

ABSTRACT

This study examines the demographic profile, work-life balance status among CAPSU Pontevedra faculty, the challenges they encountered, and the Solutions or recommendations they made in dealing with their life balance. Data were collected through surveys and analyzed using descriptive research design. The results indicate that a substantial number of respondents are below 30 to 39 years of age, the female is slightly overrepresented in the sample compared to males. Marital-status married individuals constitute a significant proportion of the sample. They have families to care for. Relatively high level of educational attainment among the surveyed respondents, with a focus on advanced degrees at the doctoral and master's levels. A significant proportion of the respondent has multiple individuals relying on them for financial, emotional, or other forms of support. A substantial number of the respondents have achieved a higher academic rank and are recognized for their expertise and experience in their respective fields. A significant number of respondents are from an agricultural background or have agricultural expertise in agricultural sciences. The respondents generally exhibit a manageable Work-life balance in terms of self- management, time management, stress management, and leisure time management. They can manage themselves, their time, stress and leisure activities most of the time, indicating a reasonable Work-life balance in their personal and professional lives. The interpretation of sometimes or "manageable" indicates that the faculty perceived their xi Work-life balance to be satisfactory, although out there are variations across different demographic factors. The respondents face several challenges and difficulties in relation to their career choice sa high challenging aspects for the respondents. Stress at work, loan prepayment, overall life satisfaction, and limited control over economic decisions and spending are moderately challenging as well. The respondent's

recommendations included the importance of prioritizing quality time with family and friends, implementing flexible working hours, and cultivating a supportive work environment. This insight can guide organizations and individuals in their efforts to enhance Work-life balance and create a more fulfilling and harmonious integration of personal and professional aspects of life. Further research is warranted to explore the status of Work-life balance among CAPSU Pontevedra. Challenges experienced and Solutions/recommendations made develop effective strategies, identify improvement areas, and address employees' evolving needs and preferences.