

**WORK LIFE BALANCE IN PRIVATE EDUCATION SECTOR UNDER
COVID-19:
A STUDY ON WORKING FROM HOME WOMEN IN HIMACHAL
PRADESH**

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ABSTRACT

Working women significantly contributes to the growth of the economy of the Nation. Women as teachers not only impart knowledge but are also epitome of empathy and morals to the youths who are the future Nation builders. Their health and well being is of utmost importance, especially during the time of 'new normal' of work. Work from home or remote working has questioned various parameters of work life balance and well being of working women who are facing the brunt of both paid work and household and family responsibilities. This study analyses the Stress and its impact on Work Life Balance of 200 women teachers in the private education sector while working from home. It was found that Work Life Balance of women teachers is significantly predicted by paid work related stress and household & family responsibilities related stress.

KEYWORDS: *Work Life Balance, Stress, Work from Home, Covid-19, Women Teachers, Private Education Sector.*

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