

Buddhist Teaching, Spirituality and Work Life Success of Graduate Employees Working in Badulla District

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The purpose of Buddhist life is to live peacefully, happily, successfully with a light heart and full of contentment. Success is twofold as worldly success and spiritual success. Unfortunately, people just ignore the spiritual part and majority of the people only focus on the worldly success. People tend to engage with many misconducts and illegal things seeking money and personal benefits unconsciously. The purpose of this study is to identify the relationship between the Buddhist teaching, spirituality and work life success of graduate employees working in Badulla District. Hence, this study examines the nature of the religious behavior of graduated employees who are currently working in Badulla district and how Buddhist teaching and Buddhist spirituality have influenced their work life. The snowball sampling procedure was used to select the sample and ten in depth interviews were conducted and observation method was used to gather data for this study. Gathered data has been analyzed qualitatively. Findings of this study revealed that there is a positive relationship between the Buddhist teaching, spirituality and work life success of graduate employees working in Badulla district. The findings of this study revealed that the graduate employees who are following Buddha's teaching are practicing neutrality rather than acquisition and demanding materialism or any other privileges. Moreover, the graduate employees who were more towards the spirituality and following Buddhist teaching were practicing concentration on work, integrity, honesty, neutrality, patience and smooth relationships with colleagues. As per the respondent's idea, it is recommended to become spiritualistic and follow Buddha's teaching to achieve both work life success and satisfaction during the work despite of any circumstances in workplace.

Keywords: Neutrality; Religious; Satisfaction; Spiritualistic