

# **WORK-LIFE BALANCE OF EMPLOYEES WORKING IN SERVICE SECTOR – A STUDY WITH REFERENCE TO INFORMATION TECHNOLOGY SECTOR IN CHENNAI CITY**

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## **ABSTRACT**

*This essay illustrates how, during the past 100 years, a significant amount of study has been done on work-related stress. While some of the underlying theories are currently settled and accepted, others are still being investigated and discussed. Work Life Balance Measures are used to facilitate and improve work life balances of working personnel through the role of HR management. This paper describes awareness and effectiveness of the Work and life balance measures required among employees. WLB is a process which creates a win-win situation for both company and potential candidates. This paper will focus on employees working in Chennai City. The study's coverage was restricted to Chennai. The sample size of study was confined to 100. Statistical tools such as Percentage Analysis, One-Sample Kolmogorov-Smirnov Test, Garette ranking and Weighted Average ranking method have been used for the study to aware and to understand how to balance their work and life and to develop their career. Likert Scale Analysis have also been applied to know respondents' awareness about work and life and how it would be effective.*

**KEYWORDS:** *Stress - Work and Life Balances- Awareness on Work and Family Commitments – Challenges / struggles and Coping Strategies.*