

## **The Impact of Work-Life Balance on Employee Performance: A Study of Machine Operators in a Selected Apparel Manufacturing Firm**

Chethani, D. M. U.<sup>1</sup> and Gamage, P. N.<sup>2</sup>

This study attempts to identify the impact of work-life balance on employee performance among machine operators in selected apparel manufacturing firm in Sri Lanka. Time balance, Involvement balance and Satisfaction balance were the dimensions of work-life balance of this study. The data were collected from a sample of 94 machine operator employees in selected apparel manufacturing firm in Sri Lanka with a structured questionnaire, which consisted of 40 statements with five point Likert scale. Type of investigation was correlation and it was cross-sectional on time horizon. The data analysis included univariate and bivariate analysis methods. According to the finding, it is substantiated that there is a positive impact of work-life balance on employee performance among machine operators in selected apparel manufacturing firm in Sri Lanka.

***Keywords:*** *Work-life Balance, Employee Performance*

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<sup>1</sup> Undergraduate, Department of Human Resource Management, Faculty of Commerce and Management Studies, University of Kelaniya, Sri Lanka [umandas94@gmail.com]

<sup>2</sup> Professor, Department of Human Resource Management, Faculty of Commerce and Management Studies, University of Kelaniya, Sri Lanka [prasadinigamage@yahoo.com]