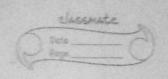
Wak-life Balance



both researchers of cremitives. This publicit interests almost exceptions to professional careers for those who think that the main objective in life is to work, their career becomes the core of life However, people have limited time and therefore have to perform many other autivities other than their jobs, without the balance between the two, many mishaps can be experienced in both.

work-life balance is defined as individual's ability to meet their work of family commitments as well as non-work gerpousibilities 4 activities accentaces (2002) defined work-life balance as satisfaction & good of functioning at work 4 at home with a minimum of role conflict many things in life are the determinants of work-life balance.

of work-life balance. Also family expectations define your work; life balance. The demand that one experiences in family life and that have offects on life balance on be given as the demand of workload & time, sole expectations in family & support to be given to the spouse. Another determination of work-life balance is social environment especially in countries that stand-out with their culturally collectivist characteristics, an individual also has responsibilities towards certain social groups he

for every aspect of life duly & not to reflect the problems in one part of life to another it means that he has been able to advieve work-family balance. Life has a whole is composed of many other aspects

along with work. These who have adviewed a balance among these aspects are sure to adviewe the life balance, which does away with any imbalance.