



Relationship between Work-Life Balance and Psychosomatic Disorders: A Study among Women Employed in BPO

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Abstract

Work-life balance is one of the most important work place problems in today's work environment. It has been widely discussed, from the perspective of all the stakeholders. Increased work demands and longer working hours has become the order of the day. Work-life balance is generally considered as a desirable state that promotes well-being. On the contrary, work-life imbalance is associated with many disadvantages that affect both the employee and employer. This paper aims at examining the relationship between work-life balance and psychosomatic disorders. The study is conducted with 120 women employees working in BPOs at Chennai. The study confirms the negative relationship between work-life balance and psychosomatic disorders