Exploring Work Culture in the IT Industry: Challenges, Practices, and Impacts on Employee Well-Being and Productivity

Dr. Alpa Upadhyay

Assistant Professor, Department of BMS

Nirmala Memorial Foundation College of Commerce and Science, Mumbai, Maharashtra, India

Abstract*: This research paper explores the work culture in the Information Technology (IT) industry, focusing on the challenges employees face, the practices adopted by organizations, and the impacts on employee well-being and productivity. By examining various aspects such as work-life balance, job satisfaction, and organizational support, this study aims to provide a comprehensive understanding of the current work culture in the IT sector. The findings highlight the need for improved work practices and policies to enhance employee satisfaction and productivity, ultimately benefiting both employees and organizations.*

Keywords: employees