

The Work-Life & Employee Well-Being Balance in Saudi Private Medical Fields

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Abstract:

The study examines whether work-life imbalance due to long working hours, and elaborates the antecedents and consequences of working for long time.

The study explores how the working life affects and copes with self-demanding and family responsibilities. The design is a study of relationship of work place support, flexible work schedule, and work life balance on the well-being. The challenges and initiatives related to work-life balance and employee well-being in Saudi private sectors, the long working hours could affect the employee and lead to burnout, stressful and other health problems with negatively impact in employee's productivity and well-being. However, many private in Saudi Arabia have started implementing flexible working arrangements, comprehensive healthcare benefits, and wellness programs to address these issues. Al Saudi private sectors' initiative have been improved the employee's satisfaction and reduce stress levels by creating more supportive work environment that benefits both, the employees and organization. Saudi private sectors are contributing to the success of the local economy.

المستخلص:

تشير الدراسة ما إذا كان عدم التوازن بين العمل والحياة بسبب ساعات العمل الطويلة، وتوضح السوابق والعواقب المترتبة على العمل لفترة طويلة.

تستكشف الدراسة كيفية تؤثر الحياة العملية وتتواءم مع المسؤوليات التي تتطلب الذات والمسؤوليات الأسرية. وتتشكل الدراسة على نحو دراسة علاقة الدعم في مكان العمل وجدول العمل المرن وتوازن العمل بين الحياة ورفاهية الموظفين في القطاع الخاص الصحي السعودي، ويمكن أن تؤثر ساعات العمل الطويلة على الموظف وتؤدي إلى الإرهاق والمشاكل الصحية الأخرى التي تؤثر سلباً على إنتاجية الموظف ورفاهيته. ومع ذلك، فقد بدأت العديد من المنشأة في القطاع الخاص السعودي في تنفيذ ترتيبات عمل مرنة، ومزايا رعاية صحية شاملة، وبرامج علاجية لمعالجة هذه المشكلات.

ساهمت مبادرة القطاع الخاص السعودي في تحسين رضا الموظفين وتقليل مستويات التوتر من خلال خلق بيئة عمل أكثر دعمًا تعود بالفائدة على كل من الموظفين والمنظمة، مما جعل أن القطاع الخاص الصحي السعودي يسهم في إنجاح الاقتصاد المحلي.

Chapter 1
Research Proposal

Introduction

Work-life balance is critical issue for employees in all fields, but it especially important for those working in medical field. This is because healthcare professionals are often required to work long hours, be on call, and deal with stressful situations. As a result, they are at an increased risk of burnout, which can lead to a number of health problems, both physical and mental.

The employee well-being is the state of being comfortable, healthy and happy in one's work-life. The well-being can lead to a number of benefits, including:

- Increased productivity: Employees who are well-being are more likely to be productive and engaged in their work happily.
- Reduce absenteeism: Less likely to miss work as they are satisfied.
- Lower turnover: Less likely to leave their jobs.
- Improved health: More likely to have good physical and mental health.

For employers, the Well-being can lead to plenty benefits, as follows:

- Increased profits: Hospitals with a focus on employee's well-being are more likely to be profitable.
- Improved morale: The employees are more likely to be happy and motivated at work.

In Saudi Arabia, the private medical sector is growing rapidly. This growth is putting even more pressure on medical employees, as they are being asked to do more with less, As a result, the issue of work-life balance is becoming increasingly important in this sector.

There are a number of factors that can contribute to work-life imbalance in Saudi Arabia private medical sector. These include:

- Long hours: Medical employee in the private sector often work long hours, including nights, weekends, and even holidays.
- On-call requirements: Medical employee may be required to be on call, which means that they may be called in to work at any time, day or night.
- Stressful work environment: Medical employee often deal with stressful situations, such as dealing with sick or injured patients.
- Lack of support: Medical employee may not have the support they need to manage their work-life & well-being balance, such as flexible work arrangements or access to counseling service.

The consequences of work-life imbalance can be serious for both employees and employers. For example, work-life imbalance can lead to number of health problems, such as burnout, anxiety, and depression. It can also lead to decreased productivity, increased absenteeism, and turnover.

There are a number of things that can be done to improve work-life and employee well-being balance in Saudi private medical sector:

- Reducing working hours: The employees those working in medical fields should not required to work excessive hours.
- Creating a less stressful work environment: The employees those working in medical fields should be supported in dealing with stressful situations.
- Providing support for employees: Employers should provide employees with the support they need to manage their work-life & well-being balance.

By taking these steps, employers can help to improve the quality of work-life & well-being balance of their employees and reduce the negative consequences of work-life imbalance. This will benefit to maintain the quality of work & to improve the employee's productivity & efficiency.

Enhancing the work-life & well-being of Saudi private medical employees will remain this field as a vibrant and productive sector.

Research Problem:

Work is a necessary component of life, but does the work have impact on an employee's success or well-being?

Based on work-life assessment studies and questionnaires, the majority of work fields in private sector complain about the long work hours and many have only one day off per a week, the employee will not have the time to do all family responsibilities in only one day, this can affect his family needs.

The imbalance of work-life & well-being can lead to inactive, careless & depressed employee, therefore, the performance will be poor as the employers does not maintain the energy of their employees.

The Importance of Research:

After raising the problem of balancing professional life with the well-being of the employee, several goals were summarized for us, the most important of which are: suggesting flexible working hours that help the employee to practice his life with full vitality and discipline his work with full productivity. Mental and physical health begins in terms of resting at work and avoiding work pressures.

When the employee takes a two-day rest instead of a day, or his working hours are flexible, he can collect his energy and start with greater activity and higher efficiency.

Highly professional in a short time.

Research Hypotheses:

These are just a few examples of research hypotheses that could be investigated in the context of work-life and employee well-being balance in Saudi private medical fields. More research is needed to determine the extent to which these hypotheses are supported by empirical data.

- **Hypothesis 1:** There is a negative correlation between work-life balance and employee well-being in Saudi private medical fields.
- **Hypothesis 2:** Employees with a higher level of work-life balance are more likely to be satisfied with their jobs and have lower levels of stress.
- **Hypothesis 3:** Employees who have more control over their work schedules and responsibilities are more likely to have a better work-life balance.
- **Hypothesis 4:** Employees who have access to flexible work arrangements, such as telecommuting or flextime, are more likely to have a better work-life balance.
- **Hypothesis 5:** Organizations that offer employee wellness programs, such as stress management training or on-site fitness facilities, are more likely to have employees with a better work-life balance.

In addition to these hypotheses, it would also be important to consider the following factors in a study of work-life and employee well-being balance in Saudi private medical fields:

- The gender of the employees.
- The age of the employees.
- The level of education of the employees.
- The type of medical field in which the employees work.
- The length of time the employees have been working in the medical field.

By considering these factors, researchers can gain a better understanding of the factors that contribute to work-life and employee well-being balance in Saudi private medical fields.

Research Goals:

- To clarify the importance of employee's well-being.
- To enhance the work-life balance & job satisfaction for the employee.
- To improve the work-life quality by enabling the employees to participate in shaping the organization.

Research Questions:

- What is the impact of work-life balance on employee well-being?
- What is the impact of work-life on employee's efficiency?
- Does the quality of work-life affect the employee performance?

Literature Review:

The work-life and employee well-being balance in Saudi private medical fields is a topic that has received increasing attention in recent years. This is due to the fact that the medical field is a demanding and stressful occupation, and employees in this sector are often faced with challenges in balancing their work and personal lives.

A number of studies have been conducted on the work-life balance and well-being of employees in the Saudi private medical field. These studies have found that employees in this sector are often faced with long working hours, high levels of stress, and a lack of control over their work schedules. These factors can have a negative impact on employee well-being, leading to decreased job satisfaction, increased stress, and even burnout. However, there are also a number of factors that can help to improve the work-life balance and well-being of employees in the Saudi private medical field.

There is still a need for more research on the work-life balance and well-being of employees in the Saudi private medical field. However, the studies that have been conducted to date suggest that there are a number of factors that can help to improve the well-being of employees in this sector. By addressing these factors, organizations can help to create a more supportive and healthy work environment for their employees.

Here are some of the key findings from the literature review:

- Employees in the Saudi private medical field are often faced with long working hours, high levels of stress, and a lack of control over their work schedules.
 - These factors can have a negative impact on employee well-being, leading to decreased job satisfaction, increased stress, and even burnout.
 - There are a number of factors that can help to improve the work-life balance and well-being of employees in the Saudi private medical field, including flexible work arrangements, employee wellness programs, and supportive management.
 - More research is needed to determine the most effective ways to improve the work-life balance and well-being of employees in the Saudi private medical field.
- **Research Methodology:**

Researchers are typically using various methodologies to collect data and analyze the findings. Here are some common research methodologies used in this research:

- **Surveys and Questionnaires:** Researchers often use surveys and questionnaires to collect quantitative data from healthcare professionals working in private Saudi medical fields. These instruments may include Likert scale questions, multiple-choice questions, or open-ended questions to assess work-life balance, job satisfaction, stress levels, and overall well-being.
- **Interviews:** Qualitative interviews are conducted with healthcare professionals to gain in-depth insights into their experiences with work-life balance and employee well-being. These interviews can provide rich data on the challenges faced, coping mechanisms employed, and suggestions for improvement.
- **Observations:** Researchers may conduct observational studies to observe the work environment and practices in private Saudi medical fields. This can involve observing work schedules, workload distribution, communication patterns, and interactions between healthcare professionals to understand how these factors impact work-life balance and employee well-being.
- **Case Studies:** Researchers may choose to conduct case studies of specific private medical fields or organizations to explore their approaches to promoting work-life balance and employee well-being. This involves collecting qualitative data through interviews, document analysis, and observations within the selected cases.
- **Literature Reviews:** As seen earlier, literature reviews are an essential part of research methodology. They involve systematically reviewing existing literature on work-life balance and employee well-being in private Saudi medical fields to identify key themes, trends, and gaps in knowledge.

- **Secondary Data Analysis:** Researchers may also analyze existing datasets or secondary data sources related to work-life balance and employee well-being in private Saudi medical fields. This can include analyzing organizational reports, government statistics, or previously collected survey data.

It is important for researchers to select a methodology that aligns with their research objectives and allows them to collect relevant data for analysis. The choice of methodology depends on the research questions, available resources, and ethical considerations.

Research Structure:

The research structure for a study of the work-life and employee well-being balance in Saudi private medical fields:

1. Introduction

- Provide an overview of the work-life and employee well-being balance in Saudi private medical fields.
- Discuss the importance of work-life balance and employee well-being in the medical field.
- Review the literature on work-life balance and employee well-being in the Saudi private medical field.

2. Methods

- Describe the research design and methodology.
- Identify the sample population and sampling method.
- Describe the data collection instruments.
- Discuss the data analysis plan.

3. Results

- Present the findings of the study.
- Discuss the implications of the findings for theory and practice.

4. Discussion

- Discuss the limitations of the study.
- Identify areas for future research.

5. Conclusion

- Summarize the key findings of the study.
- Discuss the implications of the findings for theory and practice.

This is just a possible research structure, and the specific details of the study would need to be tailored to the specific research questions being asked. However, this structure provides a good starting point for planning a research study on the work-life and employee well-being balance in Saudi private medical fields.

Research limit:

There are many constraints that researchers must recognize. The following are some of the common constraints that may arise:

- **Sample size:** The size of the sample study may be limited by practical constraints or difficulties in reaching health-care specialists in Saudi private medical fields. The size of the small sample may limit the possibility of disseminating the results to a larger population.
- **Sampling bias:** There may be a risk of sampling bias if the participants in the study are not representatives of all health-care workers in Saudi private medical fields. This could affect the external jurisdiction of the search.
- **Prejudice in self-reporting:** Data collected through questionnaires and questionnaires are based on self-reporting by participants, which may lead to biased response. Participants may provide socially desirable responses or may not remember their experiences accurately, leading to potential data inaccuracy.
- **Sectional Design:** Many studies in this area adopt a sectional design that captures data at a specific point in time. This limits the ability of researchers to establish causal relationships between work-life balance, employee welfare and other factors. Longitudinal studies that track participants over time will provide stronger evidence.
- **Autonomy:** Research on work/life balance and employee welfare often includes subjective measures such as self-reported well-being or work/life balance perceptions. These subjective measures may be influenced by individual biases and interpretations.
- **Universality:** Studies conducted in Saudi private medical fields may not be directly applicable to other health-care settings or countries because of cultural, organizational and contextual differences.
- **Lack of longitudinal data:** Longitudinal data tracking changes in work-life balance and staff well-being over time are limited in this area. This hinders the ability of researchers to accurately assess trends and changes.

- Limited research focus: Research on work-life balance and staff welfare in Saudi private medical fields remains relatively limited. There may be gaps in existing literature, and some aspects of the topic may not have been widely studied.

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