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WORK LIFE BALANCE AMONG WOMEN

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ABSTRACT

Working women are perpetually juggling the demands of a career and a personal life .Achieving the elusive “work-life balance” can often feel like an impossible goal, especially for those who strive to give their best to every thing they do. In today’s “do more with less” competitive reality, managing careers and families, and feel satisfied with both can be a herculean task. In a life filled with conflicting responsibilities and commitments, work life balance has become a predominant issue in the workplace. The present study attempted to identify the work life balance among women employees in education and banking sector in Ludhiana city. It also attempted to identify the various factors that contribute to work life imbalance. It was found that there was a significant difference in work life balance among women working in education sector and banking sector. Though the work life imbalance was not prevalent among school and college women teachers, the working women in private banks experienced work life imbalance as compared to the working women in public banks.

KEYWORDS: *work life balance, education, banking.*