

WORK-LIFE BALANCE OF WORKING MOTHERS

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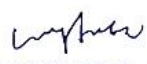
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ABSTRACT

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WORK-LIFE BALANCE AMONG WORKING MOTHERS, WAWIE DG. RUIZ

This quantitative descriptive-correlational study generally intended to know the relationship between socio demographic characteristics and Work-Life Balance. It hypothesized that working mothers have high level of satisfaction with Work-Life balance and its domains such as relationship quality, work satisfaction, work-life balance and lastly, physical and psychological well-being. Above and beyond, it is hypothesized that there is significant relationship among socio-demographic characteristics and Work-Life Balance and its domains. Result showed that working mothers have high level of satisfaction with Work-Life Balance and its four domains which consist of relationship quality, work satisfaction, work-life balance and lastly, physical and psychological well-being, wherein relationship quality got the highest satisfaction. The findings of the study shows that the levels of the work-life balance of the working mothers are high, with relationship quality having the highest satisfaction in the domains of work-life balance followed by work satisfaction. Most hours are spent Childcare and Housework in their life activities. More than half (60.9%) of the working mothers from the population work overtime. On the relationships, only two variables, namely, Number of Children and Monthly Salary showed a negative and significant relationship. It can be inferred from the findings that when the working mother's number of children and monthly salary increases, their capacity to balance their work and life decreases and vice versa. Other

relationships of variables associated to work-life balance showed also significance, which is Life activities (Childcare), their nature of work, their civil status, and the work and salary of their spouse.

Keywords: Work-life balance, Working mothers, Satisfaction, Life activities

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