

**STUDY ON LEVEL OF FACTORS IMPACT ON WORK
LIFE IMBALANCE OF WOMEN PROFESSIONALS:
PUBLIC SECTORS IN MUNMUNAI NORTH OF
BATTICALOA DISTRICT**



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Abstract

Work life balance is an expectation of today's job seekers. Almost everyone is struggling to fairly balance work and life roles. Achieving a good balance between work and family commitment is a growing concern for employees and organization.

In the contemporary society employees experience a great deal of stress because of imbalance between work and life this result poor performance in work. However the reality is that in all such cases the capacity and concern for work at the places of employment is seriously undermined by this circumstance. It leads to stress in individual and diminution of capacity at the place of work. This study is focused on public sector women professionals who are severally affected by stress due to dissatisfaction with balance between work and life. In this process there are many factors which disturb the balance between the work and life. Therefore aim of this research was to identify the level of factors influencing the work life imbalance in public sectors.

In order to determine the extent of influence on work life imbalance, three variables were considered namely individual, organizational, and external environmental factors. Each variable has four dimensions. Total population is 120 but considered the sample is 100. The structured questionnaire was used to collect the primary data this study from 100 respondents. The data collected for this study overwhelmingly support the above impressions in this research the problems relating phenomenon. Collected data were analyzed by using SPSS and outcomes disclosed by using table.

Therefore it was known from the conclusion that individual factor, organizational factor are moderately influence on work life imbalance, and external environmental factors are highly influence on work life imbalance in which nature of work and organization policy are greatly influence on work life imbalance. Eventually this report recommends some remedial actions that help to keep healthy work life balance.

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