

A Study on Quality of Work Life Balance Among the Employees of Private Sectors Banks in Tirunelveli District

M. Buvaneswari¹ and Dr. Pushpa Latha²

II M.Com, PG & Research Department of Commerce¹

Associate Professor, PG & Research Department of Commerce²

Sri Sarada College For Women (Autonomous), Tirunelveli, Tamil Nadu, India

Affiliated to Manonmaniam Sundaranar University, Tirunelveli, Tamil Nadu, India

Abstract: *Work-life balance is about effectively managing the juggling act between paid work & other activities that are important to people. It's not about saying that work is wrong or bad, but that work shouldn't completely crowd out the other things that matter to people like time with family, participation with community activities, voluntary work, personal development, leisure, and recreation. The 'right' balance is a very personal thing & will change for each person at different times in his /her lives. For some people, the issue is being able to get to work or find more work rather than having too much work. There is no 'one size fits all' solution. A balanced life is one where we spread our energy and effort – emotional, intellectual, imaginative, and spiritual & physical- between key areas of importance. The neglect of one or more, or anchor points, may threaten the vitality of the whole. This paper, based on a survey conducted on a banking sector in Odisha has provided an opportunity for an in-depth exploration of the perceptions and attitudes of the employees regarding the potential worklife balance policy variables. Responses of the employees have provided rich data and a clearer understanding of the perceived values of the factors affecting work-life balance within the service industries.*

Keywords: Work-Life Balance, Z Test

REFERENCES

- [1]. Pocock (2003)
- [2]. DaljeetKaur (2010)
- [3]. Sanjeev K. Sharma & Geeta Sharma (2010)
- [4]. Victor & Thava Kumar (2011)