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A CASE STUDY OF THE FACTORS INFLUENCING EMPLOYEE WORK-LIFE BALANCE IN THE PRIVATE SERVICES SECTOR

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ABSTRACT

Work-life balance is important in both business and academic research. Family and work are the two most essential aspects of everyone's life, according to the research. Work-life conflicts lead to worker dissatisfaction. To examine the variables influencing an employee's work-life balance, as described by work environment conflict, among Malaysian private sector workers. The study's subjects were all private sector employees. Work-life balance and stress are related. The study utilized quantitative research techniques, and a simple selection approach was used to choose a sample group of participants who were single, married, or divorced, as well as female and male. The survey used Krejchie and Morgan's sample table (1970). Out of 108 surveys received, 108 were completed and returned, giving a 100% completion and return rate. The statistical analysis was done using IBM SPSS version 20. An empirical case study was conducted at Education Malaysia Global Services (EMGS) to determine the causes of stress and their impact on work-life balance.

Keywords: Work-life balance, Workload, Time management, Salary