

ABSTRACT

WORK LIFE BALANCE OF HOSPITALITY INDUSTRY WORKERS IN BALI

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This research aims to determine the work life balance of hotel industry workers in Bali. Work life balance is an effort and situation where a person can balance and balance the roles they have, such as their roles in family and work. This research uses a quantitative descriptive approach with purposive sampling as a subject sampling technique. The data collection method used is a Likert scale with the Work life balance Scales (WLBS) measuring tool which has been adapted by Gunawan. WLBS has a total of 17 statement items. The results of the WLBS reliability test obtained a score of 0.903 so it can be declared reliable and consistent in measuring research variables. Based on the results of research on 350 hotel industry worker subjects in Bali, 95.7% had low WLB and the remaining 4.2% had high WLB. The conclusion from this research is that special attention needs to be paid to increasing workers' WLB because the benefits are not only for employee welfare but also for the quality of service and hotel performance.

Keyword : workers, hospitality industry, work life balance

Literature : 25

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