

"A man is
great by
deeds, not by
birth"

-Chanakya

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**Examining the Relationship between Time poverty and Work
Engagement**

Dr. Kapil Verma¹

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¹Assistant Professor, Organizational Behaviour and Human Resources Area, Indian Institute of Management Kozhikode, IIMK Campus PO, Kunnamangalam, Kozhikode, Kerala 673 570, India; Email - kapil@iimk.ac.in, Phone Number - 0495-2809107

Examining the Relationship between Time poverty and Work Engagement

Abstract:

While financial wealth has increased across the world, unfortunately, that monetary prosperity has not translated into affluence in terms of time. Time can also be viewed as the currency of life, enabling individuals to partake in pursuits that enhance their wellbeing. People who are actively involved in their jobs must wisely manage their time and find fulfillment and contentment in life. Employees' behavior at work is affected by how well they manage their time.

This research paper explores the relationship between workplace time poverty and employee engagement. The research investigates whether employees, who feel that they have too little time to achieve their objectives, experience engagement at work. It is proposed that time poverty leads to the objectification of self and others in the workplace, which undermines employee engagement by thwarting relatedness and autonomy needs. The study highlights the importance of effective time management in the workplace to promote employee engagement.

Research Office
Indian Institute of Management Kozhikode
IIMK Campus P. O.,
Kozhikode, Kerala, India,
PIN - 673 570
Phone: +91-495-2809238
Email: research@iimk.ac.in
Web: <https://iimk.ac.in/publications>

