



Measuring Life Satisfaction from Work-Family Balance Perspective

Please click the number 1-Strongly Disagree, 2-Disagree, 3-Somewhat Disagree, 4-Neither Agree or Disagree, 5-Somewhat Agree, 6-Agree and 7-Strongly Agree

The following statements indicate about satisfaction with your job, family and life

1 2 3 4 5 6 7

Strongly Disagree Strongly Agree

Sl. No.	Statement	1	2	3	4	5	6	7
1	All in all I am satisfied with my job							
2	In general, I like working here							
3	In general, I don't like my job							
4	My family life is very enjoyable							
5	All in all, the family life I have is great							
6	In general, I am satisfied with my family life							
7	In most ways my life is close to my best							
8	The conditions of my life are excellent							
9	I am satisfied with my life							
10	So far I have gotten the important things I want in my life							
11	In the course of my life, I would change almost nothing							

The following statements indicate about managing both the roles (Work and Family) smoothly

1 2 3 4 5 6 7

Strongly Disagree Strongly Agree

Sl. No.	Statement	1	2	3	4	5	6	7
1	I am satisfied with the balance I have achieved between my work life and family life.							
2	I am able to balance the demands of my work and the demands of my family							
3	I balance my work and family responsibilities so that one does not upset the other.							
4	I experience a high level of work-family balance.							
5	Overall, I believe that my work and family lives are out of balance							