

## **Impact of Work Pressure and Time Pressure on Tuition Professionals in Sri Lanka**

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Work-Life Balance (WLB) has gained immense attention in the corporate industry nowadays while playing a critical role in everybody's lives. Work-life balance is more important to a developing country like Sri Lanka, where poverty and unemployment are a severe problem. Due to the work-life imbalance, most people suffer from depression, physical health problems, job dissatisfaction, family problems, and sometimes it causes suicidal intention as well. Considering those situations in extant literature, the study was initiated to identify the impact of work pressure and time pressure on the work-life balance of tuition professionals in Sri Lanka. This study was carried out as a cross-sectional field study among a sample of 142 tuition professionals around the country. The convenience sampling method was applied to select the sample items. Data were collected through a self-administrated, pretested questionnaire using google forms, which met accepted validity and reliability standards. Descriptive statistics, correlation analysis, regression analysis was performed to analyze data using Statistical Package of Social Science (SPSS). It is found that tuition professionals who have obtained a high level of work pressure and time pressure are at the risk of Work-Life imbalance while proving the negative relationship between work pressure, work-life balance and time pressure, work-life balance. The current study's findings serve as a guideline for tuition professionals, policymakers, government, and educational institutions in Sri Lanka.

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