

Appendix E

Quiz on Work-Life Balance: Reflections and Interventions

1. The Islamic perspective of balancing of life is:
 - a. Based on the Western corporate model
 - b. Is in line with the modern trends today
 - c. Differs with the dominant intervention paradigms originating in the West
 - d. Very complicated

2. Balancing of different areas of our life:
 - a. Is an age old challenge
 - b. Is a challenge of the middle ages
 - c. Is a challenge that came about after the Industrial revolution
 - d. Is a challenge that comes about whenever someone faces a challenging mother-in-law

3. Contemporarily, work-life balance:
 - a. Has a uniform, singular definition
 - b. Has many definitions
 - c. Has two definitions; one is Western and the other Islamic
 - d. Does not need a definition as we have a feeling of what it is

4. Work-Life imbalance has two main symptoms; one is a disturbed family life and the other is:
 - a. Poor health
 - b. Poor relationship with the distant cousin's mother-in-law's, aunt's neighbor
 - c. Neglect of self
 - d. Frequent nightmares

5. We have quoted 'it takes a village to raise a child' because:
 - a. It is an African quote
 - b. It is the responsibility of the village to raise a child and not only of the parent
 - c. In traditional set-ups, the responsibility of raising a child gets distributed to many people as people live together
 - d. Parents were so busy that the people who lived around them had to get involved in raising of children
 - e. Because people had so many children that the village had to step in and now it is not an issue thanks to fewer children
 - f. It implies that we should have larger families only if we live in villages

6. Defined Ideology is an Ideology:
 - a. Which one subscribes to
 - b. Which one believes in
 - c. Which has been clearly articulated and written
 - d. Which is used by a person to define things like happiness, success, failure, etc.
7. Mandated roles are roles which your ideology doesn't permit you to drop under any conditions. (True/False)
8. Minimum Performance Levels are dictated by the dominant Ideology on which a society is based. (True/False)
9. All ideologies are in a state of flux. (True/False)
10. A person who distributes resources in different roles at random runs a risk of creating an imbalance in his different roles (True/False).