

## Development and Psychometric Analysis of School-Life Balance Scale (SLBS)

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Many work-life balance scales intended for employees already exist. However, studies focusing on school-life balance remain limited, and a standardized scale specifically measuring this construct has yet to be established. The present research aimed to address this gap by constructing and evaluating the psychometric properties of a School-Life Balance Scale through reliability and exploratory factor analyses. The present scale provides a measure of how well a student maintains a school-life balance by meeting his or her Physical, Cognitive, and Psychosocial needs. A total of 633 college students served as a sample. The constructed scale can be useful to provide interventions to students who might not be able to meet their other needs. Moreover, further research is recommended in the further establishment of the psychometric properties of the scale.

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