

# An Analytical Study of Work Life Balance and its Impact on Working People in Service Sector in Shekhawati Region

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**Abstract:** *Two major studies have contended that work life balance is an important aspect for an employee and it has a bearing on job satisfaction. A 2017 survey by BCG of 200,000 employees worldwide found that work life balance is the 3<sup>rd</sup> most influencing factor for job satisfaction. A 2018 meta-analysis published in British Psychology Society reviewed 223 studies that examined the link between job satisfaction and life satisfaction subjective well-being. The psychologists concluded that people who are predisposed to be happy and satisfied in life in general are more likely to be happy and satisfied in their work. They note that individuals who are generally unhappy in life and seek satisfaction in their work likely will not find it. Given the rise in number of working people and the severity of the problem, a research was undertaken in the context of working people from the service sector in Shekhawati region. Before the main study was undertaken a literature review was carried. This research paper presents the same.*

**Keywords:** Work life balance, working people in service sector, Shekhawati region

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