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Impact of information technology women employees remote work during COVID-19 with work life balance

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Abstract

It is a very tough situation for women to balance their families as well as their jobs. But now, the drastic change that has taken place due to the pandemic induced by COVID-19 has pushed all employees to work from home (WFH). The IT industry is one of the leading sectors, and employees in this sector will have mental pressure and stress aiming to achieve a smooth work and family life. Due to this ongoing pandemic, all the IT employees are advised to work remotely, i.e., WFH. Based on that, women employees are working from remote areas, and they should engage with both family and work; simultaneously, they will have to balance their work and family. The present research is to study the women employees working remotely during the COVID-19 period and the way they balance the dual roles of work and life.

Keywords

COVID-19, remote work, work life balance, work and family engagement, work and family conflict

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