



# COMMERCE RESEARCH SYMPOSIUM 2021

Inspiring the Creative and Scholarly  
Achievements of  
Commerce Students

DEPARTMENT OF COMMERCE  
UNIVERSITY OF SRI JAYEWARDENAPURA



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2021**

**Inspiring the Creative and Scholarly Achievements of Commerce Students**

**Department of Commerce  
Faculty of Management Studies and Commerce  
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## **Abstracts of Commerce Research Symposium – 2021**

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## **Impact of Distance Learning Techniques on Work Life Balance of School Teachers in Sri Lanka: During COVID – 19 Outbreak**

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### **Abstract**

**Purpose:** Purpose of the research is to examine the factors affecting work life balance of teachers who use online teaching as a distance learning technique. The objective of this study is to investigate what factors impact work life balance of school teachers in Kurunegala District, Sri Lanka.

**Method:** A self-administered questionnaire is used to gather data from 400 respondents via an online survey. This study adopts quantitative approach to scrutinize the factors such as personal life factors, work pressure, working flexibility and long working hours that are possible to influence school teacher's work life balance. In fact, study utilized explanatory research design in order to identify the extent and nature of cause-and-effect relationship.

**Findings:** Regression analysis results revealed that all the personal life factors, work pressure, working flexibility and long working hours were significantly influence work life balance of school teachers in Kurunegala District. In addition, personal life factors, long working hours have positive impact on work life balance of school teachers.

**Implications:** The Ministry of Education and the government should deliberate on the methods to improve work life balance of school teachers at least providing opportunities to train and get use to online teaching. Without any helping hand, these teachers by their own equip with technical assets to be armed with the online teaching bearing a huge financial liability. The government should allocate provide at least an allowance for the basic facilities and data and the student should be given data packages to reduce this tension on school teachers.

**Future Research:** This study has been limited to four factors affecting work life balance; however, there may be other factors too. Extending this research, further research can be conducted on variables such as self-efficacy and information technology literacy and so on. moderate and mediate these identified relationships.

**Keywords:** Work Life Balance, Personal Life Factors, Work Pressure, Working Flexibility, Long Working Hours.

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