A Study of Impact of Personality Traits on Work-Life Balance among Software Industry Professionals

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Abstract

Personality traits examine the behavioural similarities in a person. Those behavioural similarities predict one’s performance and behaviour as they provide the collective attributes of human nature. The aim of this study was to explore the relationship between personality traits and work life balance. This relationship was examined using a sample of 175 respondents working in software industry. Verification of hypothetical path model using path analysis used to examine the impact of big five personality inventory on work and family domains of work life balance. The findings of the study show that some dimensions of the Big Five constructs are significantly related to work and family domains.

Keywords: Work life balance, Big five inventory, Personality, work domain and family domain.

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