

# A Study on Work Life Balance towards Women Employees at Salzer Electronics Limited Coimbatore

Dr. M. Bhuvanewari<sup>1</sup> and Keerthana K<sup>2</sup>

M.B.A., M.Phil, Ph.D

Professor, Department of Management Sciences<sup>1</sup>

II (M.B.A), Department of Management Sciences<sup>2</sup>

Hindusthan College of Engineering and Technology, Coimbatore, India

**Abstract:** *The participation of female employees is increasing in the industry. Advanced technology is playing a dynamic role in the current industry. But female employees are facing difficulties in the industry due to increasing work stress and change in technology. It is very difficult to adjust to her in both her professional and personal life due to financial problems and the progress of environmental conditions. In this review paper, the researcher will understand different angles of the professional and professional life of female employees such as work stress, work-family conflict and family work conflict, career growth, and child and family care which affect the work performance of employees in the industry.*

**Keywords:** Professional and personal life, work-life-balance, work stress, career growth, conflict