

Effect of Workplace Recreation Activities on Employees' wellbeing at Bank of Ceylon (BOC), Sri Lanka

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Abstract

The purpose of the study was to determine the effect of workplace recreation activities on the well-being of employees at the Bank of Ceylon (BOC), Sri Lanka. The sound literature review implied that workplace recreation activities became as a one of the popular tool for improving Human Resource in terms of wellbeing of employees. But in Sri Lankan context, it is comparatively low involvement of workplace recreation programs were implemented by employer. The researcher sought to fill this gap by investigating the effect of workplace recreation as well as physical fitness programs, mental health programs, and workplace entertainment programs on the wellbeing of employees. In this study it was used qualitative data analysis approach to measure the association between workplace recreation activities and employee wellbeing using chi-square test. The sample size of 52 employees was selected and this 52 sample selected by using snowball sampling method. Workplace recreation activities and employee wellbeing questionnaires were distributed to the sample size. The findings revealed that physical fitness programs, mental health programs and entertainment programs in workplace recreation activities and employee wellbeing are associated significantly at 0.05 level of significance.

Keywords : Employee wellbeing, Workplace Recreation Activities

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