

Attitude towards Work Life Balance among Teachers in Higher Education Institutions of Haryana

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Abstract

Attitude towards Work life balance is very necessary for teaching profession. Work life balance helps the faculty to be more productive in their job accomplishments with their personal commitments and family affairs. This paper aims to examine attitude towards Work Life Balance among teachers in Higher Educational institutions. It is hypothesized that teachers from higher educational institutions are having average attitude for work-life balance according to different demographic and personal variables. As this research was exploratory in nature, a Quantitative approach was adopted. The participants of the study were 150 teachers from different colleges and universities of Haryana. The tool used in the study for data collection was a 15-item questionnaire which is the factor named by "Attitude towards work life balance and extracted from Work life balance developed by the research team. The findings revealed that the entire sample of teachers has average but not having very high Attitude towards Work life balance. Moreover findings revealed that Males and females are same in attitude wise. Arts and science teachers are not same in attitude wise. University and college teachers on the basis of gender, their attitude towards work life balance are not same. They have different attitude regarding work life balance. Gender and type of institutions are collectively, produced significant interaction effect. They were of opinion that it is quite necessary that all teachers whether they are concerned with science or humanities, should know about work life balance and related issues; there is scope for some drastic changes in attitude towards Work life balance.

Keywords: Work life balance, Attitude ,Higher Educational Institutions

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