

WORK-LIFE BALANCE



A TALE OF THREE REGIONS

Monster.com surveyed more than 3000 working professionals in India, the UAE and Southeast Asia (Singapore, Malaysia & Philippines) to understand the challenges pertaining to work-life balance. The objective was to gather and assess the most prevalent perceptions and experiences around Work-Life Balance.

THE PICTURE PERFECT WORK-LIFE BALANCE

NOT WORKING ON WEEKENDS, LEAVING WORK ON TIME AND FLEXIBLE WORK-HOURS

ARE THE MOST PREFERRED CHOICES TO MAINTAIN A HEALTHY WORK-LIFE BALANCE.



WHEN TECHNOLOGY TAKES OVER LIFE

Technology is the biggest hindrance to work-life balance in India as opposed to 'negative attitude of supervisors towards work-life balance' in SEA.



Technology
such as laptops, cell phones



Meetings, calls or training after office hours



Uncooperative, over competitiveness
colleagues, supervisors



Negative attitude of supervisors towards work-life balance



NO WONDER PEOPLE WORRY ABOUT WORK OUTSIDE WORKPLACE AS WELL

67% of the respondents in India, 64% in the UAE and a whopping 71% in SEA either sometimes, often or always think about work when not at work.



AS EXPECTED, WORK-LIFE BALANCE POLICIES ARE YET TO BECOME A NORM

Looks like companies in the UAE fare better compared to India and SEA when it comes to having a separate work-life balance policy.

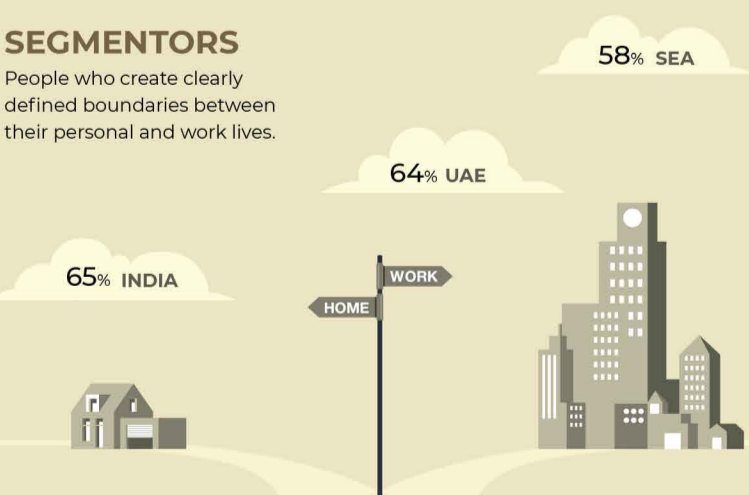
49% of the respondents in India, 30% in the UAE and 37% in SEA admitted not having a separate work-life balance policy.



TWO DISTINCT BEINGS FROM THE WORLD OF WORK-LIFE BALANCE

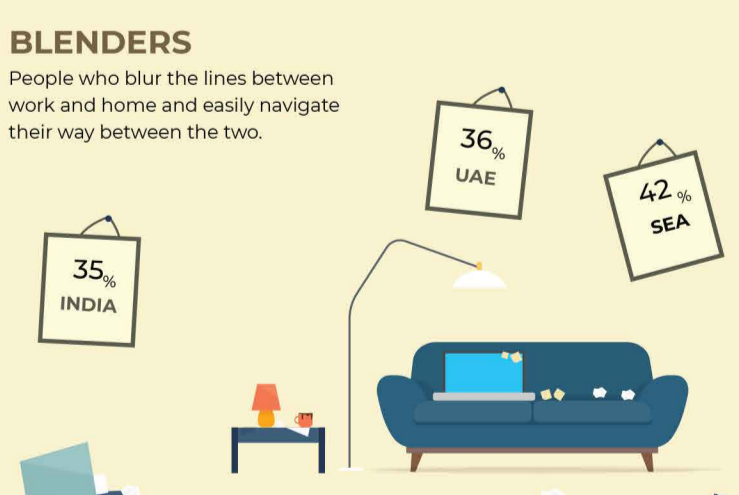
SEGMENTORS

People who create clearly defined boundaries between their personal and work lives.



BLENDERS

People who blur the lines between work and home and easily navigate their way between the two.



ALL IN ALL, THERE IS A STRONG CONSENSUS WHEN IT COMES TO THE BENEFITS OF WORK-LIFE BALANCE.



IN SUPPORT OF WORK-LIFE BALANCE

Overall employees in the UAE admitted having better work-life balance, compared to India and SEA.

#WorkLifeBalance #FindBetter