

**MAINTAINING WORK LIFE BALANCE- A SURVEY OF EMPLOYEES OF JAMMU  
REGION**

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**ABSTRACT**

The paper talks about the present scenario that is being faced by almost all the professional people, working in different organisations, be it govt., semi-govt., or private. Different people work in different organisations that require and demand various kinds of skills and qualifications as per the nature of the work the firm deals in. The competition has crept into the market so well that it has engulfed all the organisations to work at their level best. This in turn creates a strong pressure on the employees to work hard and smartly and beat the competitors in every possible way they can. As a result the working people face a great imbalance between their personal and professional lives. This hinders their self-growth and creates a reflection of it in their work as well. This study tries to unfold this imbalance that persists in the lives of the professional people and thus triggers the turbulences that affects their professional and personal lives. An insight is given into the factors that result into such swirls of the working people. It also depicts the ways how people try to establish a balance between their personal & professional lives so that they live a smooth life and also perform well at their job. A deep exploratory research in terms of questionnaires and personal in –depth interviews of 8 employees of Jammu region of Jammu and Kashmir state belonging to different levels and from different organisations ( Public and Private) was taken.

**KEYWORDS-** Imbalance, maintenance, professional, personal, organisations, competition, market, pressure, employees.