

**STUDY THE LEVEL OF WORK LIFE BALANCE OF
WORKING WOMEN IN TIRNCOMALEE DISTRICT,
SRI LANKA**



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ABSTRACT

At a present world, work life balance become a big issues among the people, especially women occupy ever more company positions, women still have to maintain their family responsibilities, therefore it becomes clear that women have to manage their career and their private life, in that base this study explore level of work life balance among working women at middle level position in Town and Gravets D.S Division, Trincomalee District.

Based on the research objectives are to identify the factors influence on work life balance of working women at middle level position in Town and Gravets D.S Division, Trincomalee District, and to measure the extent of each factor influence on work life balance of working women at middle level position in Town and Gravets D.S Division, Trincomalee District, for that this study has contained the three independent variables such as, individual factor ,organizational factor and environmental factor, the women's work life balance is dependant variable, the study was analyzed through the univariate analysis of mean and standard deviation, and also this study demonstrate the descriptive analysis. for the study purpose 75 sample was taken out of the 111. The structured questionnaire was administrated to collect the data from the respondents and 5 point Likert scale draw on research information. The SPSS 11.0 was used in data presentation and analysis.

From the data presentation and analysis, the individual factor illustrate the result mean value 3.17, and SD 0.855, organizational factor mean value 3.15 and SD 0.717, and environmental factor show the mean value is 3.1 and SD 0.936, according that all factors are contribute the moderate level influence on women's work life balance, even though Individual factors has higher mean value when compare with other factors. As a result it was found that the level of work life balance among working women at middle level position in Town and Gravets D.S Division, Trincomalee District is moderate. Mean value 3.14 with standard deviation 0.764.

Therefore, finally this report afflix the recommendation for improve their work life balance, such things will helped to reach their full potential, be fully engaged, and be able to meet their personal and professional goals and objectives.

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