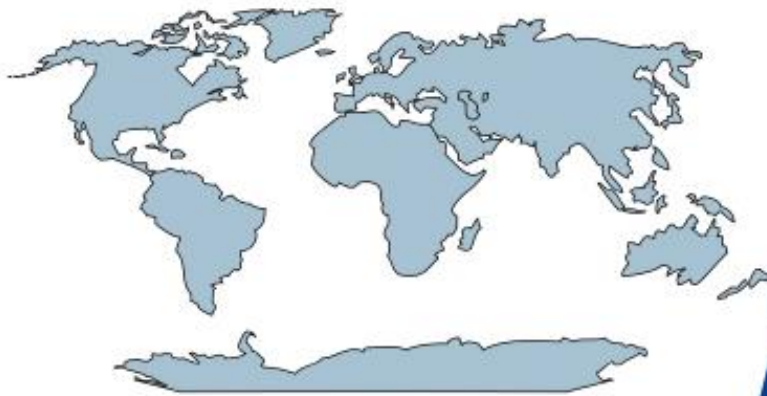


ISSN 2322 - 0899

**INTERNATIONAL JOURNAL OF RESEARCH  
IN MANAGEMENT & SOCIAL SCIENCE**



Volume 9, Issue 2 (I)  
April - June 2021

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**IMPACT OF WORK FROM HOME ON WORK LIFE BALANCE: A STUDY OF WORKING WOMEN**

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**ABSTRACT**

*Work – life balance is always challenging task for all working community that too women it's a great challenge because fighting day to day chores at home and office is not an easy job. This purpose of this paper to analyze work – life balance of working women professional in pandemic and also problem and challenges face by them. The existing crisis has pushed people to do the job and home lives beneath the same roof for numerous families, and they battle to manage everything is at this point visible to everyone*

*This research paper conducted to identify about what are the problem and challenges faced by women working from home and tips to improve working from home in pandemic.*

**KEYWORDS** *Work – life balance, work from home, problems and challenges, personal life challenges, professional life challenges.*

**INTRODUCTION**

In this challenging and pandemic situation balancing work life and home life is overwhelming for any working class specially women, because, women spending a disproportionate amount of time handling house work, childcare responsibilities, and office work too. An individual may live a life of which is happy, healthy and even successful when there will be work – life balance. Work – life balance has undeniably become some short of primary concern to all those wishing to have a high – quality of life (breitenecker and shah, 2018.)

For working women, the lockdown has meant the collapse of the demarcation of their professional space and domestic life which has lead to the simultaneous performance of their office work and household responsibilities.

Working women have not faced this challenge before. Many across the world have quit their jobs to be at home with their children, because school are shut and childcare is not available. For millions who have manage work and home, the support system that enabled this balanced has been pulled off, right from under their otherwise determined feet.

**REVIEW OF LITERATURE**

**According to Sonal khetarpal (2020):**

The pandemic has led everyone to make drastic changes in their lives but it has taken a heavy toll on working women. Nearly 82% of women surveyed said their lives have been negatively disrupted by the pandemic.

Emma Codd, Deloitte Global Inclusion Leader, says "women are being impacted in profound ways, facing tremendous challenges and commonly taking on expanded duties at home while continuing to juggle their careers". The survey shows women have more responsibility for household chores (65%). As a result of the increased work pressure for home and work, women said it impacted their physical well-being (40%), made it difficult to balance work and home commitments (40%) and also impacted their mental health causing stress and burnout (39%).

**According to BW online bureau (2020):**

According to the survey done by the "Deloitte Global" says, 7 Out of 10 Women Feel That Pandemic Has Slowed Their Career Progression. 89% of the people surveyed said demands on the personal life and daily routine have changed due to pandemic and 92% of those indicate that the shifts had a negative impact on their lives, according to the survey by the "Deloitte Global".

The ways in which pandemic is affecting the daily routine, mental and physical health and careers the pandemics impact on work-life balance and well-being of countless working women is outlined in the survey. It also highlights how the pandemic could threaten some of the progress made on gender equality in the workplace from making flexible working the norm to addressing micro aggression in the workplace, the survey suggested that there are 6 critical areas to focus for employers to take actions and ensure that women continue to advance in the workplace.