Examining Emotional Intelligence and Work-Life Coordination: Insights from Female Educators in Public Sector Universities

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Abstract*: The current study's goal is to investigate how working women at Pakistani universities' work-life balance relates to their emotional intelligence. The study set out to ascertain two main goals: first, to ascertain the working women's emotional intelligence and work-life balance at KP's public universities; and second, to ascertain the correlation between the two variables.*

Methodology: Data for the quantitative research were gathered via the survey approach. The demographic was made up of all working women who attended KP's public universities. 350 working women who were randomly chosen from six public universities in the public sector made up the study's sample. Two study tools were created in this regard: one to assess work-life balance and the other to assess emotional intelligence. After obtaining the working women's assent, data were gathered. Statistical methods were used to the data analysis process.

Principal Findings: It was discovered that most working women had excellent work-life balance and strong emotional intelligence. The work-life balance of working women and emotional intelligence were shown to be significantly correlated. It was determined that a strong work-life balance is correlated with high emotional intelligence.

Applications of this study: As a result, it is advised that university administration create initiatives and guidelines that might help staff members maintain a work-life balance. Higher authorities may set up stress management training sessions, which might assist staff members in lowering their stress levels and maintaining a healthy balance between their home and work lives.

Originality and novelty of this study: The work-life balance and emotional intelligence of working instructors, particularly women in higher education, may be explained to the readers, along with the correlation between the two

Keywords: Emotional Intelligence (EI), Work-Life Balance (WLB), Working Women**,** Teachers

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