

The Impact of Work Stress on Employee Performance with the Moderator Effect of Gender

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The purpose of this research is to investigate the impact of work stress on employee performance with the moderator effect of gender. In addition to that, this study intends to investigate the impact of work stress on employee performance. There aren't many studies that have examined how workplace stress affects worker performance in relation to gender. Therefore, the goal of this work is to fill in this information gap. This study explored the relationship and examined the work stress and employee performance in the Sri Lankan garment sector. This research is deductive (theory-testing) research. This research was conducted using a survey research strategy and quantitative research method. Staff officers were chosen as the population of the study. The sample size was 140, data collection was done through a self-administered questionnaire and Convenience sampling technique. A Google form was created and distributed to collect data. The number of employees who responded was 103 among 140 employees. Statistical Package for Social Science (SPSS), version 23.0 was used as a tool for data analysis and both descriptive and inferential statistics, namely correlation and regression were used to analyze data. The results indicate that work stress has a positive relationship with employee performance of staff officers.

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