

Life Satisfaction and Work Performance Among the Employees in Private Sector Organizations

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Abstract:

This study investigates the relationship between life satisfaction and work performance among employees in private sector organizations. Recognizing the critical role of employee well-being in organizational effectiveness, the research aims to assess the extent of life satisfaction and its influence on work-related outcomes. A quantitative approach with a descriptive research design was employed. Data was collected using a self-developed questionnaire from a sample of 61 private-sector employees. Statistical analysis was conducted using SPSS and Microsoft Excel to interpret and visualize the results. The findings revealed no significant relationship between life satisfaction and work performance within the studied sample. These insights contribute to the ongoing discourse on employee wellbeing, suggesting that factors influencing performance may extend beyond personal satisfaction levels.

Keywords:

Employees, Life Satisfaction, Work Performance, Well-being, Mental Health, Private Sector, Organizational Behavior.