

## **The Impact of Work-Life Balance on Job Performance: A Study of Executive Level Employees in Apparel Industry in Sri Lanka**

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This study assesses the impact of work-life balance on job performance of executive level employees in apparel industry in Sri Lanka. This is a cross sectional study. A positive relationship between work-life balance and job performance was hypothesized. A standard questionnaire was used to collect primary data. Simple random sampling was applied and final sample consisted of 80 executive level employees from two apparel sector organizations. Descriptive statistics, Pearson correlation, reliability and regression were used to analyze the data and prepare the conclusion and the data was analyzed by SPSS 23.0. Findings revealed that there is a 34.7% of significant impact of work-life balance on employee job performance in the tested domain.

**Keywords:** *Work-Life Balance, Job Performance, Executive Level Employees*

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