

**WORK LIFE BALANCE AND JOB BURNOUT IN BANKING
SECTOR: SPECIAL REFERENNCE TO NUWARAELIYA**



By

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ABSTRACT

Work life balance is an emerging concept, which plays a vital role in today's business world. Every organization, public or private both need to focus on this to ensure the effectiveness and wellbeing of the employees. The moment the individual fails to balance the professional life and the personal life, it leads to a conflict, which ultimately results stress and job burnout. In this research study, independent variable is work life balance. There two dimensions of work life balance such as organizational support and family support and the dependent variable is job burnout.

Thus, this study intends to investigate the level of work life balance and the job burnout, the relationship between work life balance and the job burnout and the impact of work life balance and the job burnout of banking sector in the Nuwaraeliya.

In this research study, primary data was collected. A structured questionnaire was used as the method of data collection. The stratified random sampling method was used to create the sampling framework for the study. The quantitative research approach was used. The data were analyzed using descriptive statistics, correlation, and regression analyses.

The findings indicate that there are good reliability and high level of work life balance and low level of job burnout of the banking sector in the Nuwaraeliya and also the results showed that there is a negative relationship between work life balance and the job burnout. Furthermore, the study discovered that work life balance has a significant negative impact on job burnout.

Key words: *work life balance, organizational support, family support, job burnout*

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