

Workplace Mediation and Family Support on Managing Work Stress of Insurance Sector Employees: Evidence from ABC Insurance Ltd Located in Sabaragamuwa Zone

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The purpose of the research Presently Insurance sector organization faces a greater difficulty, and it is noted that little attempt has been taken by the researchers to integrate the workplace mediation and family support with employee work stress among Insurance sector employees in Sri Lankan literature. Hence problem of this study is to investigate impact of workplace mediation and family support on managing work stress in insurance sector employees and investigate the relationship between co-worker support, supervisor support and family support on managing their work stress of insurance sector employees in ABC insurance Ltd (Sabaragamuwa Zone). This research was enriched with a quantitative approach and self-administrative survey questionnaire was applied convenience sample 115 employees who currently worked in ABC Insurance limited in Sabaragamuwa Zone. The sample was selected using convenient sample method. To test hypothesis relationships between the constructs, the multiple regression analysis was performed using SPSS 20.0 version. There are many scholars found that workplace mediation, family support and work stress have a significant relationship. Deeply consider about demographic features of the data set. According to that, females tend to response the questionnaire in higher rate (58%) than males. And also, employees tend to response for the questionnaire who 60% are in the age range of 18 - 29 years than other age groups. Future researchers can be taken into actions to improve further research by overcoming the limitation of this study. Future researchers can expand the present study by drawing sample including another Zone of ABC insurance Ltd. This study only taken the small sample size to collect the data. So, if future researcher can take the large sample size of collect the data it may become an effective one. This would raise the levels of interests among scholars to conduct more employee work stress related studies that may contribute to the new dimensions' organizational management.

Keywords: *Workplace mediation, Co-worker support, Supervisor Support, Family Support, Work Stress*

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