

## A CASE STUDY- QUALITY OF WORK LIFE BALANCE OF COLLEGE TEACHERS

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### ABSTRACT

*Maintaining a healthy work-life balance is important for teacher's well-being and productivity, especially in today's technology based and demanding workplace. The data is collected from 33 employees with the help of primary data using a survey method. The elements impacting both job and personal life happiness are taken into consideration using the Likert scale of measuring methodologies. This study examines the Work life balance of PU College Teachers in Kodibag and Baad area in Karwar, Karnataka, focusing on factors Influencing their personal and work life satisfaction. The case study is build on primary data of 33 employees, which is subject to descriptive stastical analysis by using using proportion and frequency analysis, followed by Figures and pie diagrams. The study enables to figure out quality of work life balance of PU College teachers of Kodibag and Baad area in Karwar, Karnataka.*

**KEYWORDS:** *Work Life Balance, PU College Teachers, Workplace, Teaching Profession.*

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