

## STRATEGIES FOR IMPROVING TEACHERS' WORK-LIFE BALANCE IN SECONDARY SCHOOLS IN EDO STATE

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### ABSTRACT

The study investigated the strategies for improving teachers' work-life balance in secondary schools in Edo State. Descriptive survey design was adopted for the study, and population of the study consisted of 276 public senior secondary school principals in Edo-State. A sample of 110 principals was randomly selected using a stratified proportionate sampling technique. Two research questions and two null hypotheses guided the study. The instrument for the study was a questionnaire titled: Strategies for Improving Teachers' Work-Life Balance in Secondary Schools Questionnaire (SITWLBSSQ). Mean and rank order statistics were used to analyze the research questions, while Z-test statistics was used to test the null hypotheses at 0.05 alpha level of significance. Findings revealed that leave policies and work-life benefits are strategies for improving teachers' work-life balance in secondary schools in Edo State. The study recommended that additional benefits should be implemented to attract intelligent people into the profession and encourage those who are already teaching to raise up their heads anywhere with pride.

**Keywords:** Strategies, Teachers' Work-Life Balance, Secondary schools.