

Work–Life Balance Dynamics for Women Professionals in the Banking Sector

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Abstract: *Work–life balance is a critical issue for professionals in high-stress industries like banking. This research explores the dynamics of work–life balance for women in the banking sector, examining the challenges they face, the strategies they employ to manage their responsibilities, and the impact on their professional and personal lives. By utilizing a mixed-methods approach, this study aims to provide a comprehensive understanding of how work–life balance affects women's career progression, job satisfaction, and overall well-being in the banking industry. In today's demanding professional environment, the quest for achieving an optimal work–life balance has become a pivotal issue, particularly for individuals in high-stress industries such as banking. The banking sector is notorious for its long hours, high-pressure deadlines, and intense workload, all of which contribute to significant stress levels among employees. For women, these challenges are often compounded by societal and familial expectations, creating a unique and complex dynamic that warrants thorough investigation.*

Keywords: Banking, Career, Environment, Stress, Dynamics