

A STUDY ON WORK LIFE BALANCE WITH SPECIAL REFERENCE TO TNPL, KARUR

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ABSTRACT

Work-life balance is now playing an important role in deciding the job related performance of employees in any industry. With swelling obligations in the work place, it is very difficult to the employees to maintain a fair level of work life balance. Such circumstances impaction workers physiologically and psychologically. The hectic life of retention and excelling in Government job has put tremendous pressure on employees' life and leads to work life imbalance which is a problem that poses a big risk to workers well being, their performance as well as the organizational performance. This paper aims to study the level of work life balance among Tamil nadu Newsprint And Papers Ltd, Karur(TNPL) employees and explore how it is affecting the work related activities of the employees.

KEYWORDS: *Work Life Balance, Stress, Performance*