

There is a significant relationship between job satisfaction and quality of life. Employees experiencing job satisfaction exhibit work–life balance, hence a positive and satisfactory lifestyle. Particularly, job satisfaction informs work–life balance, where individuals are able to obtain an equilibrium between work and life. Workers with job satisfaction have a high sense of life satisfaction, as their work, which takes up a higher percentage of their time, enhances satisfaction. Job satisfaction is positively and directly associated with quality of life.