

# STUDY ON CHALLENGES FACED BY WORKING MOTHERS IN BANGALORE

**Dr. M. Ambrose Rajkumar, Dr. Anoop Baby K. B**

Department of Computer Science, Kristu Jayanti College (Autonomous), Bengaluru-560077

## **ABSTRACT:**

**a) Statement of the problem:** Work and family are the two most important aspects of women's lives. Balancing work and family roles has become a key personal and family issue for many societies. Today, almost all working mothers are prone to sexual harassment irrespective of their status, personal characteristics and the types of their employment. Lack of proper family support is another issue that working mothers suffer from. At times, the family doesn't support women to leave the household work and go to the office.

## **b) Objectives of the Study:**

1. To study the Socio-Demographic Profile of the Respondents
2. To study the Work -Life Balance Challenges faced by Working Mothers
3. To recommend suggestions for effective work - life balance among working mothers.

**c) Conclusion:** Most of the working mothers could not balance work- life effectively and taking care of children, as well as their education and future is a challenge in front of them. Despite of social support for childrearing; most of the professional working mothers are having perceived stress. It was noticed that most of the working mothers could not find time to do exercise, eat properly and keep them healthy and the major challenges related to tiredness and fatigue. A strong support from spouse and family members is essential to balance work - life effectively.

## **Suggestions for effective Work-Life Balance:**

1. Plan your day. Make a proper schedule for the routine.
2. A Co-operative life partner helps a lot.
3. Always try to show a smile on our faces.
4. Always spend time with family - really it keeps our mind happy,
5. Being healthy both physically and mentally helps to balance both work and life.

## **Publication details:**

1. "Study on Challenges Faced by working mothers in Bangalore", INTERNATIONAL JOURNAL OF RESEARCH AND ANALYTICAL REVIEWS (IJRAR), March 2021, Volume 8, Issue 1, www.ijrar.org (E-ISSN 2348-1269, P- ISSN 2349-5138)