



TECHNOLOGY ADOPTION, WORK LIFE BALANCE AND TEACHER ENGAGEMENT: A CASE OF SECONDARY TEACHERS IN NTUNGAMO DISTRICT

ABSTRACT

The main purpose of the study was undertaken to examine the relationship between technology adoption work life balance and teacher engagement in Ntungamo district secondary schools. A conceptual model was developed to illustrate the relationship between the variables.

The population of the study which was considered to realize the research objectives was 400 teachers from the government schools in Ntungamo District. Using Krejcie and Morgan (1970) formula 196 respondents computed to form the sample space. All 196 respondents successfully returned the questionnaires representing 100. Descriptive statistics were run to describe the characteristics of the respondents while Pearson correlation and multiple linear regression analysis tests were run to test the relationships between the variables.

The findings revealed that there was a significant positive relationship between technology adoption and teacher engagement. It also indicated a significant positive relationship between technology adoption and work life balance. Further still there was a significant positive relationship between work life balance and teacher engagement.

Based on the above findings the study recommend that management of secondary schools in Ntungamo district should invest more resources in adopting technology to promote work life balance.