

A STUDY ON QUALITY OF WORK LIFE AMONG WORKING WOMEN IN TIRUCHIRAPPALLI DISTRICT

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ABSTRACT

The main objectives of the study are to determine the factors affecting work-life balance and to find out the relationship between work-life balance and personal factors.. This study focuses on factors affecting the QWL of working women like stress, physical problem, relational problem, hangover, disturbed families decreased performance, physical problem and unethical practices. The sample consists of 150 respondents. Chi-square test, t-test and one-way ANNOVA were used to analyse the data.

KEYWORDS: Quality of Work Life, Working Women, Factors