



**Faculty of Administrative Science  
& Policy Studies  
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**Bachelor of Administrative Science**

**Title of Proposal**

**Work Life Balance among Female Medical Staff in Private Hospital**

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## Declaration

I hereby declare that the work contained in this research proposal is my own except those which have been duly identified and acknowledged. If I am later found to have plagiarized or to have committed other forms of academic dishonesty, action can be taken against me under the Academic Regulations of UiTM's.

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# CHAPTER 1

## INTRODUCTION

### 1.1 Introduction

Work life balance is how the individual able to manage their work and their life and how they make sure that they able to face with their work life and their commitment with the non-work life (Clark, 2009). Work-life balance is define as an effective of combination of professional obligations and personal life and creates harmony relationship between these two aspects (Tomazevic, Kozjek & Stare, 2014). On the other side, according to studies Bond (2009), Hochschild (2007) and Okeke (2011) people who spent more time with their work will have limited or less quality time with their family so due to that will affected their health and their work performance.

In Malaysia, the work life conflict happens when the individual has a lot of commitment at the same time in which all of those things require a lot of energy and time consumption as according to (Subramaniam & Selvaratnam, 2010). As we know women are playing the huge responsibility that contributes to the successful of one company. As we can see women today taking a challenge facing the working phase by facing the heavy schedules of works, attending meeting compare to the traditional women used to do the chores such as cooking, cleaning, and others according to (Matheswaran & Hemalatha, 2015). Women continually challenged in giving fully commitment toward their full time working hours and the other responsibilities and commitment towards their family.