

**RELATIONSHIP BETWEEN EMPLOYEE'S LIFESTYLE, PERFORMANCE
AND WORK OVERLOAD TOWARDS EMPLOYEE'S WORK-LIFE
BALANCE AT MALAYSIA AIRPORTS HOLDINGS BERHAD, KLIA,
SEPANG, SELANGOR**

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ABSTRACT

Work-life balance is defined in the literature as the “individuals' ability, irrespective of age and gender, to find a life rhythm that allows them to combine their work with other responsibilities, activities or aspirations” (Felstead *et al.*, 2002). Besides that, work-life balance is about managing effectively between paid work and other activities that are important to us including spending time with family, which involving sports and recreation, spiritual development and meditation.

This study about relationship between employee's lifestyle, performance and work overload towards Employee's work-life balance. So, the purpose of this research to identify the work-life balance of employees based on their kind of lifestyle, relationship between the employees performance and the work-life balance and establish the work overload between work longer hours and workflow in an organization at the Malaysia Airports Holdings Berhad (MAHB), KLIA, Sepang, Selangor.

Besides that, the most elements of benefit work life balance towards employees in the Malaysia Airports Holdings Berhad (MAHB) are performance. Performance is to establishing a shared workforce understanding what is to be achieved at an organization level. Several recommendations from this study are for organization, have and accept the any event that organizes by the company to attract the employees to involve any invitation. While, for future research need to given

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