

Empirical Study on Women Lawyers and Work Life Balance

Sujata Seth¹, Sidra Shaik², Ganesh Gadekar³

Asst. P ROfessor¹, 5th Year LLB², Asso. Professor³

Nalanda Law College, Gorai, Borivali (W), Mumbai, Maharashtra, India

Abstract: *Work-life balance is described as the 'juggle' between manifold role one play in her own life. It is not about women fitting between a family and home – although that is certainly an important part of it. Each of women advocate regardless of their age, marital status, family type, monthly income, can find a balance that enable her to combine work with other responsibilities.*

It is essential to highlight the domains of job and family, as they are widely seen as the most important components of individuals' lives. Any divergent requirements between professional and personal life might result in disputes and adversely affect the welfare of employees. The inherent tension between professional and personal spheres requires heightened concentration in order to achieve a desirable balance between these two domains. There is a growing worry among contemporary women activists on the achievement of an acceptable balance between their professional and familial responsibilities. Professionals in the field of advocacy, including women, are not immune to this phenomenon. Hence, it is crucial to evaluate the equilibrium between professional and personal life for womenlawyers. The findings of the survey indicate that women have chosen the occupation of 'Advocate' with the intention of meeting the essential requirements of their families, aligning their professional profile with their educational credentials, and pursuing a career that is in line with their personal interests. However, it is imperative to establish a harmonious balance between professional and personal spheres.

Keywords: Work life balance, Women lawyers, Family, Legal profession, advocates, socio-economic factors