

# The Impact of Stress and Work Life Balance on Job Satisfaction among Female College Faculties in Thrissur District

**Jisha T K**

M.Com Finance

Nirmala College of Arts & Science, Meloor, Kerala, India

**Abstract:** *In this automatic world women have a multi-facet role in their day to day life as homemakers; they have to release their family household tasks at home and perform their official duties at the work place. Irrespective of gender, work-load is equal for all faculty at Arts and Science Colleges. As a result, they may find it difficult to balance their work and private life. As a result, they agonize from stress. Hence, an effort has been made to recognize the influence of Stress and Work Life Balance (WLB) on job satisfaction. The result of the study shows that WLB and Stress significantly influence Job Satisfaction.*

**Keywords:** Work life balance, Teachers, stress, Educational Institutions

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