BALANCING A SUCCESSFUL CAREER, AND A THRIVING FAMILY

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ABSTRACT
Finding the balance between career and personal life has always been a challenge for working people. ‘Work-life balance’ generally refers to how people may combine paid employment with family responsibilities. It refers to people spending sufficient time at their jobs while also spending adequate time on other pursuits, such as family, hobbies, and community involvement. Work-life balance has emerged as a major theme during the last two decades, which witnessed a substantial intensification of work caused by economic uncertainty, organizational restructuring, and increase in business competition. Woman is an element of source of income in modern society. The civilized pattern of life system needs the support of viable economic resources and that can be brought by more than one earning in every family. According to the Bureau of Labor Statistics, 59.5% of the people in the workplace were women. Due to poor work support, lack of lucrative wages, inconvenience the job satisfaction among women employees turned to be inconsistent. This paper provides an insight on the work life balance of Indian women employees and also highlights the various values, attitudes and beliefs of women regarding job anxiety in their unorganized work procedure and particularly balancing their work and personal life. A challenge faced by women employees is to find the balance between work and family life. Findings reveal that 38% women employees satisfy at their work place & 7% women employees are in condition to leave their jobs in future due to excessive work load.