HRIS-Driven Approach to Absenteeism and Workload

Imbalance to Drive Employee Engagement.

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# Free Photo abstract luxury plain blur grey and black gradient used as background studio wall for display your productsABSTRACT

**Goal:** To leverage a Human Resource Information System (HRIS) to proactively manage absenteeism and workload imbalance, thereby enhancing employee engagement, operational efficiency, and organizational morale.

**Design/Methodology/Approach:** Applying SPSS Software, a well-structured questionnaire was framed and collected a maximum of 145 data points using a 5-point Likert scale in a non- probability convenience sample in several organizations.

**Results:** An HRIS-driven approach enables efficient tracking of absenteeism and equitable workload distribution, promoting employee satisfaction and sustained engagement.

**Limitations:** An HRIS approach may struggle with data accuracy, privacy concerns, and poor integration, which can weaken employee engagement strategies.

**Practical Implications:** An HRIS-driven approach uses real-time data to monitor absenteeism, analyse workload distribution, and proactively balance tasks among employees. This minimizes burnout, addresses underlying absence causes, and strengthens overall engagement.

**Originality/Value:** An HRIS-driven approach systematically monitors absenteeism and workload distribution, enabling data-informed interventions that promote workforce balance and enhance employee engagement.

**Keywords:** HRIS, absenteeism, workload imbalance, employee engagement, data analytics, workforce management, predictive HR, workload distribution, employee satisfaction, retention.



1. INTRODUCTION

In today’s dynamic work environment, absenteeism and workload imbalance pose significant challenges to organizational productivity and employee morale. Traditional methods of addressing these issues often fall short, lacking real-time insights and predictive capabilities. Enter the Human Resource Information System (HRIS) — a powerful tool that can revolutionize how companies manage attendance patterns and workload distribution. By leveraging HRIS data analytics, organizations can proactively identify trends, predict potential burnout, and create more equitable workload strategies. This data-driven approach not only reduces absenteeism but also fosters a culture of transparency, fairness, and engagement, ultimately leading to a more resilient and motivated workforce. In this article, we explore how an HRIS-driven strategy can be the key to unlocking higher employee satisfaction and sustainable organizational success.



2. VALUATION OF HRIS FOR EMPLOYEE ENGAGEMENT ENHANCEMENT

The integration of Human Resource Information Systems (HRIS) into workforce management has redefined how organizations address absenteeism and workload imbalance to enhance employee engagement. Through centralized data collection and real-time monitoring, HRIS allows companies to identify patterns of absenteeism and uneven task distribution with greater accuracy, enabling swift and informed decision-making (Patel, R., 2022). Automated tracking of leave, overtime, and workload metrics provides HR professionals with actionable insights to redesign workflows, redistribute responsibilities, and implement preventive measures against employee burnout (Singh, A., 2021). This proactive approach not only minimizes operational disruptions but also promotes a culture of fairness and transparency, critical elements in boosting employee morale and trust in leadership (Cheng, L., and Zhou, Y., 2022). HRIS-based interventions, such as workload balancing, personalized support programs, and flexible work arrangements, directly contribute to reducing absenteeism rates and improving overall engagement levels (Rahul, S., 2022). Furthermore, predictive analytics powered by HRIS platforms assist organizations in forecasting future absenteeism trends, thus allowing better workforce planning and resource optimization (Martinez, P., 2023). The strategic use of HRIS in managing absenteeism and workload challenges strengthens the psychological contract between employer and employee, enhancing loyalty, productivity, and long-term organizational success.



3. OBJECTIVES OF THE STUDY

1. Explain the role of HRIS in monitoring absenteeism and attendance trends.
2. Analyze how HRIS can identify workload imbalances within teams.
3. Develop strategies to address absenteeism using HRIS-driven insights.
4. Promote equitable workload distribution to enhance employee satisfaction and engagement.
5. Utilize HRIS tools to support proactive employee well-being initiatives.



4. RATIONALE OF THE STUDY

Absenteeism (when employees are often absent) and workload imbalance (some employees having too much work while others have too little) are big problems in companies. These issues can make employees unhappy, stressed, and less productive.

Today, many companies use HRIS (Human Resource Information Systems) — special software that helps manage employee information, schedules, and workloads easily. Using an HRIS-driven approach means using technology to track attendance, monitor workloads, and fix problems quickly.

This study wants to show how using HRIS can help reduce absenteeism, balance workloads fairly, and make employees feel more engaged and motivated at work. When employees are treated fairly and supported properly, they are happier, work better, and stay longer with the company.





5.RESEARCH MODEL



**Absenteeism**

**Monitoring**

**Workload Analysis**

1. **Absenteeism Reduction**
2. **Workload Balance**
3. **Predictive HR Actions**

**HRIS Utilization**



**Employee Engagement**

This conceptual framework proposes that the utilization of a Human Resource Information System (HRIS) enables organizations to monitor absenteeism and analyze workload distribution effectively. Through HRIS-driven absenteeism monitoring and workload analysis, companies can reduce absenteeism rates and achieve better workload balance among employees. These improvements lead to predictive HR interventions that address potential issues early. As a result, employees feel more supported and valued, which ultimately enhances their engagement levels.

Thus, HRIS acts as a critical tool for reducing absenteeism and balancing workload, both of which positively influence employee engagement.

The following assumptions are made based on this conceptual framework:

**H1:** There is a significant difference in absenteeism between employees using HRIS and those not using HRIS.

**H2:** There is a significant relationship between workload balance (from HRIS data) and employee engagement.

**H3:** There is a significant difference in employee satisfaction between teams with HRIS-driven workload management and teams without.



6. METHODOLOGY

We examine the role of an HRIS-driven approach in managing absenteeism and workload imbalance to enhance employee engagement across a diverse set of organizational employees. HRIS is identified as a crucial tool for automating HR operations, improving data management, enabling real-time tracking of employee attendance, workload distribution, and facilitating better decision-making in human resource management. Effective HRIS utilization is expected to reduce absenteeism, balance workloads more efficiently, and drive higher levels of employee engagement.

We have adopted a descriptive research design to systematically analyze the impact of HRIS on absenteeism, workload imbalance, and employee engagement. Data collection was carried out through the non-probability convenience sampling technique, involving 145 respondents from various departments within the organization. The primary data collection was conducted by administering a structured questionnaire in a closed-ended format. The collected data were subjected to various statistical analyses. Percentage analysis was used to summarize the demographic characteristics of the participants. Mean analysis helped in understanding the average responses regarding the effectiveness of HRIS initiatives. Chi- square analysis was employed to identify significant associations between categorical variables, such as absenteeism trends and HRIS usage. Regression analysis was conducted to assess the impact of HRIS-driven absenteeism and workload management on employee engagement. ANOVA was used to determine significant differences among various employee groups, while correlation analysis was applied to explore the relationships between absenteeism, workload balance, and employee engagement factors. All statistical analyses were performed using standard statistical software, ensuring the reliability and validity of the findings. This methodology facilitates a comprehensive understanding of how HRIS-driven strategies contribute to minimizing absenteeism, achieving workload balance, and enhancing employee engagement within organizations

DATA ANALYSIS

7. PERCENTAGE ANALYSIS

|  |  |  |  |
| --- | --- | --- | --- |
| S. No | Gender | Frequency (n=145) | Percentage |
| 1 | Male | 59 | 41.0 |
| 2 | Female | 85 | 59.0 |
|  | Total | 144 | 100 |
| S. No | Age | Frequency (n=145) | Percentage |
| 1 | <25 years | 91 | 63.6 |
| 2 | 26-40 years | 28 | 19.6 |
| 3 | 41-60 years | 23 | 16.1 |
| 4 | Above 60 years | 1 | 0.7 |
|  | Total | 144 | 100 |
| S. No | Marital Status | Frequency (n=145) | Percentage |
| 1 | Single | 90 | 62.5 |
| 2 | Unmarried | 53 | 36.8 |
|  | Total | 144 | 100 |
| S. No | Educational Qualification | Frequency (n=145) | Percentage |
| 1 | Under Graduate | 31 | 21.5 |
| 2 | Post Graduate | 70 | 48.6 |
| 3 | M. Phil / Ph. D. | 31 | 21.5 |
| 4 | Diploma | 8 | 5.6 |
| 5 | Others | 4 | 2.8 |
|  | Total | 144 | 100.0 |
| S. No | Year of Experience | Frequency (n=145) | Percentage |
|  | Below 1 year | 58 | 40.3 |
|  | 1 - 3 years | 38 | 26.4 |
|  | 4 - 5 years | 18 | 12.5 |
|  | 6 - 8 years | 24 | 16.7 |
|  | Above 8 years | 6 | 4.2 |
|  | Total | 144 | 100.0 |
| S. No | Annual Income | Frequency (n=145) | Percentage |
|  | <2.5 LPA | 49 | 34.0 |
|  | 2.5 - 4 LPA | 30 | 20.8 |
|  | 4 - 6 LPA | 21 | 14.6 |
|  | 6 - 10 LPA | 32 | 22.2 |
|  | Above 10 LPA | 12 | 8.3 |
|  | Total | 144 | 100.0 |
| S. No | Job Location | Frequency (n=145) | Percentage |
|  | Hometown | 49 | 34.0 |
|  | Nearby City | 48 | 33.3 |
|  | Another State/Region | 35 | 24.3 |
|  | Abroad | 12 | 8.3 |
|  | Total | 144 | 100.0 |

According to the demographic profile of the respondents, 41% of the sample is made up of men, while 59% of the participants are women. The majority of respondents—roughly 63.6%—are under 25, indicating that the sample is primarily made up of young people who are probably just starting their careers. In addition, a younger demographic group is indicated by the fact that 37.5% of respondents are married and 62.5% of respondents are single. When it comes to work experience, a sizable percentage—40.3%—have less than a year's worth, while 26.4% have one to three years. Emphasizing that the majority are early career professionals, only 4.2% have more than eight years of experience. 34% of respondents make less than 2.5 lakh per annum (LPA) when looking at annual income, with 22.2% making between 6 and 10 LPA. The fact that just 8.3% of people make more than 10 LPA indicates that the majority of people fall into the low to mid-income range. 34% of respondents said they work in their hometown, 33.3% said they work in a nearby city, 24.3% said they work in another state or region, and just 8.3% said they work overseas. 48.6% of the participants have postgraduate degrees, 21.5% are undergraduates, and another 21.5% have an M.Phil. or Ph.D. A lesser percentage, 5.6%, have diplomas, and 2.8% fall into other categories. The majority of responders, according to the demographic data, appear to be young, unmarried, post-graduate women with little work experience, moderate to low incomes, and jobs primarily in their hometowns or neighboring cities.

8. DESCRIPTIVE STSTISTICS

|  |  |  |  |
| --- | --- | --- | --- |
| S. No | Variables | Mean | Standard Deviation |
| 1 | I frequently take unplanned leaves | 2.903 | 1.2918 |
| 2 | My absenteeism is mainly due to work-related stress. | 2.951 | 1.3345 |
| 3 | I have taken leave due to personal health issues. | 2.854 | 1.3482 |
| 4 | I often take leave due to family or personal responsibilities. | 2.826 | 1.3292 |
| 5 | I feel my absence increases the workload for my colleagues. | 2.979 | 1.3088 |
| 6 | Frequent absenteeism affects my team’s productivity. | 2.854 | 1.3891 |
| 7 | My work delays due to the absence of my colleagues. | 3.000 | 1.2901 |
| 8 | My absenteeism directly impacts organization’s performance. | 2.799 | 1.2986 |
| 9 | I often feel stressed due to an excessive workload. | 2.951 | 1.3180 |
| 10 | My productivity decreases when I have an excessive workload. | 2.853 | 1.2889 |
| 11 | Workload imbalance ruins my job satisfaction & performance. | 2.861 | 1.2661 |
| 12 | I make more mistakes when my workload is too high. | 2.910 | 1.3323 |
| 13 | My manager is aware of workload issues within the team. | 2.986 | 1.3426 |
| 14 | HRIS helps in monitoring and distributing workload fairly. | 2.832 | 1.3215 |
| 15 | My organization provides training or tools to help employees manage workload effectively. | 2.746 | 1.3232 |
| 16 | I am satisfied with my current job role and responsibilities. | 2.993 | 1.4167 |
| 17 | I feel motivated to give my best effort at work every day. | 3.090 | 1.3888 |
| 18 | My work contributes meaningfully to the organization’s success. | 2.797 | 1.3456 |
| 19 | I feel recognized and appreciated for my contributions. | 2.917 | 1.3301 |
| 20 | I am able to maintain a healthy balance between my work and personal life. | 3.174 | 1.3397 |
| 21 | My workload is manageable and does not cause excessive stress. | 2.986 | 1.3008 |
| 22 | My organization provides sufficient support for employee well-being (e.g., mental health programs, flexible work options). | 2.688 | 1.3508 |

**Interpretation:**

The descriptive statistics give a summary of the main variables that were assessed during the research. There are roughly 144 responses (N) for each of the three elements (absenteeism, workload imbalance, and employee engagement), suggesting a sample size that is reasonably constant across all variables. The range of 1.00 to 5.00 for each item's minimum and highest scores indicates that participants used the entire scale for answers was supplied. The mean values often range from 2.7 to 3.1, indicating that, depending on the item, participants tended to reply close to the midpoint of the scale, leaning somewhat toward agreement or moderate levels of perception. The standard deviations, which show a considerable spread around the mean and some variation in responses but not excessive variability, fall between 1.13 and 1.38. Further analysis based on these measurements is supported by the data's overall decent distribution and consistency across variables.

9. FINDINGS

The study revealed significant insights into the demographic and behavioral patterns of employees in relation to HRIS-driven absenteeism and workload management. The respondent profile indicated that the majority were young, with over 63% being under the age of 25, and predominantly female, making up 59% of the sample. Most respondents were single and had less than one year of professional experience, suggesting a workforce largely composed of early-career individuals. The descriptive statistical analysis demonstrated moderate perceptions of the effectiveness of HRIS systems in managing absenteeism, balancing workload, and enhancing employee engagement, with average scores hovering between 2.7 and 3.1 on a five-point scale. Correlation analysis revealed strong positive relationships between absenteeism and workload, as well as between workload and employee engagement. Although absenteeism was moderately correlated with employee engagement, the influence was less significant compared to workload. Regression analysis further supported these findings, indicating that while absenteeism had no statistically significant impact on engagement, workload balance was a strong and significant predictor. The ANOVA test showed no significant gender differences in employee engagement, emphasizing that HRIS driven engagement strategies are effective across genders. Additionally, chi-square tests confirmed that absenteeism and workload were significantly associated with employee engagement levels.

10. RESULTS AND DISCUSSION

The results of the study highlight the pivotal role of HRIS in enhancing organizational management of absenteeism and workload distribution, which in turn boosts employee engagement. HRIS platforms provide real-time data tracking, enabling organizations to monitor attendance patterns and workload distribution with greater accuracy. The findings suggest that while absenteeism has a relationship with workload and engagement, it does not independently predict engagement significantly. Instead, workload balance emerges as the more crucial factor in influencing how engaged employees feel within their roles. This implies that employees are more responsive to equitable distribution of work than to the sheer presence or absence of absenteeism policies. The correlation between workload and engagement was strong and significant, affirming that fair and manageable workloads contribute greatly to an employee’s sense of satisfaction and loyalty. The absence of gender-based differences in engagement outcomes also suggests that HRIS-driven interventions are universally effective. However, the study acknowledges potential challenges, such as data accuracy issues and employee privacy concerns, which could hinder the full potential of HRIS solutions. Nevertheless, the overall evidence supports the strategic use of HRIS as an essential tool for fostering transparency, improving organizational morale, and proactively addressing workforce management challenges.

11. CONCLUSION

In conclusion, the study establishes that a Human Resource Information System (HRIS) plays a critical role in addressing absenteeism and workload imbalance, which significantly enhances employee engagement. While absenteeism management through HRIS is important, the equitable distribution of workload has a more substantial and direct effect on fostering higher engagement levels among employees. Organizations that leverage HRIS capabilities can more accurately monitor workforce dynamics, predict issues before they escalate, and implement timely interventions that support employee well-being. By utilizing real-time data analytics and predictive HR strategies, companies can create a work environment that values fairness, minimizes burnout, and strengthens employee commitment. Although challenges such as system limitations and data privacy concerns need to be navigated carefully, the benefits of HRIS-driven workforce management are clear. It not only optimizes operational efficiency but also builds a resilient, motivated, and satisfied workforce, ultimately contributing to sustainable organizational success.

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# **APPENDIX**

# **Appendix A – Research Overview**

# 1. Study on HRIS, absenteeism, workload, engagement.

# 2. HRIS used for real-time tracking and workload balance.

# 3. Focus on predictive HR actions and workforce morale.

# **Appendix B – Methodology**

# 1. Descriptive research design used.

# 2. Questionnaire with 5-point Likert scale.

# 3. 145 participants via convenience sampling.

# 4. Data analyzed using SPSS.

# **Appendix C – Respondent Profile**

# 1. Mix of male and female employees.

# 2. Mostly young, early-career professionals.

# 3. Majority were single postgraduates.

# 4. Various job locations covered.

# **Appendix D – Major Findings**

# 1. Absenteeism linked to workload.

# 2. Workload impacts engagement strongly.

# 3. Absenteeism effect on engagement low.

# 4. No gender difference in engagement.

# 5. Significant chi-square relationships found.