



## THE IMPACT OF EMOTIONAL WELL BEING ON WORK RELATIONSHIPS AT A FMCG COMPANY

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### ABSTRACT

*The purpose of this research is to find the impact of emotional well being on the work relationships among employees. This study was conducted in a department of an FMCG company in Bangalore in the year 2017. The main goal of this study is to identify how the communication or lack thereof can obstruct the creation of quality and meaningful work relationships that can improve the quality of the work-life of the employees. This research focused on the fact that though people spend such large amounts of time in the organization, they still do not communicate well with their colleagues. This acts as a hindrance to the creation of effective as well as meaningful relationships among employees as well as among superiors and subordinates. The motivation behind this research is to identify the impact that the emotional well being of an employee has on the quality of their work relationships. The results of this study stated that there indeed existed a relationship between the emotional well being and the quality of the work relationships of employees. This study is thus useful for all those who want to improve the overall productivity of their employees and to ensure that they all enjoy emotional well being as well as good and productive work relationships.*