

**WORK LIFE BALANCE OF COMMERCIAL BANKS STAFF IN
NUWARA-ELIYA DISTRICT**



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Abstract

Work-life balance is an important issue in today's world and people are using the different strategies to manage their work and personal life. This study is mainly focused on the work life balance of commercial bank staff in Nuwara-Eliya district. The objectives of this study are to investigate the level and relationships among work place support, work life balance and improved effectiveness at work of commercial bank staff in Nuwara-Eliya district.

The data for the present study was collected from 157 staff in commercial bank in Nuwara-Eliya district by administrating a structured questionnaire. Data were analysed by using univariate and bivariate analyses.

The results of this study revealed that work place support and work life balance were of moderate levels and improved effectiveness at work was of higher level among the staff of commercial bank in Nuwara-Eliya district.

The finding also revealed that there are positive relationships among work place support, work life balance and improved effectiveness at work.

Keywords: *Workplace Support, Work Life Balance, Improved Effectiveness at Work*

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