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Journal of Legal, Ethical and Regulatory Issues • Volume 24, Issue Special Issue 1, Pages 1 - 8 • 2021

THE IMPACT OF WORK - LIFE BALANCE ON THE QUALITY OF LIFE AMONG WOMEN EMPLOYEES IN UNISZA, MALAYSIA

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^a Research Institute For Islamic Products And Malay Civilization (Inspire), University Sultan Zainal Abidin (Unisza), Malaysia^b University Sultan Zainal Abidin (Unisza), Malaysia^c International Islamic University, Aikol, Malaysia[Abstract](#)[Author keywords](#)[SciVal Topics](#)[Funding details](#)**Abstract**

The conflicting demands of work and personal life have always been the attention to many. Striking demographic shifts such as the increasing number of women in the work force, heightening the awareness of work - life issues. In contrast, conflicts between work and personal life priorities can be catalyst for a low quality of life. Thus this study aimed to investigate the impact of work - life balance on the Quality of Life (QoL) among women employees in UniSZA, Malaysia. Quantitative method was employed, whereby data were analyzed using Structural Equation Modeling (SEM) with IBM-SPSS-AMOS program version 21.0. Three dimensions of work - life balance were assessed, Work Interference with Personal Life, Personal Life Interference with Work and Personal Life, and Work/Personal Life Enhancement. The findings revealed that there is direct impact of work - life balance on the quality of life among women employees in UniSZA, Malaysia. © 2021. All Rights Reserved.

Author keywords

Quality of Life (QoL); Structural Equation Mode (SEM); Work - Life Balance

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Topic name

Work-Family Conflict; Work-Life Balance; Flexible Work Arrangements

Prominence percentile99.230 [①](#)**Funding sponsor**

Ministry of Higher Education, Malaysia

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This research is part of the Fundamental Research Grant Scheme (FRGS) ref.no. FRGS/1/2020/SS10/UNISZA/02/1 awarded by the Ministry of Higher Education (Malaysia); and managed by Center for Research Excellence & Incubation Management, UniSZA.

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
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