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**STUDY ON THE RELATIONSHIP BETWEEN WORK
FAMILY BALANCE AND HAPPINESS OF SOLDIERS IN
SRI LANKA ARMY**

BY

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Abstract

This study investigates the relationship between work- family balance and happiness with how work- family balance has influenced the happiness of soldiers in the Sri Lanka Army. Soldier or soldiering is reflecting the uniqueness of military organization. Work- family balance means balance between military life and family life. Balancing of both factors in a positive way influences happiness. When we think in a negative way, it creates conflicts between work place and personal life or family life. Soldiers are mentally and physically strong but work place and family life positive and negative influences affect them very strongly.

Happiness is an important individual goal for many people in our modern society and we are eager to know how individuals can maximize happiness over their life courses and how organizations can produce the greater happiness for their employees.

The study about the Sri Lanka Army mainly focuses about differences and socialization on military culture, military leadership and differences of leadership styles, financial benefits and family support. As well as, focus on economic comforts, role and tasks, responsibility, accountability, chain of command and family commitment factors. In addition to that age, rank, education, family background and other social factors influence work- family balance and happiness.

Key words –: Work family balance and happiness.