

Abstract

The Influences of Segmenting Work and Private Life on Israeli Teachers: Case Study

This research paper examines the effects and influences of a compartmentalization program aimed to achieve work-life balance among teachers, which was implemented without relation to this research in an elementary school in Jerusalem during the 2022 school year. A mixed method was implemented to this end; the quantitative part of the research included a statistical comparative analysis of data collected through a questionnaire distributed to 30 teachers who taught under the program and 30 teachers from other schools in Israel who did not experience this or any compartmentalization program. The questionnaire gathered data regarding the teacher's life-work satisfaction as well as their professional performance. The qualitative part of this research conducted semi-structured interviews with 8 teachers who taught in the program in order to gather in depth information regarding the programs effects on the teachers work-life balance and satisfaction as well as their professional performance. The results suggests the compartmentalization program had positive effects on as the aspects researched; practical implications are discussed.