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>  
Wentzel

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Work  
and  
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life:  
Which  
strategies  
do  
secondary  
school  
educators  
use  
to  
deal  
with

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# the interaction?

*Lizelle  
Wentzel,  
Chenell  
Buys,  
Karina  
Mostert*

## **Abstract**

The general objective of this study was to investigate which strategies secondary school educators use to deal with the interaction between their work and personal lives. A nonprobability purposive voluntary sample (N = 21) was taken of secondary school educators from the Potchefstroom and Promosa areas in the North West Province. Data was collected through a phenomenological method of semi-structured in-depth interviews

and was analysed by the use of content analysis. Strategies that were reported by the educators included support and understanding from important others, work satisfaction, keeping work and personal life apart, acceptance of their teaching environment, planning ahead, experiencing teaching as a calling, experience in the educational field, communication, religion or prayer, doing exercise and staying active, and doing the work that is expected of them.

Note:  
This research was carried out as part of Chenell Buys' s

and  
Lizelle  
Wentzel'  
s  
Masters  
degrees,  
completed  
at  
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