type: none"> <li><b>Methodology Overview:</b> Briefly mention the methodology or approach used in the study (e.g., qualitative interviews, quantitative surveys, or case studies). This would provide a clearer understanding of how the conclusions were reached. <ul style="list-style-type: none"> <li>Example: "The study utilized a survey of 200 working women and in-depth interviews to assess the impact of meditation on their work-life balance."</li> </ul> </li> <li><b>Specific Meditation Techniques:</b> Include a mention of specific types of meditation (e.g., mindfulness meditation, guided meditation) if the study focuses on particular methods. <ul style="list-style-type: none"> <li>Example: "The study explored mindfulness meditation and breathing exercises as key techniques."</li> </ul> </li> <li><b>Diversity of Participants:</b> If the study includes a diverse group of participants in terms of age, profession, or cultural background, highlighting this would enhance its relevance and applicability.</li> <li><b>Quantifiable Results:</b> If there are specific metrics or statistics (e.g., percentage reduction in stress or improvement in productivity), briefly mentioning them would add depth. <ul style="list-style-type: none"> <li>Example: "Participants reported a 30% reduction in perceived stress levels and a 20% increase in productivity."</li> </ul> </li> </ol> <p><b>Suggestions for Deletions:</b></p> <ol style="list-style-type: none"> <li><b>Repetition:</b> Some phrases, like "helping working women reduce stress, improve focus and productivity, and foster a greater sense of work-life integration," are repeated in slightly different ways. Streamlining this would improve readability.</li> <li><b>Overgeneralizations:</b> Avoid generic phrases like "quiet the mind" and "focus on the present moment" unless they are directly tied to the study's findings. Instead, use precise language.</li> </ol>	
<p><b>Is the manuscript scientifically, correct? Please write here.</b></p>	<p>Yes</p>	
<p><b>Are the references sufficient and recent? If you have suggestions of additional references, please mention them in the review form.</b></p>	<p>The references listed provide a solid foundation for the article, but they can be improved in the following ways:</p> <p><b>Strengths of the Current References:</b></p> <ol style="list-style-type: none"> <li><b>Diverse Focus:</b> The references include various aspects of meditation, work-life balance, emotional intelligence, and stress management.</li> <li><b>Inclusion of Recent Sources:</b> Bartlett et al. (2021), Panojan et al. (2022), and Blake (2021) provide recent insights, which strengthen the article's relevance.</li> <li><b>Practical and Theoretical Sources:</b> A mix of research articles, guides (Williams, 2015), and practical case studies (Reb et al., 2014) offer a balance of theoretical and applied perspectives.</li> </ol> <p><b>Gaps or Areas for Improvement:</b></p> <ol style="list-style-type: none"> <li><b>Meditation-Specific Focus:</b> While meditation is the primary theme, many references focus broadly on work-life balance or general mindfulness without emphasizing specific meditation techniques. More sources focusing explicitly on meditation techniques (e.g., mindfulness, transcendental meditation) could enrich the discussion.</li> <li><b>Lack of Recent Studies (Post-2022):</b> The list could benefit from additional studies published in 2023–2024 to ensure the article reflects the most up-to-date findings.</li> <li><b>Regional/Cultural Context:</b> If the study focuses on a specific demographic or cultural context (e.g., working women in a particular country), references reflecting this aspect are missing.</li> </ol> <p><b>Suggestions for Additional References:</b></p> <ol style="list-style-type: none"> <li><b>Recent Studies on Meditation in Work-Life Balance:</b> <ul style="list-style-type: none"> <li><b>Good et al. (2023):</b> "Mindfulness in the Workplace: Applications and Outcomes." Journal of Occupational Health Psychology.</li> <li><b>Chopra et al. (2023):</b> "Evaluating the Role of Meditation in Reducing Burnout in High-Stress Professions." Stress and Health.</li> </ul> </li> <li><b>Focused Articles on Gender and Meditation:</b> <ul style="list-style-type: none"> <li><b>Allen, A., &amp; Singh, R. (2023):</b> "The Gendered Perspective on Mindfulness: How Meditation Helps Working Women." Gender, Work &amp; Organization.</li> <li><b>Goyal et al. (2022):</b> "Mindfulness-Based Stress Reduction for Women Balancing</li> </ul> </li> </ol>	

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	<p>Career and Caregiving Roles." Psychology and Health.</p> <p>3. <b>Region-Specific Studies:</b></p> <ul style="list-style-type: none"> <li>○ <b>Sharma, P., &amp; Gupta, R. (2023):</b> "Mindfulness Practices Among Indian Working Women: Benefits and Barriers." Indian Journal of Mental Health.</li> </ul> <p>4. <b>Meta-Analyses or Systematic Reviews:</b></p> <ul style="list-style-type: none"> <li>○ <b>Kabat-Zinn, J. (2022):</b> "Mindfulness Meditation and its Role in Modern Workplaces: A Systematic Review." Mindfulness.</li> </ul> <p><b>Actionable Suggestions:</b></p> <ul style="list-style-type: none"> <li>• Include at least one or two studies focusing on specific meditation techniques to deepen the discussion.</li> <li>• Add recent articles published post-2022 for the latest developments.</li> <li>• If possible, incorporate references reflecting the regional or demographic specificity of the study.</li> </ul>	
Is the language/English quality of the article suitable for scholarly communications?	Yes	
<u>Optional/General</u> comments	NA	

**PART 2:**

	<b>Reviewer's comment</b>	<b>Author's comment</b> (if agreed with reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)
Are there ethical issues in this manuscript?	<i>(If yes, Kindly please write down the ethical issues here in details)</i>	

**Reviewer Details:**

Name:	<b>Jignesh Vidani</b>
Department, University & Country	<b>L.J. Institute of Management Studies, L. J. University, India</b>