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# ABSTRACT

## Introduction

In recent years, there had been a remarkable attention to the work and family interface and stress among employees. As a result, the term Work Life Conflict (WLC) and Work Life Balance (WLB) emerged in recent literature. The changing nature of teachers' work in the twenty-first century and how it is controlled and accomplished, made a significant influence on Work Life Balance and psychological wellbeing of teachers. Nowadays, teachers had to play multiple roles in Sri Lanka. They undertake not only teaching but also problems associated with curriculum, students, parents and the school community. However, in Sri Lankan context neither prevalence nor relationship study related to Work Life Balance and perceived stress in school teachers has been carried out. So proposed research focused on examining the prevalence of Work Life Imbalance and its relationship with perceived stress among school teachers in Gampaha District.

## Objectives

To determine the level of work life imbalance, perceived stress and the relationship among school teachers in Gampaha district.

## Methods

A cross-sectional study was conducted in 392 school teachers from grade 6 to 13 in Gampaha district and multi stage cluster sampling method was used. A self-administered questionnaire was used and it was adopted and modified from the Perceived Stress Scale (PSS-10), Family Work Conflict Scale and Work-Family Conflict Scale questionnaires. Data were analysed by SPSS. One way ANOVA, Welch test, Brown-Forsythe test and Pearson's correlation coefficient were used to assess the association.

## Results

This study found that 75.3% of school teachers were having moderate level of Work Life Imbalance while 13% were having high level of Work Life Imbalance. Further it was shown

that 75.5% of school teachers were having moderate level of perceived stress while 13.3% of them were severely stressed. Increase in Work Life Imbalance was correlated with increase in level of perceived stress.

### **Conclusions and Recommendation**

This study gave insight regarding the magnitude of the Work Life Imbalance and stress among school teachers in Sri Lanka. Balance should be established between work load distribution, time and secondary activities, so as to inoculate efficiency among teachers and to improve the quality of education.

**Key words:** Work Life Balance, work life conflict, perceived stress, school teachers in Sri Lanka, and work family conflict.