

Impact of Workload on Work Stress Level of Lower-Level Employees in Apparel Industry Sri Lanka

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Over the years intention to quit is largely influenced by work stress and workload. These variables are factors that influence the intention to quit and possible turnover in a company. The aim of this research is to examine the impact of work stress and workload on lower-level employees in the apparel industry Sri Lanka. This study employed simple random sampling method. The questionnaire was distributed online and analyzed using SPSS Version 25 software. The findings show that workload and intention to leave have a positive relationship. Then the results of the regression analysis revealed the extent of contribution of different factors on work stress of the garment sector lower-level employees in Sri Lanka. Furthermore, the study found that job uncertainty, long working hour, less time for family and lack of administrative support are significantly and positively related and increased job stress for lower-level workers.

Keywords: *Workload, Work Stress Level, SPSS, Regression Analysis*

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