

# Study on Relationship Between Emotional Intelligence and Work Life Balance among Managers

Ms. Tanvi Thakkar<sup>1</sup>, Ms. Mansi Upadhyay<sup>2</sup>, Mr. Aman Gandhi<sup>3</sup>, Mr. Akshay Honrao<sup>4</sup>

Assistant Professor, Lilavati Lalji Dayal Night College of Commerce, Charni Road, Mumbai<sup>1</sup>

LLB, LLM, Madhya Pradesh<sup>2</sup>

SYBCOM, Lilavati Lalji Dayal Night College of Commerce, Charni Road, Mumbai<sup>3</sup>

SYBMS, Lilavati Lalji Dayal Night College of Commerce, Charni Road, Mumbai<sup>4</sup>

**Abstract:** *Work Life Balance pertains to the ability of employees to effectively manage their professional responsibilities in a demanding work environment while also juggling the demands of their personal lives and household chores. Additionally, to demonstrate their effectiveness in both areas. Organizations have established many policies and programs to assist employees in balancing their work obligations and family duties. The effectiveness of achieving work life balance depends on the utilization of personnel.*

*The current study aims to investigate the correlation between emotional intelligence and work-life balance among managers. The study aims to assess the emotional intelligence and work-life balance of managers. Based on a study of the current literature in this field, it was determined that most employed women had a high level of emotional intelligence and were able to maintain a healthy work-life balance. It uncovers the substantial correlation between emotional intelligence and the work life balance of employed women. The study determined that those with high emotional intelligence are more likely to achieve a favourable work life balance. The study concluded by suggesting that Organisations should create programs and policies to support faculty members in achieving a healthy work life balance and improving their emotional intelligence. Superiors may organize stress management training courses to assist employees in mitigating stress and maintaining equilibrium between their personal and professional lives. For improved productivity, one should prioritize communication technology and effective time management tactics. The authorities may prioritize efficiency and output rather than the duration of working hours.*

**Keywords:** Emotional Intelligence, Work Life Balance, Quality of work, Women teachers, Higher Education Institutes (HIEs)