

Work-Life Balance: A Case Study of a Working Woman in Delhi

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ABSTRACT

Today's workplace has changed; the number of working women has increased along with this the number of dual income families has also gone up. This change has expanded the responsibilities of working females both inside the house and at workplace. The increased number of women joining the workforce has increased the number of dual earner couples; it has created a continuous difficulty in managing between work and home in many cultures worldwide and it may also affect the attitude of and behaviour of employees. Work-life balance is an important issue of consideration in corporate especially for women who finds it difficult to balance between the two equally demanding and pressing work areas. This research paper explores the life of a women working in a reputed textile manufacturing company in Delhi in the form of a case study. The paper explores the transition that takes place in her professional life after marriage. It also shows her approach to the challenging career before marriage. Her professional downfall occurs because of the building social responsibilities that come with marriage.

Keywords: work-life balance, personal life, professional life, textile manufacturers, Delhi

