

**A STUDY ON THE FACTORS INFLUENCING THE WORK- LIFE
IMBALANCE IN PUBLIC SECTOR BANKS WITH SPECIAL
REFERENCE TO KORALAI PATTU AND ERAVUR PATTU.**



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ABSTRACT

Work-life balance is an expectation of today's job seeker. Almost every one is struggling to fairly balance work and life roles. Achieving a good balance between work and family commitments 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 results 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 individuals and diminution of capacity at the place of work.

This study is focused on banking staff 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 work and life. Therefore aim of this research was to identify the factors influencing the work-life imbalance in Public sector Banks in Eravur and Korallai pattu.

In order to determine the extent of influence on work-life imbalance, two variables were considered namely individual and organizational factors. Each variable has four dimensions. Total population was considered as sample for this study. The structured questionnaire was used to collect the primary data for this study from 98 respondents. The data collected for this study overwhelmingly support the above impressions in this research the problems relating to this phenomenon. Collected data were analyzed by using SPSS and outcomes discussed by using table, pie chart and bar chart.

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

CONTENTS

page

| | |
|-----------------|---------|
| Acknowledgement | I |
| Abstract | II |
| Contents | III-VII |
| List of tables | VIII-IX |
| List of figures | X |

CHAPTER ONE: INTRODUCTION 01-05

| | |
|----------------------------------|----|
| 1.1 Background of the study | 01 |
| 1.2 Problem Statement | 03 |
| 1.3 Research Question | 04 |
| 1.4 Objective of the Research | 04 |
| 1.5 Significance of the Research | 04 |
| 1.6 Assumption of the Research | 04 |
| 1.7 Limitation of the study | 05 |

CHAPTER TWO: LITERATURE REVIEW 06-23

| | |
|--|----|
| 2.1. Introduction | 06 |
| 2.2. Concept and Definition of work-life balance | 06 |
| 2.2.1 Perspectives of work-life balance | 11 |
| 2.2.2 Importance of work-life balance | 12 |
| 2.2.3 Women and work-life balance | 13 |
| 2.2.4 Work family balance & quality of life | 15 |
| 2.2.5 Stress and Work-life balance | 16 |
| 2.3. Work-life imbalance | 17 |
| 2.3.1 Consequences of work-life imbalance | 19 |
| 2.4 Work/life balance initiatives | 19 |
| 2.5 Personality & work family conflict | 21 |
| 2.6 Research articles points of view | 22 |
| 2.6 Summary | 23 |

CHAPTER- THREE: CONCEPTUALIZATION AND**OPERATIONALIZATION****24-30**

| | | |
|---------|----------------------|----|
| 3.1 | Introduction | 24 |
| 3.2 | Conceptualization | 24 |
| 3.2.1 | Individual factors | 25 |
| 3.2.1.1 | Family size | 25 |
| 3.2.1.2 | Marital status | 26 |
| 3.2.1.3 | Age pattern | 26 |
| 3.2.1.4 | Ability | 27 |
| 3.2.2 | Organization factors | 27 |
| 3.2.2.1 | Organization policy | 27 |
| 3.2.2.2 | Nature of the work | 28 |
| 3.2.2.3 | Work environment | 28 |
| 3.2.2.4 | Motivation | 28 |
| 3.3 | Operationalization | 29 |
| 3.4 | Chapter Summary | 30 |

CHAPTER FOUR: RESEARCH METHODOLOGY**31-36**

| | | |
|---------|------------------------------|----|
| 4.1 | Introduction | 31 |
| 4.2 | Method of Data Collection | 31 |
| 4.2.1 | Types of Data | 32 |
| 4.2.2 | Structure of Questionnaire | 32 |
| 4.2.3 | Sampling | 33 |
| 4.2.3.1 | Sampling Size | 33 |
| 4.2.3.2 | Sampling Distribution | 33 |
| 4.2.3.3 | Sampling Frame work | 33 |
| 4.3 | Methods of Data Presentation | 35 |
| 4.3.1 | Data analysis | 35 |
| 4.3.2 | Data presentation | 35 |
| 4.4 | Method of Data Evaluation | 35 |
| 4.5 | Summary | 36 |

| | |
|--|----|
| 5.1 Introduction | 37 |
| 5.2 Personal information | 37 |
| 5.2.1 Name of the bank | 38 |
| 5.2.2 Occupations | 38 |
| 5.2.3 Age | 39 |
| 5.2.4 Sex | 39 |
| 5.2.5 Marital status | 40 |
| 5.2.6 Family size | 40 |
| 5.2.7 Experience | 41 |
| 5.2.8 Education | 41 |
| 5.2.9 Income level | 42 |
| 5.3 Research information | 43 |
| 5.3.1 Individual factors | 43 |
| 5.3.1.1 Ability | 43 |
| 5.3.1.2 Age pattern | 45 |
| 5.3.1.3 Family size | 46 |
| 5.3.1.4 Marital status | 47 |
| 5.3.1.5 Overall analysis of individual factors | 48 |
| 5.3.2 Organization factors | 49 |
| 5.3.2.1 Organization policy | 49 |
| 5.3.2.2 Nature of the work | 50 |
| 5.3.2.3 Work environment | 51 |
| 5.3.2.4 Motivation | 52 |
| 5.3.2.5 Overall analysis of organization factors | 55 |
| 5.4 Analyzing factors | 55 |
| 5.4.1 Variable analysis | 56 |
| 5.4.1.1 Individual factors | 56 |
| 5.4.1.2 Organization factors | 57 |
| 5.5 Cross tab analysis | 59 |
| 5.5.1 Age | 59 |

| | |
|----------------------|----|
| 5.5.2 Gender | 59 |
| 5.5.3 Marital status | 60 |
| 5.5.4 Family size | 60 |
| 5.5.5 Education | 61 |
| 5.5.6 Income level | 61 |
| 5.6 Overall analysis | 62 |
| 5.7 Summary | 63 |

CHAPTER SIX: DISCUSSION **64-76**

| | |
|--|----|
| 6.1 Introduction | 64 |
| 6.2 Discussion on personal information | 64 |
| 6.3 Discussion on research information | 66 |
| 6.3.1 Individual factors | 66 |
| 6.3.1.1 Ability | 67 |
| 6.3.1.2 Age pattern | 68 |
| 6.3.1.3 Family size | 69 |
| 6.3.1.4 Marital status | 70 |
| 6.3.2 Organization factors | 71 |
| 6.3.2.1 Organization policy | 71 |
| 6.3.2.2 Nature of the work | 72 |
| 6.3.2.3 Work environment | 73 |
| 6.3.2.4 Motivation | 74 |
| 6.4 Overall discussion | 75 |
| 6.5 Summary | 76 |

CHAPTER SEVEN: CONCLUSION AND RECOMMENDATION

77-85

| | |
|----------------------------|----|
| 7.1 Introduction | 77 |
| 7.2 Conclusion | 77 |
| 7.3 Recommendation | 78 |
| 7.3.1 Individual factors | 79 |
| 7.3.2 Organization factors | 82 |
| 7.4 Summary | 85 |

REFERENCES AND APPENDICES

1. Reference
2. Appendix No: 01