

Work life balance for women research pdf

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Moreover, work-life balance has grabbed even more attention, as IT sector and the factors that affect the work life balance of women employees are working hours, Job satisfaction, working condition etcSushree Sangita Das and Dr. Shashi A. Mishra (), the researcher tries to find out the issues of work life balance of women IT executives of Mumbai city. Work-life balance confirms to be a necessity for personal satisfaction. % and the remaining working women spent by travelling is %.It is , · Request full-text PDF. To read the full-text of this research, you can request a copy directly from the authorsKey Words: work life balance, women employee career, personal care, family etc 1, · ObjectivesTo study the prevailing work-life balance of female employees working in Axis BankTo analyse the relationship and impact of work life balance on working female employeesAn effective work life. balance assists a person in achieving both personal and professional goals (Oludayo et al.,). IT sector and the factors that affect the work life balance of women employees are working hours, Job satisfaction, working condition etcSushree Sangita Das and Dr , · Others before us have noted that work-life balance research is never culture or gender-neutral (Emslie & Hunt, ; Ernst Kossek, Lewis, & Hammer, From the above table, maximum women from my study spent travelling minutes per day i.e. This paper explores the literature related to work-life balance of women employees. Agree This paper explores the literature related to work-life balance of women An effective work life balance assists a person in achieving both personal and professional goals (Oludayo et al.,). The study was conducted amongwomen Others before us have noted that work-life balance research is never culture or gender-neutral (Emslie & Hunt, ; Ernst Kossek, Lewis, & Hammer,).Williams and colleagues argued cogently in their chapter in the Annual Review of Psychology (Williams, Berdahl, & Vandello,) that work-life balance researchers to date have been overly focused on individual experience but paid little Checklist Manual on Work-Life Balance: The checklist manual developed by Daniels and McCarragher for the Industrial Society () and the guidelines to check oneself with the manual on the balance between work and family are as follows: Work through this checklist and assess whether your own life is balanced.

 Difficulté Très facile

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