

The Impact of Procrastination on Wellbeing of Government School Teachers; Sri Jayewardenepura Zone of Colombo District in Sri Lanka.

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Employee well-being is intricately tied to various aspects of working life, encompassing the physical environment, job attitudes, workplace culture, and structure. The overall health and wellness of the workforce significantly impact an organization's long-term effectiveness and correlate directly with production levels. From last years to today, procrastination of employees impacted to the employee wellbeing, job satisfaction, and job performance of the employee. So this study investigates the relationship between procrastination and the well-being of government school teachers in the Sri Jayawardhenepura Zone of the Colombo district, Sri Lanka. Utilizing a quantitative approach with 285 teachers, the research explores five key dimensions of procrastination: Fear of Failure, Job Mismatch, Dependence, Difficulty of Making Decisions, and Rebel Instead of Control. The study employs standardized questionnaires, and data analysis reveals significant influences of procrastination on teacher well-being, particularly through Dependence, Difficulty of Making Decisions, and Rebel Instead of Control. The robust regression model explains 74% of the variability in well-being, with fear of failure and job mismatch showing non-significant impacts. ANOVA confirms the overall model fit, and hypothesis testing validates the impact of procrastination dimensions on well-being. The findings offer valuable insights for tailored interventions to enhance teacher well-being.

Keywords: *Dependence, Difficulty of Making Decisions, Fear of Failure, Job Mismatch, Procrastination, Rebel Instead of Control*

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