

A STUDY ON EFFECTIVENESS OF WORK LIFE BALANCE TOWARDS EMPLOYEES OF MRF LIMITED

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ABSTRACT

Work/life balance (WLB) is a broad concept that encompasses prioritizing between work (including career and ambition) on one hand, and life (including areas such as health, leisure, family, pleasure and spiritual development) on the other. There are also two key concepts related to work/life balance - achievement and enjoyment. Achievement can be related to setting and achieving the goals we have in life i.e. buying a new house, job satisfaction, further education etc. Enjoyment is related not just to happiness, but also pride, satisfaction, celebration, love, and a sense of wellbeing.

KEY WORDS: PTO, Crèche Facility, WLB, Employees, Stress and Unhappiness