WORK LIFE BALANCE, JOB SATISFACTION AND PROFESSIONAL QUALITY OF LIFE AMONG TEACHERS OF SPECIAL EDUCATIONAL INSTITUTES

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Dedicated to

My MOTHER

Who trusted on me made me achieve many milestones of Life

Thank You

My FATHER

My unwavering support and backbone through this journey

My ELDER BROTHER

Who was always by my side in the ups and downs of my life

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ABSTRACT

The current study was conducted to observe Work Life Balance, Job Satisfaction and Professional Quality of Life in Teachers of Special Educational Institutes. The total number of sample 130, among them 20 male population and 110 female population. The age range of sample was 25-55 years old. The data was collected through purposive sampling. Following measures were used to assess the findings. Demographic sheet were used to get personal information about the participant. Work Life Balance Scale (WLB; J.Hyman, 2005), Job Satisfaction Scale (JSS; Brayfield & Rothe, 1951), and Professional Quality of Life Scale (ProQoL; Stamm, 2010). Data was analyzed using correlation, regression, t-test and one way ANOVA. Results showed significant positive correlation between work life balance, job satisfaction, compassion satisfaction and negatively correlate with burnout and secondary traumatic stress. Result also showed that job satisfaction positively predict compassion satisfaction and negatively predict burnout and secondary traumatic stress among teachers of special educational institutes. On the basis of demographics results showed that older teachers report better work life balance and higher job satisfaction, compassion satisfaction and low secondary traumatic stress. In term of institutes government school teachers of special education higher work life balance and job satisfaction while private school teachers report higher burnout and secondary traumatic stress. More experienced teachers had high compassion satisfaction and high income teachers experience lower burnout. By understanding how work life balance and job satisfaction leads to professional quality of life mental health professionals can design interventions to improve work life balance, job satisfaction and professional quality of life in teachers of special educational institutes.

Keywords: Work Life Balance, Job Satisfaction, Professional Quality of Life, Compassion Satisfaction, Burnout, Secondary Traumatic Stress

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List of Abbreviations

Abbreviations	Full Form
APA	American Psychological Association
SPSS	Statistical Package for the Social Sciences
WLB	Work Life Balance
JSS	Job Satisfaction Scale
ProQoL	Professional Quality of Life
CS	Compassion Satisfaction
BO	Burnout
STS	Secondary Traumatic Stress

List of Symbols

Symbol	Full Form
α	Alpha Cronbach's Index of Internal Consistency
β	Standardized Coefficient
f	Frequency
M	Mean
SD	Standard Deviation
%	Percentage
r	Correlation Coefficient

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