

A STUDY ON THE WORK LIFE BALANCE AMONG THE EMPLOYEES AT LUMINA DATAMATICS

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ABSTRACT

Work-life balance has become an important aspect in today's fast-paced and competitive work environment. This study focuses on understanding how individuals manage their professional responsibilities along with their personal life. The main objective of this project is to analyze the level of work-life balance among employees and identify the factors affecting it.

The study examines various elements such as working hours, job stress, flexibility, family time, and personal well-being. Data for this research is collected through questionnaires and surveys from employees across different sectors. The responses help in understanding the challenges faced by employees in maintaining a balance between work and personal life.

This study concludes by suggesting measures such as flexible working hours, proper time management, and supportive organizational policies to improve work-life balance. The research highlights the importance of maintaining a balance for both personal happiness and professional success.

KEYWORDS: *Work-Life Balance, Employees, Job Stress, Working Hours, Flexibility, Personal Life, Professional Responsibilities, Time Management, Job Satisfaction, Mental Health, Productivity, Organizational Policies, Well-being, Survey, Challenges, Performance*

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