

The effectiveness of the Wheel of Life as a tool for balancing life in the Middle East

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Summary

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The affiliation

Name: Financial GYM

Summary

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Abstract

Introduction: This study examines the effectiveness of the Wheel of Life (WoL) as a coaching tool in the Middle East. It explores how the WoL influences happiness and client outcomes in terms of cultural changes, challenges, and improvements.

Objective: This research aims to determine if the WoL, commonly used to achieve balance in various aspects of life, is compatible with the culturally distinct demands of the Middle East, where certain aspects are prioritized over others. WoL applications' effects on happiness, client impact on cultural change, need for improvements, and challenges were examined in the study.

Methodology: The research was based on a questionnaire-based study that followed a Likert Scale generated via Google Forms. The results were evaluated via SPSS version 27. The questionnaire reliability was assessed via reliability analysis. Pearson Chi-square association test was applied to assess the hypothesis.

Results: The reliability of the questionnaire was assessed via Cronbach Alpha (0.9) and KMO (0.00). The findings suggest that several elements, including financial, career, health, physical, educational, mental, family, and home characteristics, substantially impact the association between Work-life balance (WoL) and its impact on happiness ($p = 0.006$). Nevertheless, the hypothesis suggesting that WoL is extremely efficient in attaining life balance and favorable client outcomes was rejected ($p = 0.067$). Similarly, the hypothesis proposing the necessity for considerable cultural modifications to improve facing challenges (InC) was also accepted ($p = 0.049$).

Conclusion: These findings indicate that although the WoL has some applicability, it may not be entirely efficient in its present state for the Middle Eastern setting.

Keywords: Wheel of Life; Life balance; Coaching; Middle East; Cultural differences; Cultural adaptation

1. Introduction

Life balance (LB) is an essential subject in personal development, specifically in coaching. The primary focus of the current research pertains to the Wheel of Life (WoL), a widely recognized coaching instrument that demonstrates an approach to visualize and analyze one's life circumstances objectively. It offers a visual and analytical approach to evaluate the multifaceted aspects of an individual's existence (Lakshmi & Prasanth, 2018). This instrument emphasizes the interdependence and comparable significance of an individual's occupation, financial matters, well-being, social connections, personal growth, recreation, community, environment and spirituality. A numerical score from one to ten is assigned to each individual, denoting the present level of contentment and the specific domains that necessitate further development. Providing a comprehensive opportunity for introspection, WoL encourages individuals to evaluate the success of their lives by examining numerous aspects of them (**Figure 1**). It prompts individuals to engage in self-reflection, leading to a lucid understanding of what is essential and a motivated determination to strive for happiness (O'Connor, 2023). Most therapists, coaches, and counselors frequently employ this method to assist their clients in acquiring academic abilities that will better their lives and assist them in regaining control of their lives. In recent years, coaching methods have increasingly emphasized the significance of the WoL, highlighting the importance of LB and well-being as critical priorities (Hussein et al., 2023).

On the contrary, it signifies our satisfaction with various aspects of an individual's existence. By utilizing this ability, we can formulate precise goals and, when necessary, advocate for critical advancements in the pertinent domains (McIntosh, 2003; Ward, 2008). Given the immense cultural diversity in the Middle East, the WoL's capacity to advocate for life equilibrium assumes paramount significance. The evolved cultural and value systems influence the perception of LB and well-being in these ethnically diverse regions. A comprehensive evaluation of the platform's efficacy and impacts is required.

It is critical to emphasize that a primary concern expressed by coaching clients in the Middle East concerning the effectiveness of the WoL model in facilitating a healthy work-life balance (WLB) was the location of the resolution and answer. This investigation will advance knowledge regarding the acceptance and integration of political ideologies and institutions across different societies, thereby aiding scientists in their quest for the complete truth (Castro et al., 2010). This research aims to determine whether people from the Middle East, within the context of their

specific cultural backgrounds, can benefit from applying the Wheel of Existence to achieve a harmonious and balanced way of life. Flexible training methods that can accommodate multicultural environments must be employed to ensure clients benefit and the intended outcomes are achieved. This approach exemplifies an adaptive coaching methodology, one that acknowledges and values the diverse life experiences, beliefs, cultures, religious perspectives, and communication styles of people from various socioeconomic backgrounds. It is important to note that these factors differ from one region to another due to geographical and cultural variations.

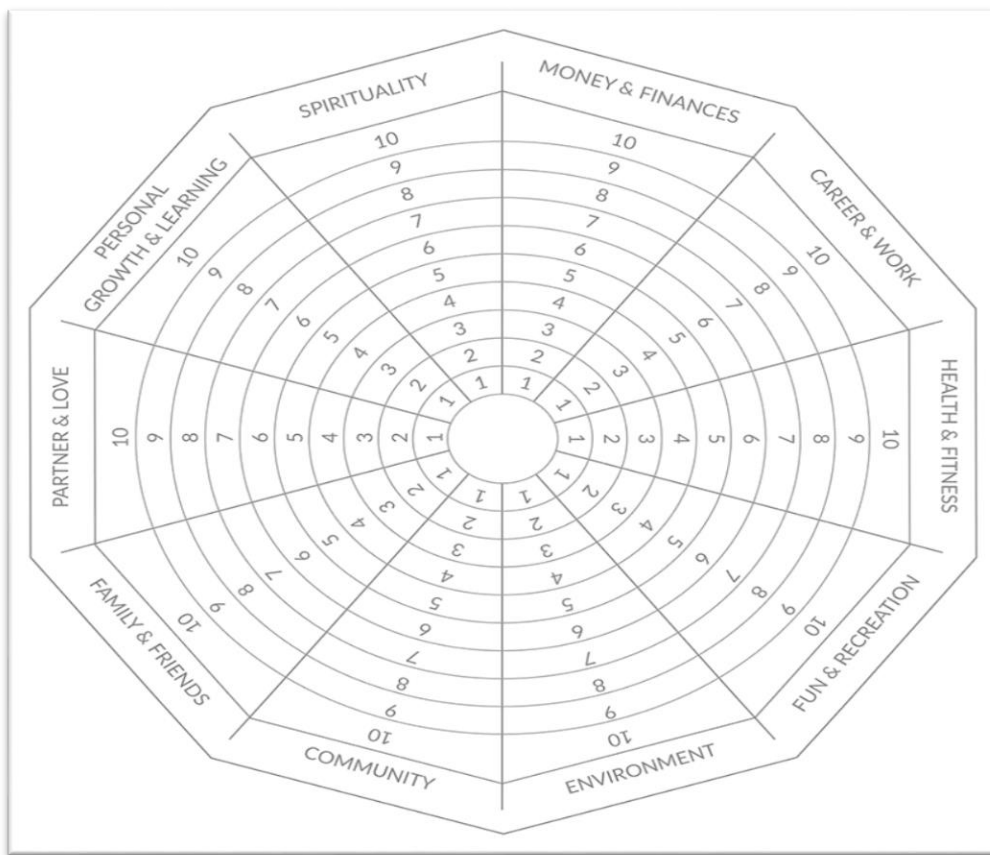


Figure 1. The wheel of Life instrument (Sutton, 2020).

Coaching approaches congruent with the clients' norms, values, and environment can cultivate an inclusive and motivating environment in which the clients eagerly anticipate continuing coaching (Clutterbuck et al., 2016). Coaching success is ensured by a dynamic and goal-oriented strategy known as cultural adaptation; this does not imply a lack of appreciation for clients' diverse backgrounds. This is illustrated through observing communication strategies and articulating the attributes an individual associates with their cultural background. This forms the fundamental basis of a fruitful and prosperous coaching alliance (Rosinski, 2011). In athletic mentoring, coaches can

demonstrate exceptional proficiency in fostering an atmosphere safe and conducive to open communication and embracing various cultural perspectives (Passmore, 2013). Consequently, to enhance client engagement and commitment, coaching necessitates customizing interventions to various cultural contexts. In culturally sensitive coaching, clients exhibit increased attentiveness, heightened awareness of personal challenges, and even beneficial outcomes due to the perception that the guidance provided directly applies to them (Abbott, 2018).

The current study aims to evaluate the effectiveness of the "Wheel of Life" tool in promoting life balance among clients in the Middle East, with a focus on cultural adaptation. The objectives are to explore how cultural factors, including socioeconomic, gender, and spiritual considerations, influence the application and outcomes of the WoL in coaching. Additionally, the study seeks to identify challenges faced by coaches in adapting the tool and strategies for improvement within this specific cultural context.

The research posits the following hypotheses:

H1: Financial, career, health, physical, educational, mental, family, and home factors significantly influence the association between the WoL and the creation of happiness in coaching practices in the Middle East.

H2: Using the WoL as a coaching tool in the Middle East is highly effective in helping clients achieve life balance, overcome challenges, and attain positive outcomes, with high client satisfaction and improved coaching practice impact.

H3: The current WoL tool requires significant cultural adaptations and improvements to effectively address Middle Eastern coaching contexts' unique challenges and sensitivities.

2. Literature Review

Prior investigations into the correlation between cultures, coaching applications, LB, and well-being can offer significant contributions and function as a blueprint for formulating efficacious strategies to promote WLB. Performance on the job is one metric that can be utilized to evaluate effectiveness. A study revealed that WLB enhances professional achievement. In addition, studies have indicated that coaching grounded in psychological principles can enhance work-related achievements, including academic achievement, performance, psychological well-being, and goal-directed self-control (Susanto et al., 2022). The prevailing theme in balancing life literature pertains to establishing equilibrium across various domains such as professional life, interpersonal connections, physical well-being, and individual growth. According to research, LB functions as

an aid in tension management, a facilitator of goal attainment, and a comprehensive indicator of overall well-being. When designing coaching interventions that promote a holistic approach to health, it is imperative to comprehend the constituent elements that constitute LB and how each contributes to the client's overall well-being (Kapoutzis et al., 2023).

Coaching intervention research considers the coach's involvement in the objective establishment, performance enhancement, and development (Sonesh et al., 2015). The present work examines the efficacy of coaching and the methodologies and resources employed to stimulate constructive transformation, enhance self-awareness, and foster personal growth. In addition to aiding in the engagement of individuals, the literature on various coaching strategies and tactics offers substantial insights into how coaching can assist people in attaining their objectives and living fulfilling lives (Losch et al., 2016). Cultural frameworks can influence individual perspectives regarding happiness and contentment, as differing value-bound norms and beliefs regarding well-being are associated with this domain across an individual's lifespan. Diverse cultural backgrounds significantly influence the efficacy of treatments and their impact on overall health (Diener & Suh, 2003). Cultural attributes that are critical for overall welfare ought to be taken into account when formulating coaching approaches that are suitable for particular cultural contexts. In addition, every concept ought to be exceedingly delicate and ideal for the specific context (Haar et al., 2014; Taras & Mesyura, 2022).

The research underscores the importance of adapting coaching instruments like the WoL to different cultural contexts to optimize effectiveness. By considering cultural variations in perspectives on LB and well-being, coaches can enhance their ability to assist clients in establishing significant goals, rectifying areas of imbalance, and attaining overall life satisfaction. In regions characterized by cultural diversity, such as the Middle East, a comprehensive understanding of the nuanced cultural aspects that influence the welfare of individuals is critical for maximizing the efficacy of coaching approaches and interventions.

2.1. Life Balance and Coaching Interventions

LB is equilibrium among numerous facets of existence, including labor and employment, relationships, health, and personal development. The research elucidates the importance of maintaining a healthy balance to promote overall wellness, alleviate tension, and ultimately cultivate a sense of fulfillment in one's life. Research has shown that individuals who maintain

balanced lifestyles experience improved physical well-being, stronger interpersonal relationships, and increased workplace productivity (Matuska, 2010). It is imperative to recognize and confront this element to cultivate a holistic outlook on existence that fosters assurance in diverse facets (Christiansen & Matuska, 2006).

Coaching techniques are crucial for attaining a harmonious LB and enhancing one's overall well-being, as they furnish individuals with the necessary resources, strategies, and assistance to confront and surmount challenges to establish equilibrium (Rony et al., 2023). Although the trainer is still tasked with the same work, the approach has been simplified and more focused (Wisegeek, 2009). Setting objectives can be facilitated when they pertain to LB and conform to the criteria of SMART (specific, measurable, achievable, relevant, and time-bound) (O'Connor, 2023). Individuals who desire to lead a more harmonious and satisfying existence must set and pursue specific objectives that enable them to conduct their lives according to their own volition. By assisting them in identifying significant values and priorities, coaches aid clients in developing a sense of individuality while remaining on course, by their true selves, and what maximizes their potential (Dolan, 2020). Developing the capacity to assess one's values enhances collective decision-making and improves individuals' well-being. By establishing boundaries in the workplace, interpersonal connections, social sphere, and personal time, coaches enable individuals to "draw lines" in various domains. By establishing limits, individuals can prevent burnout and imbalance from endeavoring to accomplish too much in too few areas of life. Additionally, it safeguards their health, time, and energy limitations (Carvalho et al., 2021).

Coaches support individuals in developing efficacious stress-reduction techniques that can be applied to daily life to alleviate tension and surmount challenges. Important training components include strategies for mitigating stress and promoting suitable self-care practices that aid clients in maintaining healthy lifestyles while also relieving stress (Gilbert et al., 2007). Coaches recommend that their students engage in self-reflection and meditation to cultivate emotional regulation and a deeper understanding of the mind (Knowles & Knowles, 2021). Self-awareness and LB can result from cultivating mindfulness, enabling individuals to understand their thoughts, emotions, and actions.

2.2. Cultural Differences in Well-Being

Considering these differences in values, beliefs, and priorities, it is evident to what extent cultural diversity influences how individuals interact regarding wellness-related matters. According to research, cultural differences between Eastern and Western societies affect contentment on multiple levels, including social versus individual thought processes. Hence, in Western societies such as Germany, the core value is individual flourishing, which pertains to one's achievements and accountability for them. Conversely, in Eastern cultures like China, social flourishing may be more significant, as it concerns social roles and the equilibrium of Yin and Yang (Brailovskaia et al., 2022). Furthermore, cultural variations exist regarding the origins of joyful expression. An illustration of this can be seen in the tendency of traditional Confucian societies to repress positive emotions, whereas the United States tends to have a more tolerant attitude toward expressing such sentiments (Su et al., 2015). Cultural distinctions impact individuals' perceptions of their lives. For instance, Eastern countries generally receive lower scores on life satisfaction assessments than Western countries due to their contrasting cultural norms and values.

An individual's cultural heritage significantly impacts WLB perceptions, particularly in coaching. The level of delight or life satisfaction will differ due to cultural and linguistic differences regarding the overall definition of a healthy lifestyle across civilizations. The cultural peculiarities of countries such as China and Germany are profoundly influenced by language due to the divergent worldviews of their respective populations (Brailovskaia et al., 2022). An additional aspect to consider is the cultural distinction between Eastern and Western societies, which places greater importance on preserving social harmony and cohesion than providing informational and instrumental support (Brailovskaia et al., 2021).

Comprehending cultural disparities is a fundamental element in modulating coaching interventions, as it enables the formulation of approaches that resonate with individuals of diverse backgrounds. Cultural factors impact individuals' perspectives on WLB, goal-setting, and motivational strategies (Lewis & Beauregard, 2018). Coaches must possess knowledge of the cultural disparities in the values, beliefs, and communication patterns of their clients from various ethnic backgrounds to customize the intervention and guarantee its cultural sensitivity (Kołodziejczak, 2015; Nieminen et al., 2022). Coaches can enhance the practicality and efficacy of their interventions across diverse cultural contexts by acknowledging and adapting to cultural differences in viewpoints regarding LB and prosperity.

2.3. The Wheel of Life

Coaches commonly employ the Coaching Wheel, the WoL, and the LB Wheel as symbolic instruments to assess and gain an understanding of various facets of their client's personal affairs (Hussein et al., 2023). It comprises multiple components: employment, personal growth, income, relationships, labor, and health. Each segment represents one of these components on the wheel. The magnitude of each section increases in proportion to the level of customer support received for a specific matter (O'Connor, 2023). Therefore, the notion of the WoL—which operates seamlessly when every component functions in unison and becomes immobile when anyone ceases, is refuted (McIntosh, 2003). By implementing this visualization technique, people can recognize areas that demand concentration and duties that necessitate consistent attention to reach their utmost capabilities.

Research investigating the potential applicability of the WoL tool across different cultural contexts underscores the method's worth in assessing and improving LB (Marsiglia et al., 2021). The WoL can be adapted to diverse cultural contexts by considering the target culture's values, beliefs, and priorities regarding mindfulness and well-being. Coaches can modify the categories and indications of the wheel's design to mirror their clients' distinct cultural attributes. This enables them to ensure adequate consideration is given to all significant factors influencing LB throughout the evaluation. The WoL provides an initial reference point for introspection, goal-setting, and future-oriented preparation. Doing so can discern the disparities and challenges within one's life (Hussein et al., 2023). The wheel paves the way toward optimal health and happiness by setting goals that correspond with the natural progression of aging. Coaches, therapists, and other mental health practitioners who engage with clients of various cultural backgrounds must have the WoL. By aiding professionals in guiding clients through introspection, goal-setting, and action planning promotes personal growth and contentment in life (Van Zyl et al., 2020). Coaches can assist individuals in developing approaches that promote holistic well-being by employing the WoL framework to analyze connections among different domains of life (Watson, 2014).

Based on the existing body of literature, no explicit reference exists to any research conducted on the WoL in the traditional Middle East. However, the general body of literature demonstrates the versatility and efficacy of this coaching tool across diverse cultural contexts. Its primary objectives remain consistent: fostering self-awareness, establishing goals, and fortifying mental stability,

irrespective of cultural heritage. Despite abundant research on applying coaching tools such as the WoL in culturally diverse contexts, unexplored or neglected gaps in the Middle East still require further investigation. Limited scholarly investigation exists regarding how coaching tools, including the WoL, have been applied according to Indigenous populations' values, beliefs, and priorities (Passmore et al., 2019). The significance of cultural knowledge becomes evident in this particular context and is critical for developing coaching resources that are culturally appropriate when applied across diverse cultural settings (Chapman et al., 2003). Although a limited number of studies have been undertaken to investigate the preferences, challenges, and experiences of individuals residing in the Middle East regarding coaching interventions and tools, this field remains relatively understudied. The region's cultural heterogeneity presents a challenge in completely understanding how coaching methodologies ought to be customized to meet the needs of its inhabitants. Consequently, the effectiveness of these methods will be limited, and the applicability of coaching tools such as the WoL will be further compromised. There is a lack of empirical evidence regarding the effectiveness of utilizing tools like the WoL to achieve the desired level of LB and well-being in the Middle East.

Consequently, additional research and testing are necessary. Subsequent research should consider how specific mentoring interventions can be applied within culturally diverse settings. A comprehensive understanding of global best practices and the efficient utilization of coaching tools will prove advantageous (Hajizadeh et al., 2022).

Filling the gaps in the literature regarding coaching behavior in the Middle East is crucial for furthering our understanding for several reasons. By analyzing the Middle Eastern context in which coaching tools are adapted and regarded morally, this research can enhance the cultural sensitivity of coaching techniques. Such a strategy will yield more effective interventions deeply rooted in the local culture. Promoting utilizing coaching tools, such as the Middle Eastern WoL, while investigating their varying cultural reactions is a feasible endeavor. This will ensure the proficient instruction of community members and their active involvement, yielding favorable results. This linkage will significantly benefit the coaches of the Middle East by furnishing them with the essential data required for growth in a global setting, specifically about diverse cultures. This will empower the instructors to train future-ready elite professional athletes who are more versatile and equipped.

3. Methodology

3.1. Research Design

This study employed a quantitative research methodology to assess the effectiveness of the WoL as an LB guide in the Middle East. Information was collected through a cross-sectional survey of individuals utilizing the WoL tool and life coaching.

3.2. Participants

The Middle Eastern countries from which participants were selected were Oman, the United Arab Emirates, Saudi Arabia, Qatar, Egypt, Jordan, Lebanon, Kuwait, and Bahrain. At least 18-year-old participants who had utilized the WoL instrument and life coaching comprised the sample.

3.3. Data Collection

Data was collected via an online survey distributed to potential participants via email, professional networks, and social media. The survey comprised inquiries of demographic information, perspectives on LB, life coaching experience, familiarity with and application of the WoL, and cultural considerations.

3.4. Questionnaire Development

The questionnaire was designed to encompass every aspect necessary for a comprehensive understanding of the WoL and its role in promoting equilibrium in one's life. The questionnaire comprises segments addressing demographics, life coaching experiences, perspectives on effectiveness and applications, evaluations of LB, cultural considerations, and overall remarks. The WoL is recognized, utilized, implemented, and applied. Thorough deliberation ensured clarity and applicability, while pre-testing was conducted to validate effectiveness.

3.5. Data Analysis

The study employed descriptive statistics, precise frequencies, and percentages to analyze participant survey responses and demographic data. Inferential statistics such as regression analysis and chi-square testing were employed to examine the correlations between variables and evaluate the effectiveness of the WoL in promoting LB.

3.6. Ethical Considerations

This study adhered to the ethical standards that guide research involving human participants. All participants provided informed consent, and throughout the study, measures were taken to safeguard their privacy and confidentiality. The participants could withdraw from the survey without facing any negative consequences.

4. Results

The data is categorized into three sections depending on the analysis applied.

4.1. Reliability analysis

Data reliability was rigorously assessed using various methods. The Kaiser-Meyer-Olkin Measure (KMO) and Bartlett's Tests were applied to verify the reliability of the data. These tests confirmed that the data were suitable for analysis, with the KMO value indicating good consistency and Bartlett's Test of Sphericity affirming the study's significance and the validity of responses. **Table 1** shows KMO and Bartlett's Sphericity test values. The KMO should be 0–1, the global index should be greater than 0.5, and our obtained value is 0.8, which is excellent for analysis. Bartlett's Test of Sphericity must be below 0.05 to recommend factor analysis, and our value is 0.0, which is best for analysis.

Table 1. Samples Reliability and Validity via KMO and Bartlett's Test.

| KMO of Sampling Adequacy | | 0.8 |
|-------------------------------|--------------------|--------|
| Bartlett's Test of Sphericity | Approx. Chi-Square | 42.761 |
| | df | 6 |
| | Sig. | 0.000 |

The internal consistency of the variables was evaluated via Cronbach's Alpha, as shown in **Table 2**. The significant values obtained by Cronbach's alpha for all the variables indicate the internal consistency of the data. The observed values were > 0.5 , which is excellent for further analysis.

Table 2. Internal Consistency of Variables via Cronbach's Alpha.

| Names | Variables | Cronbach's Alpha | |
|---|-----------|------------------|--|
| Application of the Wheel of Life in the Middle East (AWL) | AWL1 | 0.6 | |
| | AWL2 | | |
| | AWL3 | | |
| | AWL4 | | |
| | AWL5 | | |
| | AWL6 | | |
| Effectiveness of Wheel of Life Happiness Factors in the Middle East | EoH1 | 0.6 | |
| | EoH2 | | |

| | | |
|--|-------|-----|
| (EoH) | EoH3 | 0.9 |
| | EoH4 | |
| | EoH5 | |
| | EoH6 | |
| Impact on client's satisfaction with Wheel of Life (IoC) | IoC1 | 0.7 |
| | IoC2 | |
| | IoC3 | |
| | IoC4 | |
| | IoC5 | |
| | IoC6 | |
| Challenges and Improvements (CnI) | CnI1 | 0.7 |
| | CnI2 | |
| | CnI3 | |
| | CnI4 | |
| | CnI5 | |
| | CnI6 | |
| | CnI7 | |
| | CnI8 | |
| | CnI9 | |
| | CnI10 | |

Factor loadings shown in **Table 3** revealed that all variables exhibited values greater than 0.5, with most values approximating the standardized value of 1.0. It indicated the suitability of the data for further analysis, emphasizing the robustness of the results.

Table 3. Factor Loadings of Variable via Extraction Method.

| Variables | Extraction |
|-----------|------------|
| AWL1 | 0.815 |
| AWL2 | 0.738 |
| AWL3 | 0.785 |
| AWL4 | 0.886 |
| AWL5 | 0.684 |
| AWL6 | 0.884 |

| | |
|-------|-------|
| AWL | 0.913 |
| EoH1 | 0.789 |
| EoH2 | 0.794 |
| EoH3 | 0.735 |
| EoH4 | 0.787 |
| EoH5 | 0.852 |
| EoH6 | 0.743 |
| EoH | 0.913 |
| IoC1 | 0.835 |
| IoC2 | 0.848 |
| IoC3 | 0.784 |
| IoC4 | 0.859 |
| IoC5 | 0.863 |
| IoC6 | 0.783 |
| IoC | 0.886 |
| CnI1 | 0.807 |
| CnI2 | 0.877 |
| CnI3 | 0.807 |
| CnI4 | 0.698 |
| CnI5 | 0.848 |
| CnI6 | 0.782 |
| CnI7 | 0.902 |
| CnI8 | 0.762 |
| CnI9 | 0.843 |
| CnI10 | 0.847 |
| CnI | 0.934 |

Extraction Method: Principal Component Analysis.

4.2. Descriptive analysis

Descriptive statistics were used to characterize the participants' demographics, including age, gender, education, and experience. The findings in **Table 4** revealed that most coaches were aged

between 31-40. Most coaches were female and had a Master's degree. Additionally, most of the coaches had 1-5 years of experience. Most coaches were accredited by the International Coaching Federation (ICF). Moreover, it was observed that most coaches used the WoL as a balancing tool for their clients for 1-5 years.

Table 4. Demographics Characteristics of Participants.

| Demographics | Groups | Frequency (N) | Percentage (%) |
|-----------------------------------|---|--------------------------|---------------------------|
| Age | < 20 | 0 | 0 |
| | 20-30 | 0 | 0 |
| | 31-40 | 9 | 26 |
| | 41-50 | 17 | 48 |
| | > 50 | 9 | 26 |
| Gender | Male | 4 | 11 |
| | Female | 31 | 89 |
| Education | Associate Degree | 3 | 9 |
| | Bachelor's Degree | 10 | 29 |
| | Master's Degree | 19 | 54 |
| | Doctorate | 3 | 9 |
| Experience | 1-5 Years | 27 | 77 |
| | 5-10 Years | 4 | 11 |
| | 10-15 Years | 1 | 3 |
| | 15-20 Years | 2 | 6 |
| | Over 20 Years | 1 | 3 |
| Country of Origin | United Arab Emirates | 3 | 9 |
| | Saudi Arabia | 12 | 34 |
| | Qatar | 2 | 6 |
| | Egypt | 4 | 11 |
| | Morocco | 2 | 6 |
| | Sweden | 1 | 3 |
| | Kuwait | 4 | 11 |
| | Bahrain | 1 | 3 |
| Accreditation Organization | Oman | 6 | 17 |
| | Association for Coaching (AC) | 1 | 3 |
| | European Mentoring and Coaching Council (EMCC) Global | 1 | 3 |

| | | | |
|-------------------------------|---|----|----|
| | International Coaching Federation (ICF) | 33 | 94 |
| Level of Accreditation | ACC | 14 | 40 |
| | BCC | 1 | 3 |
| | MCC | 2 | 6 |
| | PCC | 4 | 11 |
| | BPS | 2 | 6 |
| | Others | 12 | 34 |
| Usage of Wheel of Life | I have never used it | 1 | 3 |
| | 1-5 Years | 31 | 89 |
| | 5-10 Years | 2 | 6 |
| | Over 20 Years | 1 | 3 |

4.3. Inferential analysis

Table 5 represents the significant association between AWL, EoH ($p=0.00$), and CnI ($p=0.04$). On the contrary, AWL shows an insignificant association with IoC ($p=0.07$).

Table 5. Evaluation of the association of Wheel of Life's Application with coaching aspects.

| Pearson Chi-Square | Value | df | Asymptotic significance (2-sided) |
|--------------------|--------|----|-----------------------------------|
| AWL - EoH | 23.098 | 9 | 0.006 |
| AWL - IoC | 15.982 | 9 | 0.067 |
| AWL - CnI | 21.123 | 12 | 0.049 |

Table 6. Evaluation of the association of Wheel of Life's Application with the impact of coaching on clients.

| Pearson Chi-Square | Value | df | Asymptotic significance (2-sided) |
|--------------------|--------|----|-----------------------------------|
| AWL – IoC1 | 7.100 | 9 | 0.627 |
| AWL – IoC2 | 10.586 | 9 | 0.305 |
| AWL – IoC3 | 11.753 | 12 | 0.466 |
| AWL – IoC4 | 10.513 | 12 | 0.571 |
| AWL – IoC5 | 15.350 | 9 | 0.082 |

| | | | |
|------------|-------|---|-------|
| AWL – IoC6 | 9.059 | 9 | 0.432 |
|------------|-------|---|-------|

Table 6 represents the insignificant association of AWL with the coaching impacts on the client's life regarding the performance of WoL as a tool for balancing life in Middle Eastern countries.

5. Discussion

The results of this study offer valuable information on the utility of the WoL as a coaching tool in the Middle East in terms of cultural, economic, and social aspects. The emphasis was placed on the values of financial, career, health, and family factors as predictors of life balance and happiness and on the necessity of transcultural adaption of WoL in the context of Middle Eastern coaching practices.

The H1 proposed that financial, career, health, physical, educational, mental, family and home factors are important predictors of the relationship between the WoL and happiness in coaching practices in the Middle Eastern countries. The findings support this hypothesis and show that such aspects are essential for clients' holistic health. Many clients also cited employment, pay, and promotion as important issues that corresponded to the area's economic needs, where financial stability correlates with career advancement and personal satisfaction.

Health and physical fitness were also important, especially since there has been a growing concern for mental and physical health in the Middle Eastern region (Costa et al., 2022). Happiness, self-identity, family, and home were established as significant elements in Middle Eastern culture, and these elements are considered to have a strong connection with the region's traditions. The advantage of the WoL is that it can map these domains and give clients an understanding of their level of life satisfaction. The findings are consistent with previous research that indicates that well-being is not necessarily a product of a specific area of life but depends on the overall combination across various domains of life (Greenhaus et al., 2003; Haar et al., 2014). The WoL assists in balancing life with family and work by performing all due responsibilities in a manner that minimizes conflict and meets the needs and well-being of the individuals (Adkins & Premeaux, 2019; Zaitouni et al., 2024). Thus, the WoL helped to illustrate some aspects, but the issues that emerged when discussing personal finances and family relationships were impossible as these topics are private or taboo in some Middle Eastern cultures (Taras & Mesyura, 2022). This implies

that the tool needs to be modified to make it culturally sensitive when considering aspects of culture in the discussion of some issues (Dodds & Grajfoner, 2018).

The H2 proposed that the WoL would be a valuable tool in coaching clients to achieve balance in life, manage difficulties, and accomplish the desired results with high client satisfaction. However, the findings did not support this hypothesis. Despite the potential of the WoL as a coaching tool in creating overall positive outcomes, the findings revealed that the impact of WoL in generating positive outcomes was somewhat less than anticipated (Taras & Mesyura, 2022). Due to cultural differences, The WoL is unsuitable for use in the Middle East. In Islamic culture, balance does not come from equality in all aspects of life but rather from prioritizing certain aspects over others, which aligns with Pareto's law. Accordingly, the study recommends developing a new tool for life balance that aligns with the cultural and religious values prevalent in the Middle East. A lot of Muslims feel uncomfortable approaching conventional coaches, counselors, and therapists for help because they are likely to receive a treatment that is not based on Islamic teachings and values (Amri & Bemak, 2013). Therefore, the professionals and scholars stress that the new separate tool for Muslims and Middle Eastern countries needs a new or modified coaching tool instead of WoL (Al-Karam, 2018; Keshavarzi et al., 2020; Rothman, 2021; van Nieuwerburg, 2017).

Other than the cultural factors, social context in the region was a significant issue. Even though WoL has been considered one of the useful tools for coaches globally, its efficiency was comparatively low in the Middle Eastern area (Chapman et al., 2003; Dodds & Grajfoner, 2018). Some coaches highlighted that their clients did not explore the tool to the extent possible, particularly when addressing issues related to money, family, or gender. At times, these cultural factors reduced the depth of the coaching dialogues, thereby decreasing the extent to which clients could discuss and redress the imbalances in their lives. The other major challenge was Islamic tradition and cultural values, which are very deeply rooted in the Middle East region (van Nieuwerburg, 2017). The results show that if the WoL has not been culturally modified, the proposed methods may not effectively appeal to clients in the Middle East. This supports the hypothesis that the WoL is useful but requires a more appropriate form specific to the region and culture.

The H3 suggested that the current WoL tool requires significant cultural adaptations to address the unique challenges and sensitivities of coaching in the Middle East. The findings strongly support

this hypothesis. Coaches also noted that due to its lack of sensitivity to socio-cultural contexts and the nature of Middle Eastern clients, the WoL in its traditional format is insufficient.

For example, Islamic religious culture is not the same as Western culture, which significantly contributes to the lesser effectiveness of the WoL in the Middle East. Similarly, issues related to family systems, especially as they relate to gender, pose another challenge regarding the effectiveness of the WoL. For instance, working women aspiring to be careerwomen may fall under the WoL but struggle to balance their careers and women's expected roles in the community (Haque et al., 2016; Rothman, 2021). Language and communication styles were also highlighted as issues that hindered the development of the relationship. Some of the categories and concepts in the WoL that had proved useful in the 'Western' cases were not always helpful when working with clients from other Middle Eastern cultures. This requires a culturally sensitive WoL that embraces the language, symbols, and frameworks familiar to the clients in the region (Dodds & Grajfoner, 2018; van Nieuwerburg, 2017).

Coaches stressed that including extra tools relevant to Middle Eastern culture would improve the WoL results (Dodds & Grajfoner, 2018). Proposals were as follows: using suitable cultural analogies or illustrations or creating the opposite strategies that consider the culture (van Nieuwerburg, 2017). In this way, coaches might offer a more adaptive model that respects the multifaceted social and cultural relations specific to the area.

6. Conclusion

The study indicates that the WoL has a certain impact on happiness through many elements, but it does not completely satisfy the efficacy standards for attaining life balance and favorable client outcomes in the Middle East. The inconclusive findings on the effectiveness and cultural adaptation hypotheses indicate that the WoL may not be well-suited to the region's distinct cultural and Islamic values. This suggests the necessity of creating a novel instrument tailored to the Middle East's culture and accurately represents the widespread practices of prioritization and balance in that setting.

The study's cultural extent may not comprehensively encompass the diversity of cultural practices across several Middle Eastern countries, hence restricting the generalizability of the findings. Moreover, the size and dispersion of the sample may not sufficiently reflect the larger population

of coaches and clients in the Middle East. In addition, the study did not evaluate or create an alternative instrument for comparison, so the understanding of prospective enhancements or culturally tailored remedies was restricted.

To achieve balance in life, developing and assessing coaching tools that incorporate Pareto's principles and align with Middle Eastern cultural norms and Islamic values is necessary. These research efforts should be culturally sensitive and aim to adjust coaching methods accordingly. Further research should be conducted in other Middle Eastern nations to provide a more comprehensive understanding of cultural norms and coaching needs. It is recommended that pilot programs that utilize culturally customized measures be implemented to assess their effectiveness and get qualitative feedback from clients and coaches. Moreover, longitudinal studies can be conducted to evaluate the long-term effectiveness of culturally customized coaching methods and their impact on client results and satisfaction.

Statements and Declarations

All necessary statements and declarations related to the ethical standards and data transparency have been included.

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Conflict of Interest

The author has no conflict of interest to declare.

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