

ABSTRACT

The rush between work and taking care of meeting personal needs is often a problem. Work-life balance determines the balance between the two. Work-life balance measures how a person can overcome the problems experienced by a worker. Bank employees in Yogyakarta are among those who have these problems. The purpose of this study is to examine and analyze how bank employees manage the balance of life and work of employees at Bank Setia in Yogyakarta. The Method in this study uses a qualitative method with a phenomenological approach and uses Interpretative Phenomenological Analysis (IPA). The number of research participants was 8 bank employee participants. The research location is in Setia bank in Yogyakarta. The results of the study are employees of the bank as having two different worlds when dealing with these two lives, that is, between settling matters in the work life and taking care of various things in his personal life. Each life does not necessarily fill each other, because both have their respective portions to run.

Keywords: *work activities, personal needs, balance, two lives, bank employees, work-life balance, Phenomenology, Yogyakarta.*