

WORK-LIFE BALANCE: A LITERATURE REVIEW

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ABSTRACT

Work -life balance issues are increasing day by day. The proper balance between work and personal life help in attaining both organizational and personal goals. The work -life imbalance affects negatively both professional and personal life, leading to decrease in the productivity of the employees. The work -life balance has become an issue both in manufacturing and academics' sector. The teachers are also facing the problem of work -life imbalance. Today's teacher is overburdened with work like preparing the lessons, conducting and checking the examination sheets, keeping in touch with the parents, maintaining student's data base etc. Many a times the teachers are forced to after the institute timings and also, they carry work to their home., which takes away their personal time due to which the imbalance affects their physical and mental well-being. The aim of the paper is to understand firstly the concept of work-life balance, the affect of work-life balance in various professions mainly focusing on education sector and also to know the influence of work-life imbalance on the well-being of the teachers.

KEYWORDS: *Work-Life Balance, Teachers, Demographic Variables, Job Satisfaction, Stress*