

Effect of Work-Life Balance on Quality of Life of Postgraduate Students at University of Peradeniya

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Postgraduate students (PGS) are students who have obtained a degree from a university and are pursuing studies for a more advanced qualification. PGS have to fulfill multiple roles associated with their academic, work and family lives. Multiple roles cause stress and a lack of work-life balance (WLB). This may lower the quality of life (QoL) of PGS. Therefore, it is aimed to examine students' QoL and WLB; to study the effect of WLB on QoL of PGS and to determine the impact of gender and marital status as moderators on the relationship between WLB and QoL. The World Health Organization QoL BREF (WHOQOL-BREF) model was used to conceptualize QoL with four domains and the model proposed by Fisher McAuley was used to conceptualize WLB with the three domains, work interference with personal life (*w2p*), personal life interference with work (*p2w*) and work-personal life enhancement (*enhance*). The primarily quantitative study was conducted with 250 PGS belonging to all four postgraduate institutes at University of Peradeniya (UoP) as participants. Data were collected through an online questionnaire using a census approach. A follow-up qualitative study was conducted to further understand how PGS experienced WLB. Descriptive analyses revealed that PGS at UoP had relatively high QoL in all domains. Structural equation modeling revealed that there was a significant positive effect of WLB on QoL ($P < 0.05$). Moderation analysis revealed that there was no significant moderating effect of gender on the relationship between WLB and QoL ($P > 0.05$). The marital status (married with children) compared to unmarried ones, had a significant moderating effect on the relationship between the first two WLB domains (*w2p* and *p2w*) and QoL ($P < 0.05$). Follow-up qualitative analysis revealed that many PGS (33.33%) plan successfully to balance their career, studies and personal lives to have a better balance. Implications of the study are discussed.

Keywords: Postgraduate students, Quality of life, University of Peradeniya, WHOQOL-BREF, Work-life balance

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