



**FACTORS THAT AFFECTING WORK LIFE BALANCE AMONG
TEACHERS IN JOHOR BAHRU**

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DECEMBER 2018

ACKNOWLEDGEMENT

I would like to thank Allah ,The Lord Almighty because without his blessing we will not have successfully completes this research. I had faced tremendous challenges which I consider part of valuable experiences especially in preparing the report for this research.

A million thanks dedicated to my academic advisor , Dr. Najihah Hanisah Binti Marmaya for her continuous support, guidance, tolerance , encouragement , patience and useful information and suggestion throughout this research. With her moral support and supervision has helped me to complete this report successfully. I would like to thanks to Puan Nurul Azrin Ariffin as my second examiner during my final year project presentation.

I would also like to thanks to all my respondent for their cooperation and consideration to spend their time to answer our questionnaire that were given to them. Special appreciation's to my beloved family, friends and course mate for their valuable suggestion throughout this this research. Without their support , this research project would not have be successful in time. Finally I would like to thanks Universiti Teknologi Mara for giving me the opportunity to conduct this study which is also part of requirement for my studies.

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ABSTARCT

In the need for excellence is year 2020 , the government of Malaysia have been assign on the new regulation on education system that may affect the teachers and educators. Despite of the changing in technology and modernization throughout the year , teacher's work life balance might be affected. Teacher stress is defined as experiences in teachers of unpleasant, negative emotions like anger in resulting from some aspect of their work as teachers (Kyriacou, 2001). The teaching professions are the most high risk for stress compare to other profession (Chan and Hui, 1995; Pithers and Forगतy, 1995). The Health and Safety Executive in the United Kingdom reported that teaching was the most stressful occupation, compared to other occupations. It was also reported that two out of five teachers in the United Kingdom experienced stress, compared to one in five workers from other occupations. Meanwhile in Malaysia , a study conducted on teachers has revealed that 4.4% of the 48,258 respondents or about 2,000 teachers, experience moderate stress. The aim of the study is to explore the factors that affecting work life balance among teachers and how to overcome the problems in Johor Bahru. There were four independent variables in the study that included workload, role conflict, job satisfaction and work attitude. Meanwhile, work life balance is the dependent variable. Based on the findings form the results, it was showed that two variables that have significant impact on the work life balance among teachers which is job satisfaction and work attitude. The remaining independent have no relationship on the work life balance. We can see that teachers have problem with their job satisfaction and work attitude.