

AN OVERVIEW ON WORK LIFE BALANCE

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ABSTRACT

Both academics and businesspeople have lately been interested in work-life balance. Almost everyone who works in a professional capacity is interested in this topic. Part of the reason for this broad interest is because it reflects on all areas of life. For individuals who believe that working is the most important goal in life, their job becomes the center of their existence. People, on the other hand, have limited time and must engage in a variety of activities in addition to their work. Many mistakes may occur in both if there isn't a balance between the two. Work-life balance is examined in the context of the organization in this research. This research has the potential to help working individuals rethink their perspectives on work-life balance, as well as executives acquire fresh perspectives on how to deal with such an issue.

KEYWORDS: *Business, Life, Organization, Work-Life Balance, Working.*

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