

Measuring the Impact of Job-Related Stress on Employee Job Performance

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The modern-day workplace is constantly changing, and with these changes comes an increase in work-related stress that has been identified as a common issue experienced by all employees. This stress can have significant effects on individual and organizational performance, as well as employee and organizational productivity. As such, this research aims to determine the influence of work-related stress on employee job performance. The study was conducted using a quantitative research design approach, with a sample size of 97 respondents according to the Morgan table, representing 130 printing section workers at the chosen organization. The researcher used a simple random sampling procedure, which provided all members of the population with an equal chance of being chosen for the study. Data was collected using a self-administered questionnaire, and the researcher received a 100% response rate. To analyze the data, the chi-square test and linear regression under the curve estimate were used as data analytic techniques. The study aimed to evaluate the connection and influence of the variables in question. The findings reveal that job-related stress and its three dimensions (role conflict, work overload, and work-life conflict) have a significant relationship and impact on employee job performance. This study highlights the importance of identifying work-related stress and its impact on employee job performance. Organizations need to recognize the impact of job-related stress on their employees and implement measures to address this issue. By providing a supportive work environment and addressing the factors that cause work-related stress, employers can help to reduce stress levels and improve employee job performance. This research can provide valuable insights into ways to address job-related stress, leading to improved employee productivity and organizational performance.

Keywords: *Employee Job Performance, Job-Related Stress, Role Conflict, Work Overload, Work-Life Conflict*

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