



---

## **A CONCEPTUAL STUDY OF WORK LIFE BALANCE AND JOB SATISFACTION**

**<sup>1</sup>Dr. JASWANT DEORA**

*<sup>1</sup>Ph.D scholar and Senior Research Fellow, College of Home-Science  
Maharana Pratap University of Agriculture & Technology, Udaipur, Raj. 313001 India*

Received September 21<sup>st</sup>, 2018; Revised October 25<sup>th</sup>, 2018; Accepted November 29<sup>th</sup>, 2018

---

### ***Abstract***

*Human being is a social animal who needs time for satisfying their various needs. An individual spends most of time a day in office, remaining is spent with family and friends. Individual is not left with much time for himself. In today's competitive world it is becoming essential for a person to spend more time in office and adapting to world which is changing faster than ever. In order to perform better a person must take out time for himself and do other things which satisfy his or her creativity. This work life balance ultimately benefits an organization by making employee more productive and creative. If a person is not satisfied with their lifestyle, which includes spending quality time with their family, than it ultimately affects their Work life, so it is necessary to balance work and lifestyle. Lifestyle includes a person's health, amount of quality time spent with family and leisure activity. Work relates to a person's career ambition. An organization should focus on providing best of work life and self-management balance, that will ensure more focused energetic and creative employee, who can handle stressful situation with ease. If a person is not able to spend quality time with his children, parents, spouse, relatives and friends than it could negatively affect his overall performance at workplace.*

***Keywords*** –Work Life Balance, Job Satisfaction, Family Life

---