

IMPACT OF WORK-LIFE CONFLICT ON THE LIFE SATISFACTION OF WORKING WOMEN: A CASE STUDY OF HIGHER EDUCATION SECTOR IN CHENNAI CITY

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ABSTRACT

Although Freud said happiness is composed of love and work, reality often forces us to choose love or work.

- Letty Cottin Pogrebin

This study is a step to pinpoint the issue of work-life conflict faced by working women, which is a noteworthy dilemma which needs to be discussed and tackled properly, in order to prevent it from becoming a dilemma in the future in country like India. The purpose of this study is to assess the impact of work life conflict on life satisfaction of working women. A quantitative approach has been taken. The Sample consists of 195 working women of Higher Education Institutions of chennai city out of which 145 questionnaires were returned which yield to response rate of 74.35%. Results indicated that 12.5% of variance in Life satisfaction of working women is due to Work life conflict.

KEYWORDS: *Work, Life Conflict, Life Satisfaction, Working Women, Emotional Exhaustion.*