



**THE RELATIONSHIP BETWEEN WORK-LIFE BALANCE AND EMOTIONAL
INTELLIGENCE TOWARD JOB STRESS AMONG TEACHERS IN SEKOLAH
KEBANGSAAN SUNGAI SIREH (SKSS)**

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

IN THE NAMA OF ALLAH, THE MOST GRACIOUS, THE MOST MERCIFUL

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ABSTRACT

This study examines the relationships between work-life balance (WLB) and emotional intelligence (EI) towards job stress (JS) among teachers in Sekolah Kebangsaan Sungai Sireh (SKSS). Questionnaire in shape of Google Form has been used as a research instruments were used to obtain data. A total of 33 questionnaires were distributed through link of Google Form for the respondents at Sekolah Kebangsaan Sungai Sireh. The sample of study and data was then being analysed using Statistical Package for Social Science (SPSS). The tests involved are Reliability Analysis, Descriptive Statistical Analysis, Pearson's Correlation Analysis, and Regression Analysis. The Regression Analysis result showed that there is significant relationship between work-life balance and job stress but there is no significant between emotional intelligence and job stress.