

Work-Life Balance of Women: Facilitators and Inhibitors

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ABSTRACT

Till starting of the twenty-first century, work-life balance (WLB) was not considered as a serious issue for women as compared to the current insight because of two suppositions. Initially, employment limited itself to only male workers. Secondly, it was a tradition that women were mostly involved in unpaid domestic works. The concept of WLB underwent a major change when the number of dual-earner couples and women employees increased in several sectors. In the light of the increasing number of women in the banking sector, this paper examines the phenomenon of the work-life balance of Indian women banking professionals. This paper is an empirical evidence to drive out the misconceptions regarding the issues and challenges of WLB in the banking sector. This paper addresses the various factors that facilitate balancing work and life and factors that inhibit the proper balancing of work and life of the women employees of the banking sector of Hyderabad, Telangana, India.

KEYWORDS: Work-life balance, Women, Banking sector, Work life conflict.

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