

Work Life Balance among Women Bank Employees Special Reference To Fedaral Bank Employees

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Abstract: *Work–life balance has become an important concern in the banking sector, particularly for women employees who manage dual responsibilities at work and home. This study examines the level of work–life balance among women employees of Federal Bank and identifies the factors affecting their balance, along with its impact on job satisfaction and performance. The study is based on primary data collected from 72 women employees using a structured questionnaire. Statistical tools such as percentage analysis, mean, standard deviation, chi-square test, correlation, and regression were applied using SPSS software. The findings reveal that women employees experience a moderate level of work–life balance. Marital status significantly influences balance, and a strong positive relationship exists between work–life balance and job satisfaction. Regression results indicate that work–life balance significantly impacts job performance. The study concludes that structured organizational policies, flexible work arrangements, and supportive management practices are essential to enhance work–life balance and improve overall employee productivity and well-being..*

Keywords: Work–Life Balance, Women Employees, Job Satisfaction, Job Performance, Banking Sector

