

Kansas State University research has found support for the view that employees who are engaged in their work, including higher levels of vigor, dedication and absorption in daily activities, also have better moods and are more satisfied at home. The research was presented by Clive Fullagar, profes-sor of psychology, and Mara Milki, graduate student in psychology, and Mara Milki, graduate student in psychology, and Mara Milki, graduate student in psychology, Manhattan, at this year's Society for Industrial and Organizational Psychology annual confer-ence in New Orleans. Satoris Culbertson satid: "Pur research indicated that individuals who

"Our research indicated that individuals who "Bur research indicated that individuals who were engaged in positive experiences at work and who shared those experiences with significant oth-ers perceived themselves as better companions and became more effective overall in the home environment." The study followed 67 extension agents over two weeks to determine the relationship between

daily work engagement and work to-family facilita-tion. The participants completed two surveys each day - one at the end of the working day and the other before going to bed for the working day and the other before going to bed for the night. They also undertook a separate survey at the start of the two-week period and another at the end. According to Satoris Culbertson, stress at work

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results suggest that engagement is significantly related to daily mood, and that mood also positively correlates with work-family facilitation. Both work engagement and work-to-family facilitation vary considerably from one

WORKOUTAILING recommendary and constraints, and a day to the next. "Just because an employee might not be invigorated or dedicated to his or her work on a Monday doesn't mean he or she won't be engaged on Tuseday or vice versa," said Culbertson. "Additionally, one's work can

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facilitate things at home to a different extent depending on the day and what has happened on that particular

udy. Stressing that engagement refers to positive work involvement rather than more negative forms of job involvement like workaholism and work addiction, which have different effects on home lives, Culbertson said: dav."

"Work addicts, or workaholics, have been shown to experience higher levels of work-family conflict. On the

contrary, our study showed that higher levels of engage-ment were related to higher levels of work-family facil-tation rather than conflict." She believes that organiza-tions can build on these findings and intervere in the workplace arguing that it is important for organizations to help employees to balance work and personal lives. "Practically, our results indicate that emgagement is controlled by studential factors that are manageable by the organization," Culbertson added. Contd. on Page 2

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