

## **Abstract:**

Work-life balance goes hand-in-hand with the quality of life and the quality of working life and the level of satisfaction with thereof. Recent survey that took place in the Czech Republic in 2018 attempted at measuring the quality using the index of the quality of life and the index of the working life quality. The questionnaire developed by the World Health Organization and the set of questions proposed by Vinopal aiming at measuring the subjectively perceived quality of working life. The aim of this work is firstly to test the functionality of the two indices, the quality of life index and the quality of working life index, and then examine the existence and potential strength of the relationship between them within the selected subgroups of population.

The work builds up on two basic pillars. The first pillar deals with the definitions of the explored phenomena. The concept of quality of life is explored at different levels: philosophical, sociological, subjective and objective. Then the rationale for developing a tool that measures the quality of life is described, including the variations of the Czech adaptation of the questionnaire. In the following chapters, the phenomenon of the quality of working life is introduced with special focus on the explanation of the dual nature of the concept and the instrument used to measure it. After it is clearer what stands behind the concepts, the work continues by exploring the possible relationship between the two.

The second pillar builds on the relationship between the two indices: the index of the quality of life and the index of the quality of working life. Methodologically, the dataset from the 2018 survey is enriched by the newly created indices which are then validated using the confirmatory analysis after which the particular correlations in subgroups are explored.

The overall aim of the work is to challenge the theory of Danna and Griffin they summarized back in 1999 by saying that the quality of life and the quality of the working life are interrelated domains with reciprocal effects on each other. It is interesting to see whether the same results can be achieved even nowadays – more than 10 years after their statement was issued.