

# 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



INDIA UAE SEA

### 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.

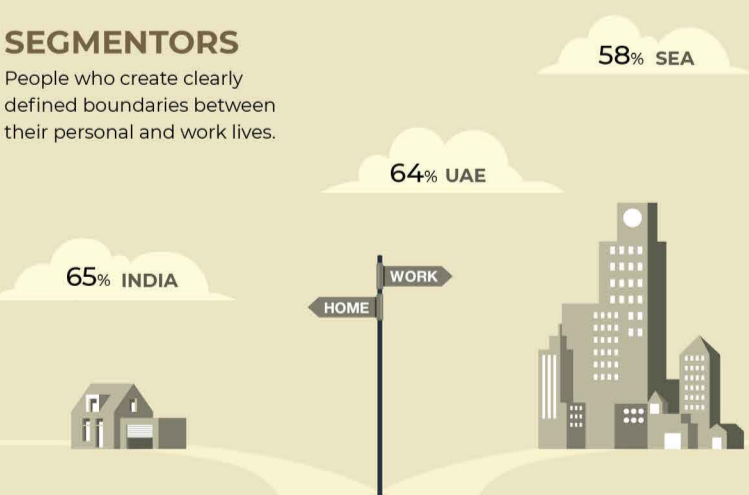
49% of the respondents in India, 30% in the UAE and 37% in SEA admitted not having a separate work-life balance policy.



### TWO DISTINCT BEINGS FROM THE WORLD OF WORK-LIFE BALANCE

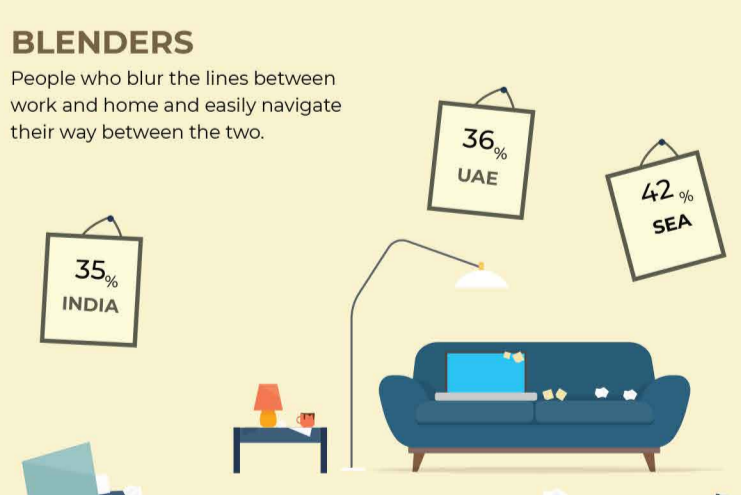
#### SEGMENTORS

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

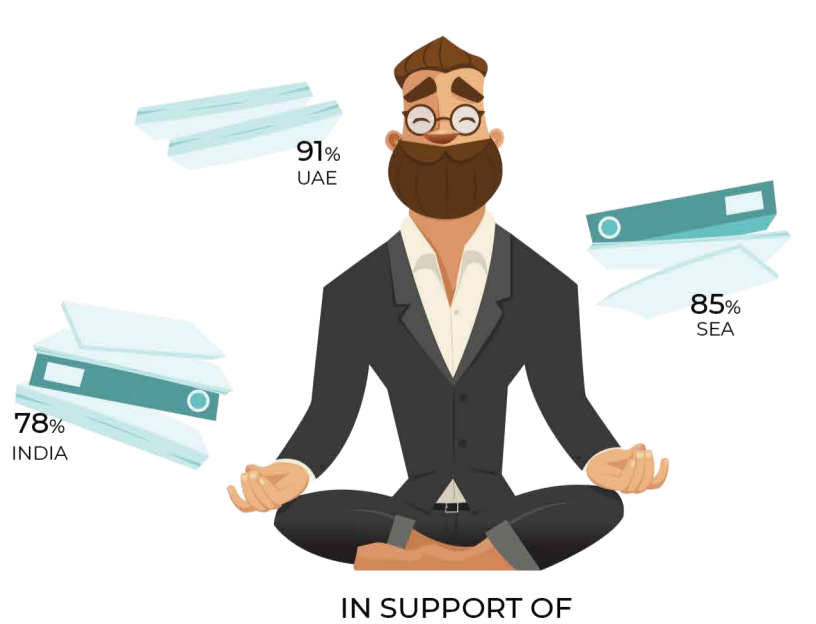


#### BLENDERS

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