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CERTIFICATE OF ORIGINALITY

We hereby affirm that this compliance in our own work and that, to the best of our understanding and certainty, it covers no material previously published by another person nor material to which a considerable range has been acknowledged for award of any other degree or diploma of a university or other institute of higher learning, except where due credit is made in the text.

We also declare that the logical content of this thesis is the product of our own effort, even though we may have customary assistance from others on style, presentation and semantic expression.

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APPROVAL SHEET

In partial fulfillment of the requirements for the degree of BACHELOR OF SCIENCE IN BUSINESS ADMINISTRATION MAJOR IN HUMAN RESOURCE MANAGEMENT, this research paper entitled EMOTIONAL INTELLIGENCE AND WORK-LIFE BALANCE AMONG TEACHERS IN SARIAYA, QUEZON, has been prepared and submitted by CHARISSE JOY P. MIRANDA and RAVEN GWYNETH T. ORTIZ who are hereby recommended for oral examination.

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DEDICATION

First, I thank God for the strength and guidance. To my Nanay Lileth and Tatay Larry, for their unwavering support and my inspiration. To my siblings, Ate Clarissa and Pito, for cheering me on. To my niece and nephew, Kailey and Kai, one of my sources of happiness. To my room four and friends, for their encouragement and patience. To my thesis partner/best friend, Raven, who has been patient with me from the very start, for her dedication, and to our thesis adviser for guiding us throughout. Lastly, to my love, Rey, for being my constant in everything. You are all part of this.

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CJPM

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RGTO

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ABSTRACT

Title: **EMOTIONAL INTELLIGENCE AND WORK-LIFE BALANCE
AMONG PUBLIC AND PRIVATE SCHOOL TEACHERS IN
SARIAYA, QUEZON**

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This study explores how emotional intelligence helps public and private school teachers manage their emotions and responsibilities, and how to achieve a balanced and fulfilling work-life experience. The research aims to determine the level of emotional intelligence and assess the work-life balance among public and private school teachers in Sariaya, Quezon. It examined the demographic profiles of respondents in terms of age, gender, marital status, highest educational attainment, status of employment, number of years employed, and school, determined the level of emotional intelligence, and assessed their work-life balance. The researchers also tested if there is a significant relationship between emotional intelligence and work-life balance, as well as, if there is a significant difference in emotional intelligence and work-life balance according to their demographic profile. The study implemented the descriptive, correlational, and comparative method and used a semi-structure questionnaire. The result show that the most teachers are in the age bracket of 20-29 years old, female, single, college graduate, permanently employed, with 1-5 years of service, and are both from public and private schools. Furthermore, Pearson Correlation analysis showed that there is a significant relationship between emotional intelligence and work-life balance. The study also found that there is no significant difference in emotional intelligence and work-life balance when grouped according to their profile, except for gender in empathy and marital status in work enhancing personal life. This finding showed that there's a very high level of emotional intelligence among teachers and they manage their work and life despite challenges. Based on this, the researchers propose a handbook to improve the work-life balance of the public and private school teachers.

Keywords: *emotional intelligence, work-life balance, teachers*