

**WORKAHOLISM AND QUALITY OF WORK LIFE OF PRIMARY
EDUCATION TEACHERS IN BATTICALOA DURING THE COVID-19
EMERGENCY.**



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ABSTRACT

This study investigates the relationship between Workaholism and Quality of work life, and the mediating effect of Techno-stress on selected primary, middle and high schools in Batticaloa. This study was implemented Workaholism (WHM) is as the independent variable with of three dimensions of Quality of work life (QWL) is as the dependent variable namely Life satisfaction (Li_Sat), Physical Health (Phy_Health) and Mental Health (Men_Health). Techno stress functioned as a mediator role between the two variables. This study eliminates the empirical knowledge gap in the Batticaloa area (Paddiruppu zone) regarding this topic.

Using a structured questionnaire, the data were collected from 150 primary education teachers of ten selected schools in Batticaloa. And the collected data were analyzed by using descriptive statistics, correlation, regression and mediating analyses.

The findings reveal that the Workaholism and Techno stress are in high level among the respondents of schools and Quality of work life is in low level among the respondents. The analyses stated the negative relationship between the Workaholism and Quality of work life, the strong positive relationship between the Workaholism and Techno stress and the strong negative relationship between Quality of work life and Techno stress. Techno stress has been found to cast a partial mediating effect on the relationship between Workaholism and Quality of work life.

Keywords: *Workaholism, Quality of work life, Techno stress, Primary Education Teachers, During the COVID-19 Emergency.*

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