

Work Life Balance at Time of Covid-19 Pandemic

Dr. Balram C. Gowda, Prof. Sunil J. Tiwari and Akshay Auti

The Byramjee Jeejeebhoy College of Commerce, Mumbai, Maharashtra
suniljtiwari84@gmail.com

Abstract: *The COVID-19 pandemic has radically reshaped the landscape of work-life balance, presenting both opportunities and challenges.*

Key Points:

- *Shifting Boundaries: The rise of remote work blurred the lines between work and personal space, leading to both increased flexibility and potential for boundary erosion.*
- *Impact on Wellbeing: While some experienced improved balance due to reduced commutes and increased family time, others faced increased stress, burnout, and isolation.*
- *Gender Disparities: Existing inequalities in childcare and domestic responsibilities were exacerbated, negatively impacting women's work-life balance.*
- *Organizational Challenges: Employers had to adapt to managing remote teams, fostering communication, and ensuring employee well-being in a disrupted environment.*
- *The Future of Work: The pandemic ushered in a reevaluation of work models, highlighting the need for flexible work arrangements, supportive policies, and a focus on employee well-being.*

Keywords: *COVID-19*