

**THE STUDY OF RELATIONSHIP BETWEEN LIFESTYLE, PERFORMANCE AND
WORK OVERLOAD WITH EMPLOYEES' WORK-LIFE BALANCE AT BERNAMA,
KUALA LUMPUR.**

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ABSTRACT

The aim of this study is to identify the balance of life experienced by the workers in organization and the impact of adopting the balance. It is called 'Work-life balance'. This study was conducted at Malaysian National News Agency (BERNAMA), Kuala Lumpur.

The word 'Work-life balance' was introduced in 1986 in response to the unhealthy choices by Americans after they were given the choice between work and their everyday life to achieve the work goals. A balanced life is one in which we produce energy and effort in terms of emotional, intellectual, imaginative, spiritual and physical. Examples of these are the key areas that are crucial. Ignoring one example of which would threaten lifestyle. Therefore, measurement factors such as lifestyle factors, performance and workload were studied to find out more about the work-life balance by employees in organization.

For this study, simple random sampling technique is used. Questionnaire were distributed to 40 respondents consists of selected respondents from each department at BERNAMA, Kuala Lumpur. Yates, Daniel S.; David S. Moore, Daren S. Starnes (2008) stated that each individual is chosen randomly and entirely by chance, such that each individual has the same probability of being chosen at any stage during the sampling process, and each subset of k individuals has the same probability of being chosen for the sample as any other subset of k individuals. The result showed a significant positive difference existed between work-life balance with the lifestyle and performance's factor.

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In the name of Allah, the Compassionate, the Merciful, Praise be to Allah, Lord of the Universe, and Peace and Prayers be upon His Final Prophet and Messenger. *Assalamualaikum warahmatullahi wabarakatuh.*

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TABLE OF CONTENTS

	PAGE
ABSTRACT	ii
ACKNOWLEDGEMENT	iii
TABLE OF CONTENT	iv
LIST OF TABLES.....	v
LIST OF FIGURES.....	vi
CHAPTER 1	
INTRODUCTION	
Background of the Study.....	1
Problem Statement.....	4
Research Objectives.....	5
Research Questions.....	6
Significance of the Study.....	6
Limitations of the Study.....	9
Definition of Terms.....	8
CHAPTER 2	
LITERATURE REVIEW	
Introduction.....	12
Definition.....	12
Sub-Topics.....	11
Theoretical Framework.....	19
CHAPTER 3	
METHODOLOGY	
Research Design.....	20
Sampling Frame.....	20
Population.....	20
Sampling Technique.....	21
Sample Size.....	21
Unit of Analysis.....	21
Data Collection Procedures.....	22
Instrument.....	22
Measurement.....	22
Validity of Instrument.....	23
Plan of Data Analysis.....	23
CHAPTER 4	
FINDINGS.....	26
CHAPTER 5	39
CONCLUSIONS AND RECOMMENDATIONS	
Conclusion.....	39
Recommendations.....	43
REFERENCES.....	45
APPENDICES	
A Cover Letter.....	58
B Questionnaires.....	59
C Agreement Form.....	49

LIST OF TABLES

Table		Page
3.1	Questionnaire Distribution Schedule	59
3.2	Reliability Analysis.....	31
3.3	Plan of Data Analysis	23
3.4	Sample Survey Return Rate from BERNAMA	59
3.5	Reliability Analysis.....	31
3.6	Gender of Respondent.....	26
3.7	Status of Respondent.....	27
3.8	Level of Education Respondents.....	29
3.9	Department of Respondent	30
3.10	Lifestyle and Work-life Balance.....	34
3.11	Performance and Work-life Balance.....	35
3.12	Work overload and Work-life Balance.....	34