

A Review of Work Life Balance Theories

Dr. Zainab Bello¹, Dr. Garba Ibrahim Tanko²

¹ Alasala University, Saudi Arabia

² Usmanu Danfodio University Sokoto

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ABSTRACT

In the studies of various disciplines, theories are the bedrock that holds the frameworks. Some studies variables or framework are derived and underpinned by theories that have given credibility to the outcome of these studies. In the discipline of human resource management, work life balance (WLB) is an aspect that involves employees who are the key assets of any establishments. This is because general quality of employee's life in its relation to their working life is of utmost importance in the achievement of organizational goals (Guest, 2002).

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