

## Impact of Occupational Stress on Work Life Balance of Women Employees in IT Sector



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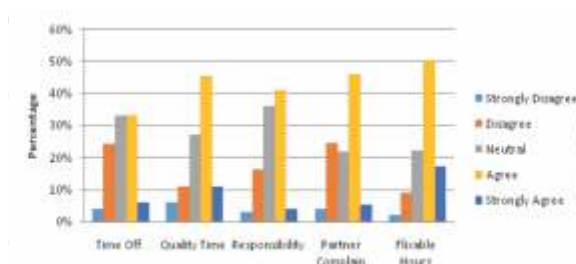
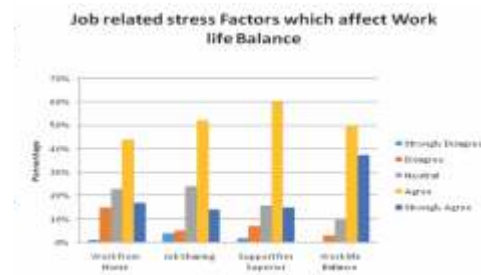
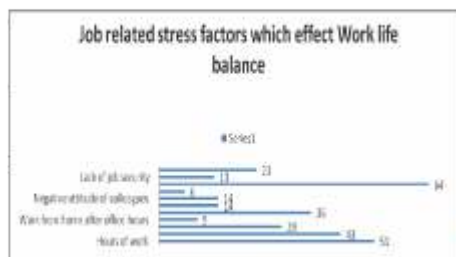
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**Keywords:** Occupational Stress, Work Life Balance, Women Employees, IT Sector

**Abstract:**

The present study aims to focus on the impact of occupational Stress on work life balance of Women Employees in IT Industries, with special reference to Bengaluru region. The Objectives of the study is to analyze the impact of job stress variables on work life balance and to study the impact of job stress on managing the work life balance and its consequences. 100 women employees from IT companies' respondents were selected for this study from various IT industries in Bengaluru, India.

The data was collected through questionnaires to identify and study the impact of job stress variables such as working hours, job characteristics, work outcomes, Time management, Attitude towards colleagues and supervisors, Travelling and support from family etc. on the work life balance of women employees. From the study it is found that work pressure moderately affects the employees even during the travelling hours and taking workload into private life leads to depression. Hence an effort is made to find a wellness and Employee assistant



**Job related stress factors which effect work life balance**

**Conclusion:** The present study focus on the impact of occupational Stress on work life balance of Women Employees in IT Industries. Research reveals that the women employees face problems due to work-family conflict and frequent traveling assignments.