Work-Family Balancing by Women Employees in the Public Sector Banks and the Private Sector Banks in Tirunelveli District – A Study

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Abstract

In the present situation, due to many changes occurring in the workplace and family systems, a vast majority of women are finding it difficult to achieve a desired Work-Family Balance. In comparison with men, women have more responsibilities at home. Therefore, there is a need to study how women are balancing their work and family life in the banking sectors. The data was collected from the women employees of public sector banks and private sector banks in Tirunelveli District, with the sample size of 50 respondents in public sector banks and 50 respondents in private sector banks. The study was drawn from the data through Interview Technique of selecting the respondents with Convenience Sampling method. The study was conducted through qualitative and quantitative method. SPSS 20.0 Version has been used for statistical analysis. The study concluded that the Work-Family balance has become a quest for professionals of banking industry both in private and public sector in Tirunelveli District, and that employee’s work better when they do make time for family and personal interests.

Keywords: Work-Family Balance, Job Stress, Women Employees and Banking Industry

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