POSITIVE WORKPLACE RELATIONSHIPS AND MEANINGFULNESS AT WORK; A CASE OF HOTEL WORKERS IN KAMPALA-UGANDA

BY

ACHOM ANNA FLORENCE

REG NO: 1173-05064-00312

A RESEACH REPORT SUBMITTED TO THE COLLEGE OF ECONOMICS AND MANAGEMENT IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE AWARD OF A BACHELORS DEGREE IN HUMAN RESOURCE MANAGEMENT OF KAMPALA INTERNATIONAL UNIVERSITY

AUGUST 2019

DECLARATION

I declare that this research proposal titled "positive workplace relationships and meaningfulness at work "is my original work and to the best of my knowledge, it has never been submitted to any university or institution for any academic award whatsoever where works of other writers and authors have been used, proper acknowledgment has been made through in-text citation and references in the reference pages.

Signature	Date
Name	
Reg no	

APPROVAL

This	researc	ch rep	ort	titled	"Pos	sitive	relati	onships	and	Meani	ngfulness	at	work"	has	been
subn	nitted w	ith tl	ne ar	prov	al of	the U	niver	sity Le	cturer	· .					

Signature:	Date:
------------	-------

Mr. Kabagambe Franciss

DEDICATION

I dedicate this research report to my beloved Mum Margate ...My Lecturer Mr. Kabagambe Francis, my special friend Denis plus all may sisters and friends who have been there for me.

ACKNOWLEDGEMENT

I wish to thank the Almighty God for the gift of life, guidance and the knowledge he embedded in me. I acknowledge my academic supervisor Mr. Kabagambe Francis Comet for the guidance he gave me while writing this research report. I would like to appreciate the help I got from classmates who were in the same academic struggle that is to say Rebecca, Brian, and Halima.

I also acknowledge the entire management of KIU, more especially the academic staff for the knowledge given to me conduct research and successfully pass the class subjects.

TABLE OF CONTENTS

DECLARATION	. i
APPROVAL	ii
DEDICATIONi	iii
ACKNOWLEDGEMENTi	iv
TABLE OF CONTENTS	v
LIST OF TABLESvi	iii
ABSTRACTi	ix
CHAPTER ONE	1
BACKGROUND OF THE STUDY	1
1.1 Background	1
1.2 Problem statement	2
1.3 Purpose of the study	2
1.3.2 Objectives	3
1.4 Research questions	3
1.6 Study Scope	3
1.6.1 Subject scope	3
1.6.2 Geographical Scope	3
1.6.3 Time Scope	3
1.7 Significance of the Study	3
CHAPTER TWO	5
LITERATURE REVIEW	5
2 () Introduction	5

2.1 Meaningfulness at work	5
CHAPTER THREE METHODOLOGY	8
3.0 Introduction	8
3.1 Research Design	8
3.3 Sampling procedure	8
3.4 Sample size	8
3.5. Data Collection Methods and instruments	10
3.6 Measurement of variables	10
The study was measured by items adopted from the previous studies	10
3.7 Validity and Reliability	10
3.7.1 Validity	10
3.7.2 Reliability	10
3.8 Data processing and analysis	11
3.9 Ethical Considerations	11
CHAPTER FOUR	12
PRESENTATION AND INTERPRETATTION OF FINDINGS	12
4.0 Introduction	12
4.1 Gender of respondents	12
CHAPTER FIVE	18
CONCLUSIONS AND RECOMMENDATIONZ	18
5.0 Introduction	18
5.1 Summary of the findings	18
5.2 Recommendations and conclusions	1 Ω

5.3 Areas for further research	18
References	20
APPENDIX I: QUESTIONNAIRE	24
APPENDIX II: TIME FRAME	29

LIST OF TABLES

Table 1: Gender of respondents	12
Table 2: age of respondents	13
Table 3: Position of respondents	13
Table 4: academic level of respondents	14
Table 5: length of service of respondents	14

ABSTRACT

This study aims at examining the relationship between positive workplace relationships and meaningfulness at work in different hotels and restaurants. A relationship survey was designed for the Study the survey aimed to examine the level of positive workplace relations among hotel workers, the survey was father more conducted to examine the degree of meaningfulness at work among different restaurant workers and also to examine the relationship between positive workplace and meaningfulness at work. The study found out that if there is a good connection between the workers, this will help them to find their jobs meaningful.so these two have a great relationship, the study concludes by outlining the key factors and benefits of positivity at work

The study found out that there was a week positive relationship between the variables. The study adopted across-sectional design using questionnaire tool to obtain data. Ethical consideration was thought of and after obtaining the introduction later from the department of human resource then the researcher continued to the field to conduct research.

CHAPTER ONE

BACKGROUND OF THE STUDY

1.1 Background

The implication for the 21st century organization may accordingly be to expand the traditional notion of organizational effectiveness (as measured in terms of meeting profit, production, service and continuity goals), to include the cultivation of an environment conducive to organizational health. Specifically, healthy workplaces are those in which people use their strengths and gifts to achieve meaningfulness and consequently high performance (Hofmann & Tetrick, 2003). It is thus argued that the cultivation of an environment which allow employees to use their strengths, both character strengths in terms of virtues and general strengths in terms of knowledge, skills and abilities is essential to experience meaningfulness in the current world

The term "meaningfulness" is used to capture the amount or degree of significance one's work holds (Rosso, Dekas, & Wrzesniewski, 2010). It indicates that meaningfulness is not a fixed property of a given job or organization. Rather meaningfulness is necessarily subjective (Pratt & Ashforth, 2003). Scholars on meaningfulness of work have reported that even workers performing seemingly enriched jobs can experience a lack of meaningfulness and vice versa (Bailey et al., 2017; Lepisto and Pratt, 2017). 'Meaningfulness' is related to the extent to which something is perceived as important or meaningful to someone. Hence, meaningfulness can vary greatly between individuals. Lips-Wiersma and Wright (2012) also say that meaningfulness very much represents the value a person attaches to a work goal or purpose. Therefore it may help to answer the question 'Why am I here?'.

Meaningfulness at work and in work means requires that employees use their strengths so as to align with their work and organization in order to get a sense of purpose and thus experience meaningfulness (Bailey et al., 2017; Lepisto and Pratt, 2017). Traditionally, job design approaches such as job enrichment and job enlargement are used to enable

employees leverage on their strengths (Pratt & Ashforth, 2003). However, more recently, a concept that puts employees at the center of setting tasks that are more meaningful to them has been introduced, known as job crafting. Nonetheless, people in this process are not passive observers incapable of contribution; it is the responsibility of all individuals to help generate the meanings that articulate and verify their desired sense of self.

Also Baumeister (1991) emphasizes that the human search for meaning is fundamentally a social process and should not be seen as an isolated activity. Martela (2010) too underlines that people need social validation in order to believe in the meaning they have created. He considers the process of meaningfulness making very intertwined with workplace meaningfulness for social comparison and social information processing.

Thus, in this study, focus on employee positive workplace relationships and meaningfulness at the workplace

1.2 Problem statement

The underlying basis for the research is about how employees tend to view and enjoy their work and its impact on their employee workplace relationships and meaningfulness at work. The major problems organizations face is how to enable employees experience meaningfulness in work and at work. According to (Deci, 2013), meaningfulness in work and at work is mainly achieved through good workplace relationships. However, studies of positive relationship and meaningfulness at work are limited hence the need for this study.

1.3 Purpose of the study

The purpose of this study was to examine the relationship between positive work relationships and Meaningfulness of work

1.3.2 Objectives

In this regard, the specific objectives of the study

- i. To assess the nature of workplace relationship among hotel workers
- ii. To examine the level of meaningfulness of work among workers.
- iii. To examine the relationship between workplace relationship and meaningfulness of work among workers

1.4 Research questions

What is the level of meaningfulness among Hotel Workers?

What is the nature of workplace relationships among Hotel Workers?

What is the relationship between workplace relationships and meaningfulness at work?

1.6 Study Scope

1.6.1 Subject scope

The study focused on examining how positive work relationships and meaningfulness of work are related.

1.6.2 Geographical Scope

This study was carried out in Kampala hotels. The area was chosen because it has got the biggest number of restaurants.

1.6.3 Time Scope

The study was carried out for a period of three months from April to June 2019 to effectively meet the objectives

1.7 Significance of the Study

i. Academic

The findings will be used by academicians for further research related to the concept or topic under study. It will as well used as a partial fulfillment of the requirements for the award of a degree to the researcher.

ii. Policy

The research findings will be used by policy makers in the industry and in other businesses to examine the impact of positive work relationships and meaningfulness of work. They will be able to develop policies in regard to job designing.

iii. Industry

The industry main players will use the research to understand the benefit of employee strengths use, positive relationships and meaningfulness of work. These findings will be used as a guide to effective business decision making.

CHAPTER TWO

LITERATURE REVIEW

2.0 Introduction

This chapter seeks to present a review of significant theoretical and empirical literature in relation to the research questions being analyzed.

2.1 Meaningfulness at work

The terms "meaningfulness" is used to capture the amount or degree of significance one's work holds (Rosso, Dekas, & Wrzesniewski, 2010). It indicates that meaningfulness is not a fixed property of a given job or organization. Rather meaningfulness is necessarily subjective (Pratt & Ashforth, 2003). Scholars on meaningfulness of work have reported that even workers performing seemingly enriched jobs can experience a lack of meaningfulness and vice versa (Bailey et al., 2017; Lepisto and Pratt, 2017). 'Meaningfulness' is related to the extent to which something is perceived as important or meaningful to someone. Hence, meaningfulness' can vary greatly between individuals. Lips-Wiersma and Wright (2012) also say that meaningfulness very much represents the value a person attaches to a work goal or purpose. Therefore it may help to answer the question 'Why am I here?'.

Positive Work Relationship

Co-workers relations are an important source in providing support to co-workers and positive effect on employee satisfaction (Medlock & Booth-Butterfield, 2012). Employees develop a relationship with her co-workers to add friendship. Employees who feel a friendship with co-workers will experience mental and physical health is good. It is based on the feeling of security and self-confidence of the individuals associated with the work and motivation to encourage friendships in the workplace. Co-workers relations are different from supervisor relations. Employee interactions with supervisors based on the position in the hierarchy of authority, while co-workers relations are flat without any formal authority elements (Basford & Offermann, 2012). Co-workers cannot be ruled but

depending on the relationship quality that was compiled from daily work both very pleasant and sad. Relationship with colleagues is an integral component of everyday life of employees in the workplace. Consequences of such a relationship are sharing in the workplace physically and are in a work team. Employee relation characterized by little or even no imbalance of power (Tan & Lim, 2009). Trust in co-workers can also affect confidence in the organization, so as to improve organizational performance. Co-workers show the membership organization that has the same power and authority and a person who is always interacting with the employees in the organization. Co-workers have an important role because forming informal networks that instantaneously and without planned in the organization. Co-workers have a more horizontal flow of information within the organization which is the channel lawful authority. Previous research states that employees tend to communicate ideas and problems related to their work to co-workers rather than to other, more formal party as supervisor. Trust in co-workers can produce huge social capital (Prusak & Cohen, 2001).

The Relationships between the Variables

Rosso et al. (2010) argue that the meaning or meaningfulness employees experience in their work can be affected by four sources: the self, other persons, the work context and spiritual life. Other persons include co-workers, family, leaders, groups and communities. The work context includes design of job tasks, organizational mission, financial circumstances, non-work domains, and the national culture in which the work is conducted. If anything were to change in the work context, this could have major consequences for one's work meaning. The spiritual life can influence work meaning as people often turn to religion to find meaning and purpose in their lives. The self-concept is "the totality of a [person's] thoughts and feelings that have ref erence to himself as an object" (Rosso et al., 2010, p. 95/96). A person's self-concept is flexible to adapt to changing self-perceptions and feelings in response to various experiences and work contexts. The self-concept includes values, motivations and beliefs about work (the 'meaning' of work). These beliefs about work include three types of work orientation that

explain how people see their work: as a job orientation, career orientation or calling orientation. Individuals who are appreciated by colleagues connected with them will have psychological meaningfulness in the workplace. Employees will also indicate the availability of her if they know that co-workers and supervisors cared about him (Rothmann & Welsh, 2013). When individuals are treated with dignity, respected, and valued contribution not only as executor of his role, they will feel a meaningful of interaction. Individuals also took on the role of social identity that they get from the membership of an organization. Interaction with colleagues will develop a sense of belonging, strengthening the social identity, and bring a feeling of meaningful. Loss of social identity would cause a loss of feeling of meaningful. Interpersonal relationship among employees that support and can be trusted will engender psychological safety (Kahn, 1990)

CHAPTER THREE METHODOLOGY

3.0 Introduction

This chapter provided a description of how the study was conducted. It highlights the research design, the study population, sampling procedure and sample size, data resources, data collection methods and instruments and how the data collected was analyzed and presented.

3.1 Research Design

The study adopted a cross sectional design using a quantitative approach. The adoption of the cross sectional design was based on the limited time available to complete the study thus concentration was on issues as they were at the time point of the study.

3.2 Study Population

The study consisted all employees directly involved in the restaurant services in a given restaurant. These included waiters/waitresses and chefs.

3.3 Sampling procedure

The study sample was obtained using simple random sampling and purposive sampling. Simple random sampling was used to select staff. This method was adopted since it was free from bias and easy to use yet possessed an advantage of not requiring dividing the population into subpopulations or taking any other additional steps before selecting members of the population at random.

3.4 Sample size

The sample size was obtained from the population accordance with Krejcie and Morgan (1970). The sample size deducted from the population with the help of stratified random

Sampling consisting of 400 employees who were hotel workers of different hotels and to arrive to this the researcher used Slovenes formula as stated

 $n=N/1+N(e)^2$

Where

N=number of sample size

n=population size

e=coefficient to be used which is 0.05

Therefore

 $n=400/1+400(0.05)^2$

=400/1+400(0.0025)

n=200respodents

Hotel name	Target	Sample size
	population	
Graceland hotel and	160	80
gardens bunga-Gabba road		
Sheron hotel	82	41
Marble hotel	38	19
Botanical beach hotel	16	8
Entebbe		
Dine and save restaurant	16	8
kansanga		
PROTEA BY MARRIOTT	48	24
HOTEL ENTEBBE		
LASVEGAS HOTEL	20	10
OASIS HOTEL	20	10
TOTAL	400	200

Therefore the sample size was obtained by using the formula below

N/N1*n

Where N is the target population for each hotel

N1 is the population size

n is the number of respondents used

3.5. Data Collection Methods and instruments

Primary data was obtained from self-administered questionnaires which were delivered to the respondents. The questionnaire was answered by all accessible staff of a given restaurant. The self-administered questionnaire was anchored on five point likert scale, where l=strongly agree (SA), 2= agree (A), 3not sure (U), 4 disagree (D) and 5= strongly disagree (SD).

3.6 Measurement of variables

The study was measured by items adopted from the previous studies

3.7 Validity and Reliability

3.7.1 Validity

To establish validity, the study used Content validity (CVI) where all valid items were divided by the total number of items and only variables scoring above 0.868 were acceptable (Amin, 2005). In addition, the questionnaire was piloted among respondents where 10% (9) staffs were considered randomly to fill in the questionnaire and adjustments were made as considered appropriate. In addition, experts in the field of statistics were consulted to rate the tools to ensure that expert judgment results which indicated content validly index of over 0.868 for the tools were acceptable.

3.7.2 Reliability

The research instrument was examined for its reliability by using Cronbach's Alpha value established using SPSS. All the items included in the scale adopted from reviewing literature were tested for reliability. Values which were 0.868 were rendered reliable. This agrees with Sekaran and Roger (2011) who state that the research instrument used to collect data from the respondents was and able to yield similar results at all times.

3.8 Data processing and analysis

The researcher used SPSS (Statistical Package for Social Scientists) for quantitative data analysis. The study indicated the percentages and frequencies for the demographics and also indicated the mean and the standard deviation of the scores of the various questions set for each objectives. This helped the researcher to come up with meaningful deductions and conclusions

3.9 Ethical Considerations

The study was conducted after obtaining official permission from Kampala International University and then proceed to the participating entities. The researcher also ensured that respondents freely accepted to participate in the study. All the obtained data were used in such a way that protected the privacy.

CHAPTER FOUR

PRESENTATION AND INTERPRETATTION OF FINDINGS

4.0 Introduction

This presents information about the response rate, and the demographic characteristics of the sample being studied. The demographic characteristics of the respondents include the gender of respondents, age of respondents, academic level of the respondents and length of service of respondents.

4.1 Gender of respondents

The gender of the respondents was established and below is a table that shows the findings:

Table 1: Gender of respondents

	Frequenc	Percent	Valid	Cumulative
	У		Percent	Percent
male	111	55.5	55.5	55.5
Valid female	89	44.5	44.5	100.0
Total	200	100.0	100.0	

Source primary data

Findings in the above table shows the gender distribution of respondents where the male respondents were greater than the female that is to say male were 111(55.5%), female 89(44.5%)this means that there was male participation over female.

Age of the respondents

The age of the respondents was established to determine the maturity of the hotel staff

Table 2: age of respondents

		Frequenc	Percent	Valid	Cumulative
and the second of the second o		У		Percent	Percent
	20-29	83	41.5	41.5	41.5
	30-39	79	39.5	39.5	81.0
	40-49	30	15.0	15.0	96.0
vanu	50-59	7	3.5	3.5	99.5
o de la companya del companya de la companya del companya de la co	60>	1	.5	.5	100.0
	Total	200	100.0	100.0	

Findings in the above table shows the age distribution of the respondents where the respondents aged from 20-29 were 83(41.5), 30-39 where 79(39.5), 40-49 were 30(15.0), 50-59 were 7(3.5) and lastly 60 and above were 1 (0.5).this means that most of the respondents were youth

Table 3: Position of respondents

		Frequenc	Percent	Valid	Cumulative
		у		Percent	Percent
	chef	53	26.5	26.5	26.5
	store keeper	66	33.0	_33.0	59.5
Valid	waitress/wait er	81	40.5	40.5	100.0
	Total	200	100.0	100.0	

Findings in the above table shows the position distribution of the respondents where the chefs were 53 (26.5%), store keeper were 66(33.0%) and lastly waitress/waiter 81(40.5%). this means that waitress/waiters were the most respondents for this research

Table 4: academic level of respondents

	Frequenc	Percent	Valid	Cumulative
	у		Percent	Percent
certificate	44	22.0	22.0	22.0
holde diploma	66	33.0	33.0	55.0
rs degree	75	37.5	37.5	92.5
were master's the degree	10	5.0	5.0	97.5
most others(specif Valid y)	5	2.5	2.5	100.0
Total	200	100.0	100.0	

Findings in the above table shows the academic level of respondents where those for the certificate were 44(22.0%), diploma were 66(33.0%), degree were 75(37.5%), master's degree were 10(5.0%) and lastly others were 5(2.5%). this means that the degree holders were the most respondents in this research.

Table 5: length of service of respondents

		Frequenc	Percent	Valid	Cumulative
		у		Percent	Percent
	1-3	54	27.0	27,0	27.0
	4-6	49	24.5	24.5	51.5
Valid	7-9	68	34.0	34.0	85.5
vand	10&abo	29	14.5	14.5	100.0
	Total	200	100.0	100.0	

Findings in the above shows the length of service of respondents where those who had worked for years ranging from 1-3 were 54(27.0%),4-6were49(24.5%),7-9 were68(34.0%), and lastly 10&above were 29(14.5%).this means that those who had worked for 7 to 9 years were the best respondents in this research.

Descriptive Statistics

	N	Mean	Std.
			Deviation
my direct supervisor is satisfied with my work	200	5.05	.873
my direct supervisor repays favor	200	5.06	.875
my direct supervisor helps me with my job problems	200	5.08	.813
my direct supervisor returns my help	200	5.00	.902
my direct supervisor has confidence in my ideas	200	5.12	.806
my direct supervisor and i have mutually helpful relationship	200	5.10	.818
my direct supervisor has trust that I would carry my work load	200	5.03	.817
my direct supervisor is one of my leaders	200	5.17	.875
my direct supervisor has respect for my capabilities	200	5.20	.761
i have an excellent working relationship with my direct supervisor	200	5.16	.833
i often make suggestions about better work methods to other team members	200	5.04	.841
other members of my team usually let me know when ido something that makes their job easier	200	5.14	.861
i often let other team members of know when they have done something that makes my job easier	200	5.03	.850
my team members often recognize my potential.	200	5.11	.878
my team members understand my problems and needs	200	4.91	.966
i am flexible at switching job responsibilities to make things easier for other team members	200	5.04	.846
in busy situations, other team members often ask me to help others out	200	5.02	.862
in busy situations, ioften volunteer my efforts to help others on my team	200	5.16	.865

iam willing to help finish work that has been assigned to others	200	5.09	.950
other team members are willing to help finish work that was assigned to me	200	5.13	.881
Valid N (list wise) Total mean	200	=5.082	

The above table reveals that the overall mean for positive workplace relationship was mean (5.082) which is interpreted as high respondents, also said that, my direct supervisor has respect for my capabilities mean (5.20) which means that there is positive relationships at work place

Descriptive Statistics

	N	Mea	Std.
		n	Deviation
when someone critises my restaurant, it feels like personal insult	200	5.01	1.020
when I talk about my restaurant usually say we rather than they	200	5.10	.962
my restaurants' success are my successes	200	5.21	.931
when someone praises my restaurant, it feels like personal compliment	200	5.07	1.049
i feel a sense of ownership in my restaurant	200	4.96	.984
if the value values of this restaurant were different, I would not be attached to it	200	5.00	1.025
my attachment to this restaurant is based primarily on the similarity of my values and those represented by my restaurant	200	4.96	.989
since starting this job, my values and those of this restaurant have become similar	200	5.00	.919
the reason i prefer this restaurant to others is because of what it stands for; that's, its values	200	5.10	1.008
Valid N (list wise) Total mean	200	=5.04 55	

The above table shows that the overall mean for the meaningfulness of work was mean (55.0455) which is interpreted as the high respondents, also said that my restaurants' success are my successes mean(5.21) which means that there is meaningfulness at work

Correlations

		positive	Meaningful
		workplace	ness
	Pearson	1	.338**
positive	Correlation		.556
workplace	Sig. (2-tailed)		.000
	N	200	200
	Pearson	.338**	,
meaningfulnes	Correlation	.336	Į.
S	Sig. (2-tailed)	.000	
	N	200	200

^{**.} Correlation is significant at the 0.01 level (2-tailed).

To establish the relationship between the two variables person's correlation was used to find the relationship between the variables and found out that there was a weak positive relationship between positive workplace and meaningfulness at work(r=0.338).this means that an increase in positivity at work will lead to high productivity of the employees.

CHAPTER FIVE

CONCLUSIONS AND RECOMMENDATIONZ

5.0 Introduction

This chapter presents the discussion of the findings, conclusions and recommendations arising out of the research findings in chapter 4 and suggests areas for further research. The study has generated findings several of which are in line with the existing literature and the research questions.

5.1 Summary of the findings

The purpose of the study was to examine the relationship between positive workplace relationship and meaningfulness at work and found out that there was a weak positive relationship which means that organizations should strive for positivity at workplace in order to keep employees motivated at work.

5.2 Conclusions

In this study, workers should practice positive workplace relationship and meaningfulness at work and in doing so this will help to create good relationships at work among hotel workers hence this will help employees feel that they are attached to their jobs hence making their work and jobs meaningful to them which helps the entire organization and workers at large. If employees come together for example sharing new ideas, sharing each other's feelings and not considering each other's individual difference, this can help them feel strong belonging and ties with the organization hence making their jobs meaningful.

5.3 Recommendations

5.3 Areas for further research

Examine the impact of motivation on positive relationship at work.

Determine the factors that hinder positivity and workplace meaning.

Examine whether the positive relationship can lead to reward at work.

Examine the factors that can favor positivity and workplace meaning.

Determine the effect of good industrial relation on the job meaning

References

Adler, N. J., (1991), Organizational Behavior: Cross-cultural studies. Boston: PWS-KENT Pub. Co., pgs. 56-67.

Al-Ahmadi, H., (2009), Factors Affecting Performance of Hospital Nurses in Riyadh

Ashforth, Blake E. and Humphrey, Ronald H. (1995). Emotion in the Workplace: A Reappraisal. Human Relations, 48(2), 97-125.

Bakker, A. B., Albrecht, S. L., & Leiter, M. P. (2011). Key questions regarding work engagement. European Journal of Work and Organizational Psychology, 20, 4-28.

Bassey, M., (2002), Motivation and Work -Investigation and Analysis of Motivation Factors at Work. http://urn.kb.se/resolve?urn=urn:nbn:se:liu:diva-1086.

Bates, S. (2004). Getting engaged. HR Magazine, 49(2), 44-51.

Berlyne, D. E. (1967). Arousal and reinforcement. Nebraska Symposium on Motivation, 15, 1-110.

Borman, W. C., (2004), the concept of organizational citizenship. Current Directions in Psychological Science, 13 (6), 238–241.

Boston: John Wiley & Sons, Ltd., pgs. 45.

Buchanan, D. (1979). The Development of Job Design Theories and Techniques. New York: Praeger Publishers.

Campion, et al, (2005), Work Redesign: Eight Obstacles and Opportunities. Human Resource Management, 44(4), 367-390.

Campion, Michael A. and McClelland, Carol L. (1991). Interdisciplinary Examination of the Costs and Benefits of Enlarged Jobs: A Job Design Quasi-Experiment. Journal of Applied Psychology, 76, (2), 186-198.

Champoux, J. E., (1996), a multivariate test of the job characteristics theory of work motivation.

Dodd, N. G., & Gangster, D. C., (1996), the interactive effects of variety, autonomy and feedback on attitudes and performance. Journal of Organizational Behaviour, 17, 329-347.

Frank, L. L., & Hackman, J. R., (1975), A failure of job enrichment: The case of the change that wasn't. Journal of Applied Behavioral Science, 11, 413-436.

Fried, Y., & Ferris, G. R., (1987), The validity of the job characteristics model: A review and meta-analysis. Personnel Psychology, 40, 287–322.

Gilbreth, F. B. (1911). Motion study. A method for increasing the efficiency of the workman. London: Constable.

Hackman, J. R., & Lawler, E. E. (1971). Employee reactions to job characteristics. Journal of Applied Psychology, 55, 259–286.

Herzberg, F., (2003), One More Time: How Do You Motivate Employees. Harvard Business Review, 81, 87-96.

Herzberg, F., Mausner, B., & Snyderman, B. B., (1959), The Motivation to Work. NY: John Wiley & Sons, 23-27.

Ivancevich, J. M., (1998), Job analysis and job design. Human Resource Management. 7th edition, Irwin: McGraw-HILL., pp.168-195.

Jackson, P.R., (2004), Employee commitment to quality: Its conceptualization and measurement. The International Journal of Quality & Reliability Management, 21(6/7), 714-731.

Knapp, P. R. and Mujtaba, B. G. (2010). Designing, Administering, and Utilizing an Employee Attitude Survey. Journal of Behavioral Studies in Business, 2(1), 1-14.

Knapp, P. R. and Mujtaba, B. G. (2010). Strategies for the Design and Administration of Assessment Center Technology: A Case Study for the Selection and Development of Employees. International Journal of Trade in Services, 2(2), 163-188.

Macey, W. H., & Schneider, B. (2008). The meaning of employee engagement. Industrial and Organizational Psychology, 1, 3-30.

Morgeson, F. P., & Campion, M. A. (2003). Work design. In W. C. Borman, D. R. Ilgen, & R. J. Klimoski (Eds.). Handbook of psychology: Industrial and organizational psychology, 12, 333–375.

Oldham, Greg R. and Hackman, J. Richard (2010). Not what it was and not what it will be: the future of job design research. Journal of Organizational Behavior 31(2-3): 463–479.

Paullay, I., Alliger, G., and Stone -Romero, E. (1994). Construct validation of two instruments designed to measure job involvement and work centrality. Journal of Applied Psychology, 79, 224-8.

Pfeffer, J. (1994). Competitive advantage through people: Unleashing the power of the work force. Boston: Harvard Business School Press.

Potter, Paula W. (2007). Job Design from an Alternative Perspective. Journal of Behavioral Studies in Business, 12(2), 33-35.

Rabinowitz, S. and Hall, D.T. (1977). Organizational research on job involvement. Psychological Bulletin, 84(2), 265-88.

Region, Saudi Arabia. International Journal of Health Care Quality Assurance, 22 (1), 40-54.

Richman, A. (2006). Everyone wants an engaged workforce how can you create it? Workspan, 49, 36-39.

Rizwan, M. D. J. and Khan, Fawad S. (2011). Relationship of Job Involvement with Employee Performance: Moderating Role of Attitude, European Journal of Business and Management, 3(8), 77-85.

Schaufeli, W. B., & Bakker, A. B. (2004). Job demands, job resources, and their relationship with burnout and engagement: A multi-sample study. Journal of Organizational Behavior, 25, 293-315.

Summary and Theoretical Extension of the Work Design Literature. Journal of Applied Psychology, 76(2), 186-198.

APPENDIX I: QUESTIONNAIRE

Dear Respondent

I am Achom Anna Florence a student at Kampala International University pursuing a degree in Human Resource Management. Currently I am conducting a study on "positive Workplace relationships and Meaningfulness at Work." You have been identified as one of the key informants to this study. Your genuine contribution will equally contribute to the better understanding of the phenomenon. The study is purely for academics and your responses will be treated with utmost confidentiality and purely used for that purpose. It is my humble request that you spare part of your valuable time and answer the following questions.

SECTION ONE (RESPONDENT CHARACTERISTICS)

			i	
Gender:	Male	1	Female	2

Age

1	2	3	4	5
20-29	30-39	40-49	50-59	60>

Position

1	2	3
Chef	House keeper	Waitress/Waiter

Academic

1	2	3	4	5
Certificate	Diploma	Degree	Masters	Others (specify)
			Degree	
				-

Length of service

1	2	3	4
1-3	4-6	7-9	10 &
			above

Workplace Relationship

Think about the quality of relationship you have with your workmates. With that relationship in mind, indicate your level of agreement or disagreement with the following statements using the scale of (1 = Strongly Disagree, 2 = Disagree, 3 = Somehow Disagree 4 = Somehow Agree, 5 = Agree, 6=Strongly Agree).

No.	Statement	SD	D	SD	SA	A	SA
Posit	tive Relationship with the supervisor						
1	My direct supervisor is satisfied with my work	1	2	3	4	5	6
2	My direct supervisor repays a favor	1	2	3	4	5	6
3	My direct supervisor helps me with my job problems	1	2	3	4	5	6
4	My direct supervisor returns my help	1	2	3	4	5	6
5	My direct supervisor has confidence in my ideas	1	2	3	4	5	6

6	My direct supervisor and I have a mutually helpful relationship	1	2	3	4	5	6
7	My direct supervisor has trust that I would carry my workload	1	2	3	4	5	6
8	My direct supervisor is one of my leaders	1	2	3	4	5	6
9	My direct supervisor has respect for my capabilities	1	2	3	4	5	6
10	I have an excellent working relationship with my direct supervisor	1	2	3	4	5	6
Positi	ve Relationship with team members				1		<u> </u>
11	I often make suggestions about better work methods to other team members		2	3	4	5	6
12	Other members of my team usually let me know when I do something that make their job easier	1	2	3	4	5	6
13	I often let other team members of know when they have done something that makes my job easier.		2	3	4	5	6
14	My team members often recognize my potential	1	2	3	4	5	6
15	My team members understand my problems and needs	1	2	3	4	5	6
16	I am flexible about switching job responsibilities to make things easier for other team members	1	2	3	4	5	6
17	In busy situation, other team members often ask me to help out	1	2	3	4	5	6
18	In busy situations, I often volunteer my efforts to help	1	2	3	4	5	6

	others on my team						
19	I am willing to help finish work that has been assigned to others	1	2	3	4	5	6
20	Other team members are willing to help finish work that was assigned to me	1	2	3	4	5	6

Meaningfulness of Work

Please indicate on the following statements in relation to your work experience. Indicate your level of agreement or disagreement with the following statements using the scale of (1 = Strongly Disagree, 2 = Disagree, 3 = Somehow Disagree 4 = Somehow Agree, 5 = Agree, 6=Strongly Agree).

Item	SD	D	SD	SA	A	SA
Workplace Meaningfulness	1	<u> </u>				
When someone criticizes my restaurant, it feels like a personal insult.	1	2	3	4	5	6
When I talk about my restaurant, I usually say we rather than they.	1	2	3	4	5	6
My restaurant's successes are my successes.	1	2	3	4	5	6
When someone praises my restaurant, it feels like a personal compliment.	1	2	3	4	5	6
I feel a sense of ownership for my restaurant.	1	2	3	4	5	6
If the values of this restaurant were different, I would not be	1	2	3	4	5	6

attached to it.						
My attachment to this restaurant is based primarily on the similarity of my values and those represented by my restaurant.	1	2	3	4	5	6
Since starting this job, my personal values and those of this restaurant have become more similar.	1	2	3	4	5	6
The reason I prefer this restaurant to others is because of what it stands for; that is, its values.	1	2	3	4	5	6

APPENDIX II: TIME FRAME

Activity	Period in months								
	MARCH	APRIL	MAY	JUNE	JULY - AUGUST				
Formulating the statement of the									
problem									
Proposal writing									
Introductory letter and									
permission									
Questionnaire drafting									
Interviewing and group									
Data collection									
Data processing									
Data analysis									
Review data analysis									
Final report									