

A STUDY ON WORK-LIFE BALANCE OF WOMEN EMPLOYEES

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ABSTRACT

In companies and on the domestic front the provocation of work and life balance is increasing to the peak of many employers' and employees' awareness. Nowadays, we could see that women working nearly in all types of professions bespeak that there is no gender dissimilarity in work. In fact, many organizations say women play a key role in their growth. This is a positive development that women are noticing in different areas of life. Every woman has a different background to deal with. It's home and personal life. The work-life balance in the IT sector is taking a prominent place in much-discussed topics. Family work conflicts and conflicts between work and family are more likely to cause negative effects in the family sphere, leading to a lower quality of life satisfaction and high internal disputes in the family. Nowadays, with the increasing demand in the workplace, the interface between work and personal life has become important and needs more attention, various factors affect work-life balance and a set of factors can be demographic variables. Work-life balance is always a concern of those who care about the quality of life at work and its relationship to quality of life in a broad sense.

KEYWORDS: *Women Employees, Work Life, IT sector, Awareness, Development, Work Life-Personal Life, Work-Life Balance.*