

A STUDY ON THE RELATIONSHIP BETWEEN WORK-LIFE BALANCE
AND JOB PERFORMANCE AMONG EMPLOYEES AT PEJABAT
TANAH TEMERLOH

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Abstract

Purpose - The purpose of this study is to identify the dimensions of work-life balance affecting employee's job performance at Pejabat Tanah Temerloh. This study investigates three dimensions of work-life balance which are workload, work-family conflict and working hours.

Design/Methodology/Approach - The questionnaires had been distributed randomly to the employees at Pejabat Tanah Temerloh, in every department. The respondents for this study were 118 respondents, based on Krejcie & Morjic table for a given population. After collected the questionnaires from the respondents, the data had been analyzed by using Statistical Packages for the Social Sciences (SPSS) version 22 to get the results.

Findings - Based on the findings, most of respondents said that they faced work-life balance problem and between those 3 dimensions, they are all influence but the most influence to job performance among employees at Pejabat Tanah Temerloh is work-family conflict. The findings also show that there is a relationship between work-life balance and job performance among employees at Pejabat Tanah Temerloh.

Keywords - Work-life balance, workload, work-family conflict, working hours, job performance.

Paper Type - Research Paper

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Assalamualaikum,

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