

Dominating Factors Of Work Life Balance And Productivity - Special Reference To It Sector - Chennai City

G.Venkateshwaran, Dr.R.V.Suganya

Abstract

Work life balance is the necessity for every individual in order to manage professional and personal life. Chennai being IT hub after Bangalore has more number of employees in IT sector. The present study is proposed to identify the dominating factors of work life balance and productivity with special reference to IT sector in Chennai. A sample of 324 software employees working in Chennai were identified and a structured questionnaire was circulated to collect their perception about the dominating factors of balancing work and life along with and productivity. The result proved that: the dominating factors of work life balance were : Work hour driven factors, Positive stress driven factors, Organization driven factors, factors related to Life satisfaction and happiness& motivation.

 PDF

How to Cite

G.Venkateshwaran, Dr.R.V.Suganya. (2020). Dominating Factors Of Work Life Balance And Productivity - Special Reference To It Sector - Chennai City. *International Journal of Advanced Science and Technology*, 29(12s), 216 - 224. Retrieved from <http://sersc.org/journals/index.php/IJAST/article/view/21930>

More Citation Formats 

Issue

[Vol. 29 No. 12s \(2020\)](#)

Section
Articles