
Work-life balance of Omani female academics: a multiple-case study from the sultanate of Oman

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Abstract

Work-life balance (WLB) is defined as the “accomplishment of the role expectations that are negotiated and shared between an individual and his or her role-related partners in the work and family domains” (Grzywacz and Carlson, 2007. p455). The issue of WLB is more pronounced for women, especially in academia because academic women have a different working pattern from the non-academic workers (Cotterill et al., 2007). This paper explains how this issue affects Omani academic females in particular, across educational institutions in Oman in both the public and private sectors and the factors that affect the notion of WLB for those females.
