

The Impact of Technostress on Work Performance and the Moderating Impact of Technostress Inhibitors in ABC IT Company in Western Province Sri Lanka

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The aim of this research is to investigate the relationship between technostress and work performance and the moderating influence on this relationship. Previous research indicates that, it is not clear how technostress influences work performance exactly. This research tries to answer how technostress is related to the work performance. The study has been carried out in ABC Company, IT employees with different backgrounds. For this study 204 sample have been analyzed using SPSS analysis. The results show that there is a positive relationship between technostress and the different levels of work performance. This positive relationship is statistically significant. This was tested by using a correlation and regression analysis. The moderating variable that used for this research is technostress Inhibitors. The analysis shows that the stress inhibitors had moderated the relationship between technostress and work performance in a way that is was less negative. However, the results were significant after running a correlation and regression analysis. Moreover, this study was limited only to one particular company in the IT industry in Sri Lanka. Therefore, the current study suggested that to conduct the study by considering all organizations in the business world within Sri Lanka to get an effective output from future research.

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