

Study on Determinants of Work Life Balance of Women Employees in IT Sector

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Abstract: Working women's role has changed around the globe due to improved economic conditions and social conditions and increased opportunities of education for women. This has resulted in a scenario in which working women have tremendous pressure to develop a career while sustaining active engagement in personal life. The increased work pressure is taking a toll on the women employees which makes it difficult for them to take out time for themselves. This study examines the work life balance of women in Information Technology Industry and its impact on women and also studies the relationship between the different parameters which affects work life balance.

Keywords: Work-Life Balance

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