# ACROSS BORDERS

AN OVERVIEW OF ISSUES IN MANAGEMENT & BUSINESS / SCIENCE & TECHNOLOGY / SOCIAL SCIENCE & HUMANITIES 2009-2011

### **PROJECT TEAM**

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### **PREFACE**

Across Borders is designed for use in knowledge development in various disciplines. It is written to accommodate the interest of academicians and industry. The compilation of research abstracts from different fields provides valuable information to assist the expansion of knowledge and development. It also serves as a reference for Universiti Teknologi MARA (UiTM) Melaka Campus and the Division of Research, Industrial Linkages & Alumni.

The compilation of proceeding abstracts includes 83 research abstracts that are divided into 3 sections according to their respective disciplines; Management and Business, Science and Technology, and Social Science and Humanities.

It is hoped that this book would inspire its readers to undertake further research in the specific fields or disciplines.

### **ACKNOWLEDGEMENT**

The project team of this Across Borders would like to express their deepest appreciation to all the researchers from the various faculties for their participation. Without their on-going contributions the book would not be possible. We are indebted to the Rector of Universiti Teknologi MARA (UiTM) Melaka Campus and the Division of Research, Industrial Linkages & Alumni for mooting the idea of having this book and getting the project started.

We would like to sincerely thank all our friends, colleagues, and acquaintances for their roles, direct and indirect contributions and invaluable support in the compilation of the 83 proceeding abstracts.

### MANAGEMENT BUSINESS

## WORK-LIFE BALANCE AND QUALITY OF LIFE IN THE NEW CAREER

Rachel Samuel Roaimah Omar

### **ABSTRACT**

Work-life balance and employability are important aspects of the new career. For employees of the new generation, quality of life is dependent on balancing work and non-work domains. This study focused on how the pursuit of work-life balance is pertinent in making career decisions and choices for employees with MBA.

### **KEYWORDS**

Work-life Balance; New Career; Employability