

For internal circulation in the International Medical University ONLY



CENTRE FOR BIOETHICS AND HUMANITIES

Work-Life Balance from the Global and Malaysian Perspective

MPU 3312
(2 credits)

2022

Module Guide

TITLE: Work-Life Balance from the Global and Malaysian

Perspective CODE: MPU 3312

LEVEL: MPU Semester, 3 & 4

PROGRAMME: Bsc (Hon) Pharmacy, Pharmaceutical Chemistry, Biomedical Sciences, Nutrition, Dietetics with Nutrition, Chiropractic, Chinese Medicine, Nursing, Nursing Science

CONTENT SYNOPSIS

This course provides an overview on the importance of balancing work, as in studies and homelife for holistic well-being. The aim is to discuss the benefits, identify the signs, understand the impact and plan strategies to address work-life balance for optimum academic performance and future work performance. Topics will be delivered through recorded lectures and discussed in tutorials and workshops. Case studies related to the Malaysian context will also be included. Students will participate in forums and submit assignments. By the end of this course, students should be able to plan and manage their lifestyles to achieve work life balance.

OBJECTIVES

The objective of this module is to:

1. explain the concept of work-life balance
2. generate discussion on balancing work together with life
3. identify the influence of work life balance on health and illness as applied to individuals and groups

LEARNING OUTCOMES

On completion of this module, the student should be able to:

CLO1: explain the concept and benefits of work-life balance

CLO2: identify the impact of work-life balance at personal and extended levels

CLO3: discuss strategies to enhance work-life balance for holistic well-being

LEARNING HOURS

CONTACT HOURS:

Lectures	6 hours
Tutorial	14 hours

TEACHING AND LEARNING METHODS:

Lectures	6 hours
Tutorial	14 hours
Online workshop	8 hours
Independent Learning	19 hours
Continuous Assessment	14 hours
Summative Assessment	19 hours

TOTAL CONTACT HOURS: 20 HOURS

TOTAL LEARNING HOURS: 80 HOURS

ASSESSMENTS:

Formative Assessments

Online quizzes

Summative Assessments

Assignment (Q1 & Q2) – 40%

You will respond to TWO (2) questions based on the reading material. Write your answer in about 1,000 words for each.

Project – 30%

This forum takes place in a group of 5-6 students. You will be given a theme for the forum. You are encouraged to draw from your personal experiences and from your readings. You will present the forum for about 8mins and the Q&A session with panel assessor will be for about 5mins.

Final examination – 30%

You will be given a case study to analyse and respond to in essay format.

SYLLABUS:

1. Introduction to Work-Life balance (L:1hr, T:2hr, Online O:1hr)
 - a) Definition to topic
 - b) Founder of the concept
 - c) The global and Malaysian perspective
2. Benefits of work life balance (L:1hr, T:2hr, Online O:1hr)
 - a) Women's work-life balance
 - b) Men's work-life balance
3. Forum (O:3hrs)
4. Factors that influence work life balance (L:1hr, T:1hr, Online O:1hr)
 - a) Physical manifestations
 - b) Mental manifestations
 - c) Emotional manifestations
5. Recognising signs of an imbalanced work-life (L:1hr, T:1hr, Online O:1hr)
 - a) Work-life balance realities and threats
6. Strategies to improve work-life balance (L:1hr, T:2hr, Online O:1hr)
 - a) Home
 - b) Work
 - c) Self

7. Work life balance at the workplace (L:1hr, T:2hr, Online O:1hr)

A. Employer

- a) Empowerment to staff
- b) Flexible working
- c) Create meaning
- d) Develop talented people
- e) Effective technology

B. Employee

- a) Commitment
- b) Loyal
- c) Productive
- d) Job retention

8. Financial Management (T:1hr, Online O:2hr)

- a) Personal Financial
- b) Agency in Malaysia

ATTENDANCE RELATED REQUIREMENTS:

This module has a total of 8 topics with quizzes for each topic. Attendance will be recorded through attempt of the quizzes. Students who fail to achieve 75% attendance will be at risk of failing the module.

REFERENCES:

Leddy, S. K. (2006). Health Promotion: Mobilizing Strengths to Enhance Health, Wellness, and Well-Being. Philadelphia: F.A.Davis

Seislove, E. B. (2011). Pure and Simple: Work-Life Balance. Journal of Trauma Nursing; 18(4): 193-194

Simmons, S. (2012). Striving for work-life balance. Retrieved from: www.nursingcenter.com
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