Sampling Profile

The target population for the quantitative study was 100 female executives in the logistics companies around Colombo whom were selected using the convenient sampling method while purposive sampling technique is used get data from 10 industry experts for the qualitative research (Etikan *et al*., 2016).

Data Collection Method

For the quantitative research structured questionnaire is used while for the qualitative research interview method was used.

Data Analysis

The study has used a mixed approach of quantitative and qualitative. For the quantitative component, linear regression model is used with the aid of SPSS (25) while for the qualitative study Thematic approach is used.

Results

Sample Adequacy

Further, in SPSS a handy option is there to test out whether the sample is big enough. Sample adequacy is tested through KMO-test (Kaiser-Meyer-Olkin-test). Here the KMO is 0.665. Therefore, it is in line with the theory and the sample can be regarded as adequate.

Reliability Test

The internal consistency was assessed from the reliability test. Simply it explains the degree to which the items that make up the scale are all measuring the same underlying attribute (Pallent, 2011). The Cronbach's coefficient alpha is used in SPSS as a statistic model in common. The Cronbach's alpha values range from 0.486 to 0.810. In here, except for one variable (Family Support: 0.486) the rest of the Cronbach alpha values are above 0.60, which is acceptable as minimum coefficient required was 0.60 as per Nunnally (1967).

Goodness of Fitness and Model Fit

According to analysis, R2= 0.794. It means that 79.4 percent of the variation of weight is explained by the regression model. To evaluate the statistical significance of the results, it is required to look model fit of the variables. Here it can be seen the significance value (Sig.) is 0.001, which is below 0.05 ($p < 0.05$). This indicates that the selected variables are adequately support to see the changes of the dependent variable.