THE RELATIONSHIP BETWEEN WORK LIFE BALANCE AND QUALITY OF LIFE AT JKR PASIR MAS, KELANTAN

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ABSTRACT

The purpose of this study is to examine the relationship between work life balance and quality of life at JKR Pasir Mas. The objective of this study is to identify the relationships between flexible working hours and quality of life, to identify the relationship between child care support and quality of life and to identify the relationships between telecommuting and quality of life. Besides, 60 questionnaires have been distributed among the staff in public sector in order to achieve the objective of this study. The questionnaires are distributes to the respondents among all workers from all the department. The data collected are analysed by using SPSS program. The findings show that among the three independent variables, child care support has the stronger effect on the quality of life than the other two types of variables. The result found that all variables are reliable and significant relationship between independent variables and dependent variables.

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