

## **ABSTRACT**

The study aimed to determine the work-family balance and quality of life among 50 hospitality employees in Pilar, Capiz. The data was collected using a standardized questionnaire and was analyzed using frequency count, mean, standard deviation, and Spearman rho. The findings revealed that most of the respondents were young with ages ranging 45 years old and below, female, with the highest educational attainment of high school. Also, most of the respondents were single, and worked within the Municipality of Pilar and worked in resorts. The level of work-family balance of hospitality employees was “high balance” and the level of quality of life was “satisfied”, and that there was a significant relationship between work-family balance and quality of life. Hospitality industry may prioritize work-family balance and quality of life for the employees. Future research may explore more factors that help hospitality employees improve their work-family balance and quality of life.

*Keywords:* hospitality employees, work- family balance, quality of life, hospitality industry