



A Study of Wellness Program among Employees in IT Companies After Covid 19

Mrs Bhuvneshwari¹, Aravind R²

¹Professor, Department of Management Sciences, Hindusthan College of Engineering and Technology, Coimbatore.

² II (M.B.A), Department of Management Sciences, Hindusthan College of Engineering and Technology, Coimbatore.

OBJECTIVES OF THE STUDY

Primary objective

- To study on wellness program among employees in IT companies with special reference to TechPlay, Bangaluru

Secondary objectives

- To understand the factors affecting wellness of the employees in the organisation
- To measure the perception of employees towards wellness benefits provided by the concern
- To measure the level of satisfaction of the employees in wellness programme of the company
- To analyse the impact of wellness programme on the company

SCOPE OF THE STUDY

The scope of the study confined to TechPlay, Bangaluru. The aim of the study is to analyse the wellness programme among the employees in IT companies with special reference to TechPlay, Bangaluru. This research focuses on understanding the perception of employees towards wellness benefits provided by the concern. The sample size of this study is 120. The study will help the organisation to know the satisfaction level of the employees regarding wellness programme of the company. It throws light on the impact of wellness programme on the company.

RESEARCH DESIGN

Research design is the plan, structure and strategy of investigation conceived so as to obtain answer to research question and to control variance. Researcher has taken "descriptive research design" to carry out the study. This research design would help the researcher to gather the primary and secondary data to analyse the various aspects of the study

Research Instrument

Instrument used for this study was questionnaire. Questionnaire was prepared and circulated to 120 employees of the company.

Type of research

Here in order to meet the research objectives, descriptive research design is used.

Population

Here population is the entire employees of the company TechPlay, Bangaluru.

Sample size

The sample size of the study was 120 respondents.

Sampling Unit

Here sampling unit is TechPlay, Bangaluru.

FINDINGS

- 54.2% of the respondents are male.
- 43.3% of the respondents are in the age group of 26 – 36.
- 56.7% of the respondents are married.
- 52.5% of the respondents have completed Post Graduates.
- 33.3% of the respondents are 3 - 5 years as their working experience.
- 31.7% of the respondents said that agree towards fitness of the employee.
- 44.2% of the respondents said that strongly agree towards nutrition for the employees.
- 50% of the respondents said that strongly agree towards depression for the employees.
- 36.7% of the respondents said that strongly disagree towards anxiety for the employees.
- 35.8% of the respondents said that strongly agree towards optimism for the employees.
- 45.8% of the respondents are good as their healthy lunch and snacks provided in the concern.
- 41.7% of the respondents are average as their assistance programs offers for the employees.
- 35% of the respondents are bad as their arrangement of nap room in the organization.
- 30% of the respondents are excellent as their community service activities offered by the concern.
- 58.3% of the respondents are excellent as their conducting fitness activities in the organization.
- 45% of the respondents are highly satisfied towards reducing the health risk of the employees.
- 45% of the respondents are neither satisfied nor dissatisfied towards lowering the health care costs for the employees.
- 31.7% of the respondents are highly satisfied towards providing the awareness about wellness for the employees.
- 43.3% of the respondents are satisfied towards minimizing the stress in the work place and in family.
- 70% of the respondents are satisfied towards increasing job satisfaction.
- 48.3% of the respondents said that agree towards increases the employees performance.
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