

## **RESTRICTED**

### **ABSTRACT**

The purpose of this theses is to study work-life balance of dual career couple: evidence from officers of Sri Lanka Sinha Regiment. Number of factors such as religion, power distance, personal value, individualism, masculinities were examined in order to examine their impact on work-life balance in dual career context. Questionnaire was distributed and data were collected from sample 208 officers in Sinha Regiment. Data were analysed by descriptive statistics, correlation, and multiple regression analysis. Among the all the factors religion, power distance, personal value show positive impact on work-life balance. However, individualism and masculinities showed negative impact on work life balance. This study contribute to the literature in the fields of organization behaviour with special reference for military perspective.

Key word: Work-life balance, military personnel. .