

A STUDY ON THE PERCEPTION OF WORK LIFE BALANCE POLICIES AMONG THE TEXTILE EMPLOYEES WITH REFERENCE TO PANKAJA MILLS COIMBATORE

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ABSTRACT

From the point of Employees, Work Life Balance is the managing of a life between the responsibilities of office and the Home. Who are working today is very careful on the importance of Work Life Balance more than their predecessors. Work–life balance is the term used to describe the balance that an individual needs between times allocated for work and other aspects of life. Areas of life other than work-life can be, but not limited to personal interests, family and social or leisure activities.

KEYWORDS: Lower Productivity, Greater Stress-Related Ailments, Lower Physical and Psychological Well-Being

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