WORKING WOMEN AND THEIR WORK-LIFE STRESS IN IT INDUSTRIES – A STUDY WITH REFERENCE TO CHENNAI CITY

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ABSTRACT

This study aims to investigate the work-related stress experienced by female employees in the information technology sector, specifically in Chennai region. The Information Technology (IT) sector in India has experienced significant growth due to the globalization of the Indian economy. The IT sector is an essential element of the technology-driven knowledge economy of the 21st century. India has been acknowledged globally as a knowledge economy due to its formidable IT industry. IT employees face continual pressure to operate efficiently due to the necessity for cost-effective delivery by the companies providing such services. In IT organizations, the level of work-related stress is elevated compared to other organizations. Women employed in the IT sector encounter distinct challenges related to both familial and professional spheres, resulting in difficulty in achieving work-life balance. Women must fulfill their responsibilities as a spouse, a parent, and a provider. Women employees in IT firms can struggle to adapt to significant technical developments, work demands, targets, achievements, night shifts, and excessive workloads, resulting in substantial work-related stress.

KEYWORDS: Stress, Work, Women, IT sector, Employees