

A Study on Work–Life Balance Among Women Bank Employees in Thrissur District

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Abstract: *Work–life balance has become an increasingly important issue in the banking sector, particularly for women employees who are required to manage both professional responsibilities and personal commitments. This study investigates the relationship between work–life balance, job satisfaction, and stress levels among women bank employees. Primary data were collected from 120 respondents using a structured questionnaire, and statistical tools such as percentage analysis and Chi-square tests were applied for interpretation. The results indicate that work–life balance significantly influences both job satisfaction and stress levels. Employees experiencing good work–life balance reported higher satisfaction and lower stress, whereas those with poor balance showed the opposite trend. The study emphasizes the need for flexible work policies and organizational support systems to enhance employee well-being and productivity.*

Keywords: Work–life balance, women employees, banking sector, job satisfaction, occupational stress

